

# REIKI VIDYA NIKETAN

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## Physically Locked Down, Metaphysically Unlocked...

When you are on your own, you are at your best, mainly because there are no distractions. For those who have come on this planet with an idea of soul searching the material practices and procedures are distractions. Have you ever seen that when you are seriously preparing for some important examination, you love to be alone? In fact you tell people around you to leave you alone. Else you can't concentrate on your task. Even when you are trying to bounce back from some serious ailments, you would prefer to be left alone. Don't you think so? And now that we are all facing one of the biggest challenges the humanity is facing don't you think it is right to be left alone?

When you are alone you are complete. It is the outer reactions which give you different labels, good and bad.



*This is not for commercial purpose. Only for sharing spiritual experiences and knowledge in Reiki Brahma Group.*

EDITORIAL



But if you do not interact with the people around, do you think people will or can label you in anyway? The real search is within and that can happen when the outer senses and activities are all stopped. Have you ever noticed that if you want to look at the distant star far away in the sky, even a small light around you makes it difficult for you to see that? Even when you want hear some distant communication, you ask everyone around you to stop making a sound. You want everyone around you to be totally silent and then you can catch that far away and feeble sound. Our senses are designed such a way that can catch the nearest stimulus no matter how far that may be. But mostly we do not use these faculties due to a lot of sound and light between us and that entity calling us from far.

When the physical senses are quietened, the innate senses start getting activated or possibly we realize their activation. There are pictures emerging from different sources showing the clear blue sky, the beautiful serene ocean, the blue mountain, the absolutely clean and shining rivers majestically flowing. In fact I saw on BBC TV they were showing the other day that Himalayan snow cladded peaks can be seen from the distance of 5 miles in Himachal Pradesh, which is rare. I am seeing a lot of people in the midst of lockdowns the world over are looking calm and composed. Everyone seems to have had some glimpse of his/her own self. Coronavirus has given a time and space for people to get in touch with their inner self and revisit their design of life what they brought with them on this planet. Suddenly the wheel of activities has stopped and the noise and stress gone. Now possibly many may understand the zeal with which Don Quixote wanted to bring down every wind mill few centuries ago, declaring them to be the demons of future. The whole humanity seems to have fallen in love with that beauty and simplicity of its own nature. When the precious metals like silver and gold are heated at very high temperature they become pure and then a goldsmith can see his own reflection in it. Possibly we all have gone through the tapasya- a penance of a last whole century to reach the apex point to see our own reflection in the whole surrounding.

With lots of love, Light & Reiki

Ajit Siv

April 24th, 2020



## The ability to go beyond time!

*By Vivek Pandye*

Only these current torrid times have shaken and waken many of us. The lockdown or quarantine though painful at times has been a blessing in disguise if one has the right kind of perception. Never before has the entire human race observed solemnly and started to look inwards. When one is forced to observe certain rules for an elongated period of time and also one has to obey for his/her own good, the process of contemplation and reflection begin. Not one but many realizations have dawned upon the mankind.

When you are in isolation, people start to look inwards and notice their own behavior. They develop the ability to observe their own patterns and their inability to contain themselves. In this situation when the bodies can't move and the minds aren't stable, people choose the option of engaging their mind in order to kill the time. They literally follow the clock and get engaged in watching TV or using some other gadget until some food is served. Later on they wait for the time to go to bed and also some announcement from the authorities in terms of relaxation being granted from the lockdown. For ordinary people it is always the clock and passing of days and months mechanically in a linear manner. The inner exploration seldom begins which demands a whole lot of shifting and changing and is circular in nature. The clock which is gross in nature is considered as equivalent of time. However, the subtle aspect of time is rarely understood by many of us.

The first step towards knowing time is to look and notice the movements happening within your own mind. Mind is a space where thought occur and is also responsible for the inability to perceive life as it is. If the thoughts are extremely frequent, the chances are that you are a slave of your own mind and governed by the clock. If the thoughts are not so frequent and there is a lot of gap between two thoughts occurring to you, chances are that you are quite peaceful and have the ability to lend positivity to their surroundings. Let us also understand that thinking randomly and contemplating consciously are two different things experienced by the individuals. A random thinker doesn't have any control over his mind, while a person contemplating consciously will always be powerful and in total command of the situation on most occasions. In case of a random thinker, the person is definitely a subset of time and can't imagine life beyond the gross.

So, if you are a random thinker, the first thing to do is to start observing your own mind as a witness without owning anything or judging yourself. It becomes extremely important to look at your body and mind in the same manner as life happening to somebody else. With this approach we tend to be more sensitive towards life rather than identifying with our ego. We also realize that the human maladies are more or less the same for everyone with the only difference in degrees.

Second, without labeling your thoughts and before you put them under the category of good thoughts or bad one, just understand that resisting them won't do any good to anyone. Resisting thoughts occurring to you is like fighting with your mind (which will be there with you) for something not so enduring (thoughts do not stay with us for long). It is only the act of resistance which keeps the nuisance stay within your mind. So stop resisting and accept everything that comes to your mind. Once again, any thought is just a choice coming to you. Accordingly, you may or may not act on the same. However, feeling agitated because of the thoughts and they being able to alter your moods and emotions, is simply not done. You move with the time when such an approach of total acceptance becomes the nature of your mind.

Last but not the least, to have an extremely circular nature of mind which has the ability to adapt to any situation is a must. A positive and calm mind with almost no thoughts and pure observation is the harbinger of joy and creativity. Once you stop giving importance to your own identity and start enjoying life as the same for everyone, your mind enters a realm of universal creativity where a person will seldom feel bored. You enjoy your own company and the presence of anybody else does not distract you. You are naturally inclined towards finding a solution and are always willing to make a contribution. The mind remains tranquil most of the times and you don't find means to able to spend your time, the right kind of an activity will occupy you as many things are so sacred as to be performed by quiet minds only. You don't have to kill time or engage your mind. The mind becomes enriched and universal in its state.

# Soulscape Soliloquies

By Shashi S.,

A myriad bubbles were floating on the surface of a stream. 'What are you?' I cried to them as they drifted by. 'I am a bubble, of course' nearly a myriad bubbles answered, and there was surprise and indignation in their voices as they passed. But, here and there, a lonely bubble answered, 'We are this stream', and there was neither surprise nor indignation in their voices, but just a quiet certitude.

Human life in its lowest field of activities, precludes any grand vision of the larger role we play in a Cosmic Drama. As we grow more and more into seeking the true nature of our little selves, glimpses of a Universal Self fills us with a quest towards the vast unknown. Yet there are many, like some of the bubbles in the poem, who sail through life, with the grandiose view that they are the fulcrum of existence, their views are the only true ones, and that their sole rights to everything and everyone ought to be unquestioned. The "I AM" of pride, ego and self servient ideology. On the other hand, there are those whose "I Am" presence reflects the Sacred Spirit. They open up to Divine Grace and realise the indivisible Truth of existence... That everything is essentially One, sentient and non-sentient, strung together like pearls on the string of one Divine principle. That is when the water bubble realises that it is the stream and flows joyfully to the Ocean, in sweet remembrance. In Maharshi's Gospel, Sage Ramana has beautifully described this as follows : "By constantly keeping one's attention on the Source, the ego is dissolved in that Source like a salt-doll in the sea."

We find similar echoes in the words of Sri Ramakrishna Paramahansa : "Once a salt doll went to measure the depth of the ocean. It wanted to tell others how deep the water was. But this it could never do, for no sooner did it get into the water than it dissolved. Now, who was there to report the ocean's depth? What Brahman is, cannot be described... In samadhi one attains the knowledge of Brahman.....one realises Brahman. In that state reasoning stops altogether, and man becomes mute. He has no power to describe the nature of Brahman."

The spiritual path is not an easy one...it is fraught with obstacles in the form of prideful ego, greed, anger, passion, attachments that are like crocodiles lurking in seemingly calm waters. Patanjali's sutras refer to these as Kleshas or afflictions that are detrimental to our progress. A Klesha is a negative mental state that clouds the mind, causing suffering and the conditions for suffering to arise. Klesha means "poison" in Sanskrit. It refers to the obstacles that prevent a person from reaching a state of

enlightenment and freedom from Samsara.

The five kleshas mentioned by Patanjali, in the Sutras are:

Avidya ~ delusion or ignorance, is the first of the kleshas because it is the basis for the others.

Asmita~ sense of ego, that is the limitation of egoic Consciousness.

Raga ~ attachment or passion that keeps us attached to pleasurable things.

Dvesha~ aversion, hatred or repulsion that stems from sufferings, it is the avoidance of pain.

Abhinivesha ~ fear of death, clinging to life.

The delineation of these kleshas will by itself take up a large and lengthy dissertation that goes beyond the purview of this article. Suffice to say that, these impediments to spiritual growth can be overcome by our practice of reiki, agnihotra, meditation, yoga nidra, pranayam.

The first step towards any personal growth is self awareness and introspection. Unfortunately, we live in a "selfie" driven society more than a self aware society ! Narcissism and propping up self image is the norm, with falsities that the ego tries to build. Extreme obsession with self or "selfitis" is classified by some, as a form of mental aberration and we see this in full display over social media. The Divine Forces have a much larger and better use for us, if we allow Grace to be our guiding light. The stronger the aspiration that rises from us, the more abundantly the Grace from above that flows into our lives. Sri Aurobindo writes about this at length in many of his essays. "There are two powers that alone can effect in their conjunction the great and difficult thing which is the aim of our endeavour, a fixed and unfailing aspiration that calls from below and a supreme Grace from above that answers. But the supreme Grace will act only in the conditions of the Light and the Truth; it will not act in conditions laid upon it by the Falsehood and the Ignorance. For if it were to yield to the demands of the Falsehood, it would defeat its own purpose."

The Guru wears the mantle of Divine Source and is an embodiment of Life Divine. Such a blazing beacon of Supreme Light can never lead us astray. Let the words and blessings of the Guru nourish our souls like refreshing rain on an eager thirsty soil. Let us hold that reassuring hand of our guru ; and walk towards glorious Light and be the Light !

# Ghosts of the Past

By Telangan



It was a pleasant surprise one day when I received a call from my college friend almost after 30 years. We were excited to meet. We had all old memories of each other. Time was very cruel with him. I could not have recognized him if he had not introduced himself. He was looking very frail, ailing and financially drained out. He told me about his life for last 30 years. He didn't get a decent job in any stable organization despite his good education. However, the small companies could not survive in the wind of globalization. He remained jobless. Unfortunately, he didn't accept the change of 90s, entire nation was turning upside down by the automation phase. He felt terrified by sight of computers and never acquired skills. He was often rejected by employers. After many years of unemployment, he was meeting old friends for work. Unfortunately, his entire knowledge was outdated now. **Only once he refused to accept the change and that altered his entire destiny.** I tried a lot but I could never find a job for him.

After experiencing setbacks, failures, many of us give up and stop trying. We believe that because we were unsuccessful in the past, we will always be failure. We continue to see a barrier in our mind but actually we are creating a barrier for our future. In my previous job in Bangalore, there was a boy working as a peon. He didn't have any special skills. I liked him because he was always smiling. He helped me searching residence in that unknown city, he was my interpreter. Soon I started knowing him better. He lost his parents when he was just five. Uncle and aunt were using him as house help. Soon uncle lost his job and they dumped him in an orphanage. It was a difficult to survive among all tough kids. But he managed. At the age of 16 he was asked to leave the orphanage

by rule. Next two years he stayed under a staircase doing odd jobs. This job was a dream job for him. I was mentoring him every day and he finally agreed to spend 2 hours daily learning graphic software after office. I outlined basic program for him and someone from my team would teach him daily. Some homework would be given to him. One and half year passed and he started helping team as junior artist without any designation. I discussed it with the management for promoting him as a junior artist. For some reason I had to come back to Mumbai and I lost touch. After few years I got to know that this boy started working in a Pharma company as an artist and within two years, he became a senior member of team of three people. He was earning decent living, got married, and had a child. He created his life from nowhere just by accepting changes in every stage of life without complaining... He was a great inspiration for me.

Life is always full of surprises and changes. Some people accept the change and move forward and some get dejected. **The secret of change is to focus all our energy not on holding the old but on building the new.** Sometime the change is not in our favor and that creates lot of pain in our lives. It works against our entire planning. We must remember that **the pain either hurts us or teaches us.** If we don't learn from it, we miss a very big opportunity of this life and remain in pain. We could find the purpose of existence. **We need to walk with a faith even when we don't see it.** I will never forget what Guruji once told me... **"Accept what comes to you, allow things those leave you, what's destined for you will remain with you smoothly"**

Radiant Immortal Atman! Blessed divinities!  
Children of the Divine! Beloved seekers of  
the Lord! Spiritual aspirants! Yogic  
practitioners upon the path of practical  
Yoga! I am very happy to welcome you to  
this Saturday evening Satsang.

This day as my humble and loving contribu-  
tion to this Satsang, I would like to offer a  
little thought for consideration and  
reflection. I can promise that it will bring  
added understanding about experiences  
through which you go in life.

What is the basis of human experiences? Do  
they really exist out side of you? Have they  
got an independent existence apart from  
you? Your joys and sorrows, your happy  
laughter and your boo-hoo tears—do these  
things exist in this world outside of you? Do  
they come and hit you? Or is the actual state  
or affairs something different?

Who makes you happy? Who makes you  
weep? Can you point the finger at someone  
or something and say: 'This is the cause of  
my happiness; this is the cause of my  
sorrow'? That is what we all do. We think we  
are all wonderful, innocent nice people; but  
this world 'outside' puts us through the mill.  
We are bothered by the world giving us a  
very unfair deal. We are seeking for causes.  
Even supposing we concede for a while that

## How Do Experiences Arise?



there is possibly something outside of us  
that comes and makes us happy or  
unhappy—even then, it is not due to some-  
one else! This is the great vision and  
wisdom of the Vedic understanding of life.  
Ultimately, you are the root of whatever  
comes to you—even when it seemingly  
comes to you from outside. You are  
ultimately the cause of all your  
experiences—whatever they are—whether  
they are plus or minus, positive or negative,  
joy or sorrow. You cannot put the blame on  
someone else, much less accuse someone  
else. No one is responsible.

But the even more essential and primal  
dimension is this first question—is there  
something at all outside? Is this world capa-  
ble of giving us experiences? We attribute a  
great deal of power to this world. But does it  
deserve it? This is a world of inert things,  
and we are conscious beings. Who is superior?  
Can inert things give experiences to  
conscious beings? I am not talking of your  
breaking a leg in a car-accident—that is  
something physical, which the body under-  
goes just like disease, old-age, infirmities,  
aches and pains, coughs and colds. Apart  
from these, the inner experiences of our  
frustration, disappointment, fulfilment,  
happiness, sorrow—does this also come  
from outside? Does it exist apart from us?

# Bangalore, my first love

By Beena Deepak



Bangalore , my first love ,  
I was born and raised here.  
Bangalore, the city of beautiful gardens  
Where spring never fails to paint it's colours!  
She was so cool and friendly,  
And welcomed all those who wanted an entry.  
As I grew, so did the city  
Coconut groves turned into apartments  
Shady trees slowly vanished  
She turned old too, just like me  
But I was so busy, not to see!  
And when I looked around , she was gone  
Stood before me ,a dusty and hurt city  
Her every live farm turned into lifeless buildings,  
Bore wells plunged deep into her, pumping out all the drops of  
water she bore,  
Her soft red mud roads were laid with concrete roads  
The rains and the summer breeze,  
Skipped their usual visits!  
Her cool winters turned colder  
and warm summers were hotter.  
And as I travelled around the city,  
My eyes would wander, feeling only pity!  
Of what I had become and so had she.  
My heart was hurt and wanted to leave,  
This dusty , dirty , lifeless city.  
I dont know , who heard my cries,  
But my first love , did return!  
Of gulmohars and jacaranda,  
And flowerbed paths and cool breezy mornings,  
My love for you shall never die,  
memories of this summer,in my heart, will always lie ,  
I dance within with joy and within our hearts , we both enjoy !  
And I did remember, telling you all,  
She was dead and so was my love...  
But all that was.... lies.....  
for true love never dies!



# The interpretation of Ramayana

By Balamuralikrishnan

Happy Rama Navami This is d best interpretation I have read about \*Rama\* and \*Ramayana\*

The Interpretation of \*Ramayana\*  
As a \*Philosophy of Life\*..

‘ \*Ra\* ’ means \*light\*, ‘  
\*Ma\* ’ means \*within me\*, \*in my heart\*.  
So,  
\*Rama\* means the \*Light Within Me\*..

\*Rama\* was born to \*Dasharath & Kousalya\*.

\*Dasharath\* means ‘ \*Ten Chariots\* ’..  
The ten chariots symbolize the \*five sense organs\*(  
\*Gnanendriya\* ) & \*five organs of action\*( \*Karmen-  
driya\* ) ..

\*Kousalya\* means ‘ \*Skill\* ’..

\*The skillful rider of the ten chariots can give birth to  
Ram\*..

When the ten chariots are used skillfully,  
\*Radiance\* is born within..

\*Rama\* was born in \*Ayodhya\*.  
\*Ayodhya\* means ‘ \*a place where no war can  
happen\* ’..

When There Is No Conflict In Our Mind, Then The

Radiance Can Dawn..

The \*Ramayana\* is not just a story which happened  
long ago..  
It has a \*philosophical\*, \*spiritual significance\* and a  
\*deep truth\* in it..

It is said that the \*Ramayana is happening in our  
Own Body\*.

Our \*Soul\* is \*Rama\*,  
Our \*Mind\* is \*Sita\*,  
Our \*Breath\* or \*Life-Force\* ( \*Prana\* ) is \*Hanuman\*,  
Our \*Awareness\* is \*Laxmana\* and  
Our \*Ego\* is \*Ravana\*..

When the \*Mind\* (Sita), is stolen by the \*Ego\*  
(Ravana), then the \*Soul\* (Rama) gets \*Restless\*..

Now the \*SOUL\* (Rama) cannot reach the \*Mind\*  
(Sita) on its own..  
It has to take the help of the \*Breath – the Prana\*  
(Hanuman) by Being In \*Awareness\*(Laxmana)

With the help of the \*Prana\* (Hanuman), &  
\*Awareness\*(Laxmana),  
The \*Mind\* (Sita) got reunited with The \*Soul\*  
(Rama) and The \*Ego\* (Ravana) \*died/ vanished\*..

\*In reality Ramayana is an eternal phenomenon hap-  
pening all the time\*..

# Courage

*By Telangan*

Life gave me

hundred reasons

To breakdown and cry,

I had thousand reasons

To smile and stay high...

Nothing in the nature,

Bloom whole year,

One door closes and

New doors open...



# 2020

## A wake-up call to rethink our lifestyle

By Ashish Mulay

As we entered the year of 2020, everybody expected it to be a technology driven start to the new decade. Mankind is racing to accomplish projects like building colonies on moon, maximizing use of artificial intelligence, making viable electric vehicles, commercializing inventions like self-driven cars, inserting microchips in brain as control devices and making computers with processing power equal to a human brain. While all these are still possible and we will ultimately achieve them, attention of a Common Man today has shifted away from these technological developments to the basic need of our ecosystem – Survival of Mankind. To enjoy the advantages of technology we invent, first and foremost, mankind must survive and remain healthy on this nature’s gift Earth.

Some of glaring catastrophes observed from beginning of 2020\*:

- Wild bush fires in Australia: Over 2500 homes and millions of native animals affected.
- Flood hit Indonesia: Heaviest since 19th Century.
- Volcano eruption in Philippines – Forced over 1,35,000 people to move out from their homes.
- Turkey Earthquake – 41 dead and more than 1600 injured.
- Kashmir Avalanche – Heaviest snowfall in a century left more than 100 people killed.

And after facing all these, we are now fighting invasion of a pathogen by the name Coronavirus. The pandemic COVID-19, as named by WHO (World Health Organization).

As I write this article, there are almost 2 million tested positive cases\*\* already, across the world. Spread of this virus started from Wuhan in China and has seen presence in more than 200 countries, most affected being US, Italy, Germany and China.

In India too, we faced a frightening situation due to Coronavirus, but we were able to contain it and we successfully avoided a total collapse of our healthcare system arising out of scarcity of hospital beds, shortage of essentials and sudden spike in the number of positive cases. The pandemic was handled in a rightful way, from the root of rural areas to the big and metro cities in all the states across the nation.

Amidst all this, we need not, and we should not panic. You must be knowing the philosophy passed on to us by our ancestors, that in all adverse situations we face, they have something or other to teach us. This outbreak of virus too, has given us signs that our present lifestyle needs to change. Our busy life has been brought to a standstill in this lockdown and it is an excellent time to introspect our lifestyle. Generally, the word ‘lifestyle’ to many people, is synonymous to our food habits. While agreeing that digestive system is central to a healthy life, we need to however, pay attention to all our daily activities and re-think about what we do and the way we live each of the 24 hours of a day.

To analyze our present lifestyle, you can try scoring yourself on the below mentioned seven scales. Each scale is from 0 to 10 connecting each sin to its corresponding virtue.

Sins	→								Virtue
Pride	2	3	4	5	6	7	8	9	Humble/Humility
Envy	2	3	4	5	6	7	8	9	Gratitude
Gluttony (excess eating)	2	3	4	5	6	7	8	9	Temperance (resistance)
Greed	2	3	4	5	6	7	8	9	Generosity
Lust	2	3	4	5	6	7	8	9	Chastity (self-restraint)
Sloth (Laziness)	2	3	4	5	6	7	8	9	Diligence (hard working)
Wrath (Anger)	2	3	4	5	6	7	8	9	Patience

Where are you on the above scales? Only when we start moving towards the other side of the table as indicated by the arrow, that we can truly say to be happy and healthy.

I am avoiding sharing information like importance of doing Exercise and Yoga, using less mobiles, avoiding junk food and having healthy eating habits etc. You already have received that content in form of videos and forward messages from your WhatsApp University, isn't it? Knowledge is easily available at the tap of our fingers across the internet.

But most important today, is the wisdom we need to imbibe, from what our guruji or what other experienced and knowledgeable people around us have to say. This will help us in developing and truly achieving a new healthy lifestyle.

As we proceed in this decade of 2020s with advancements in Science & Technology and inventions that behold our imagination, our focus as an individual should also be on our development as a human being. Next attack on our mankind can be biological, chemical, political or even something which we cannot even imagine. The next disaster also depends on what kind of lifestyle we keep on having. We must think about who we are now and what mankind will be, as we welcome our next generations.

A modern lifestyle to sustain the future challenges with good health – both physical and mental should be one which is harmonious with nature. It definitely needs self-exploration, knowing ourselves from the within, learning about our cause and effect relation with nature, and to be having ample of one basic virtue – empathy.

All the above sure can be achieved with one already available powerful source of knowledge and wisdom – Spirituality. An ancient way of living in the modern times.

Study of spirituality is not a widespread practice and one tends to turn to it only in his/her time of distress or old age. It is neither taught in today's modern education system nor are its practices preached free of cost. Those who know the concept, try to sell it as premium, making it look glamorous and affordable only to few.

Let's compare today's need of spirituality to a concept which we have accepted now in our lifestyle-Nutrition.

Nutrition was not looked up to seriously, until there began to be diseases and epidemics in the 1800s. Research on the subject of nutrition led to its inclusion in our education curriculum. However, it was only thought to be a boring part of academia and applied least in our practical lives. It is now in recent times that we see, today's generation has now started being more aware of nutrition, imbibing it in daily lifestyle, delving into its details and its requirements in our body. Similarly, spirituality – or the need to explore within and being in physical and mentally good space, may not be a priority now but it will be in future. But we cannot let it have the same time cycle as nutrition had, getting into our lifestyle. We need to bring spirituality into practice faster to be able to be ready to face more disastrous events on earth which will happen more often now.

One more aspect which is a roadblock to effective penetration of spirituality in modern lifestyle – Myths about it. As have read and listened to few of the spiritual gurus, myths are a result of the non-passing of heritage of ancient rituals through the generations. Processes which once were practiced regularly with healing effect, have now vanished, due to lack of proofs and half-baked knowledge and have become myths for today's generation. They disregard them willfully. So, the way ahead should be to address the myths surrounding spirituality as well.

Also, a thought to ponder upon is, will the word Spirituality in itself be accepted by the present and coming generations? Haven't we seen people obscure the real meaning of spirituality and muddle it with morality of good or bad and link it with their religion! A possible solution is to study the word Spirituality and check for feasibility of modifying it, so that it can be accepted more by the masses. After all, the word is not important, its effect is.

2020 is a good wake up call to re-think of our existence on the planet, and to plan for suitable lifestyle for a sustainable future considering all above discussed aspects.

*\*Source-*

<https://www.dailysabah.com/world/2020/01/31/january--2020-month-of-extreme-disasters-conflicts>

*\*\* Source - <https://coronavirus.thebaselab.com/>*



# 'Mother Reiki'

By Kishori(Kittu)

Mother Reiki has made my life easy like a candle who disperses light in all directions ...

Mother Reiki has made my life smooth like a soft, gentle skin of a child....

Mother Reiki has made my life beautiful like a smiling Moon in the sky...

Mother Reiki has made my life charming & blissful like a colourful butterfly...

Like a Bird, Mother Reiki has taught me to fly high in the sky...

Mother Reiki showers love on me like a mother...

Mother Reiki hugs me like a beloved when-

ever I need her...

Mother Reiki gives me strength to fight with the challenges each day...

Mother Reiki keeps moving with me like a hearty river...

Mother Reiki makes me sleep in her lap like a small child craving for care and affection..

Each Day Mother Reiki helps me to heal someone who is thirsty for love and affection .

Oh Mother Reiki... Thank u ! A Big Thank You!

My each day starts with you and ends with you sleeping in your cosy womb...

Blessed to be a baby of Mother Reiki !!!

# Little did we know!!!

By Preeti Khanna



As we stepped the house after play Came mother's cautioning words "Go for a shower!"

We resented and whiled for her to forget

Little did we know we had to face the corona threat !

Every Sunday we woke up to breathe a stench

Of cow dung paste spread in our courtyard then

We fussed the smell and hated the mess

But little did we know it was to this day of Corona wellness.

As our hungry bellies took us to the kitchen

Snapped our grand mother "Dare you enter without washing hands in my den ! "

Grumbling we did ,

But little did we

know it was all for this Corona threat hidden!

With the break of the dawn mother

Would say

"Come and do Pranayam this way !"

Unwilling to leave the cosy bed we snorted

For little did we know to these lock down days we would be resorted.

Loaded bags of vegetables would arrive

Straight in the kitchen in the sink to dive

Wondered why their bathing too was the way of life

Little did we know we had to see Corona catastrophe in our life.

Like a cat we would snuggle into our beds

When came yelling mother

"How about your gurgles my lazy dames"

Out of the beds fretting we brisked the gushing saline

For little did we know it was for these monstrous Corona times.

As we saw our children growing

We oft thought of our golden reign missing while raising

Little did we know this lock down would be teaching

All that we craved for our children to be learning and enjoying.

And Family time together returning.

Today with corona taking the toll

One realises if only we had to our "sanskriti " hauled.

Little did we know that corona needs "patience" and "resolve"!

Don't worry my friends

God is there to shield and bring this pandemic to an end!

# MERGING WITH THE UNIVERSAL CONSCIOUSNESS

- ◆ Lie down on your back with the hands on both sides of your body, palms facing up.
- ◆ Close your eyes and be restful. Totally relax your body.
- ◆ Imagine you are covered by a cloud of white light all around you... Imagine that the white light has started entering into your body from your head (Crown Chakra).
- ◆ Allow that light to go to your Third Eye Chakra from outside in front of your body.
- ◆ Allow that light to pass through your body and come out of back of the Third Eye Chakra to move towards the back of Throat Chakra.
- ◆ Similarly allow that white light to move from your back Throat Chakra to the back of Heart Chakra as a band.
- ◆ Let the band of white light come out of your front Heart Chakra and move towards the front Solar Plexus.
- ◆ Let the band of light now move from the back of Solar Plexus to the back of Hara and from the front of Hara to the front of Root Chakra.
- ◆ Allow now the light to move upwards in the reverse direction to have a serpentine motion right upto your Crown Chakra.
- ◆ Let these bands start moving fast as the time passes so that it becomes a big lump of energy. A huge moving ball of light which merges into a universal consciousness.
- ◆ Open your eyes very slowly after about ten minutes or even after as you may feel. Slowly come out of meditation.



MEDITATION OF THIS MONTH

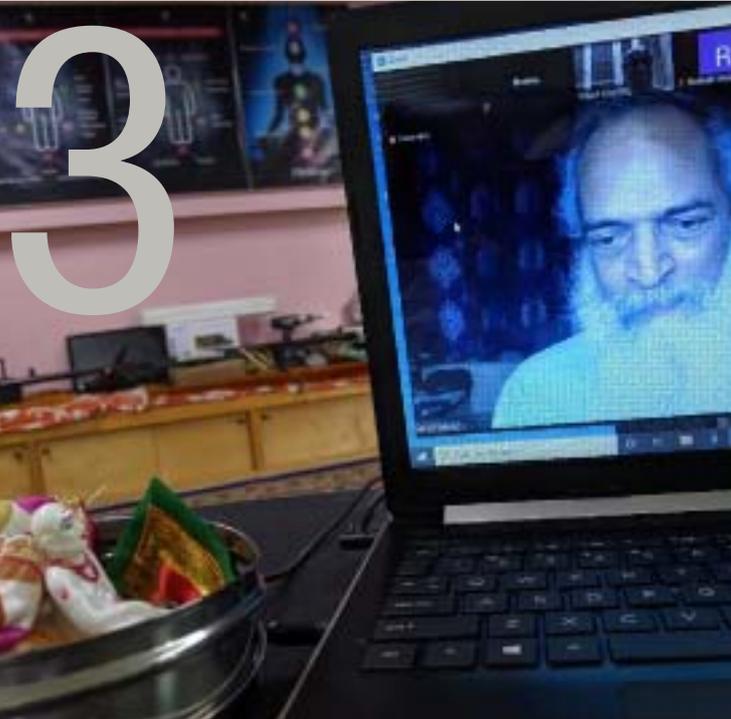
# Ashram Events

DUE TO LOCKDOWN, THERE WERE HARDLY ANY GROUP ACTIVITIES DURING THE WHOLE OF APRIL. BUT GURUJI DID NOT SIT QUIET. HE ORGANISED THREE ONLINE SESSIONS EACH OF 7 DAYS UNDER THE PROGRAM MATH VISION 2020.



The first session was on Power of Positivity. Here Guruji taught a crowd of 100+ sadhaks who were hooked to their PCs and laptops/tablets every day between 4 and 5.30 pm. The program started on 26th March 2020 and got over on 1st April 2020. Pre-empting negativity and pro-actively creating positive results, Identifying truth and measurement of human consciousness using the science of Kinesiology is what Guruji taught to the great delight of sadhaks.

The second session was on Chakras- The Wheels of Life which started on 3rd April to get over on 9th April. This was also attended by more than 100 sadhaks from all over India. By the time this class came into being, the sadhaks were getting addicted to the nectar of wisdom.



As if this was not enough, the sadhaks got another opportunity to be in the streams of wisdom again between 12th and 18th April. This time the reason for being together was a session on The Healing and The Mind. Again a whole week of mesmerising sessions! This was as if the God was celebrating the sadhaks doing sadhana consistently converting a threat into an opportunity.

Our sadhaks in America were not going to lose such opportunities. They took a cue from their counterparts in India and organised sessions on Chakras, Inner Meditation and Guru Charitra. The movement has taken a root and swelling in different parts of the country. With almost 50 participants in each of these programs, sadhaks were literally zooming with Guruji on Zoom meeting platform.