

# REIKI VIDYA

## NIKETAN

Hey, all you folks

Don't feel guilty

Just my time was up

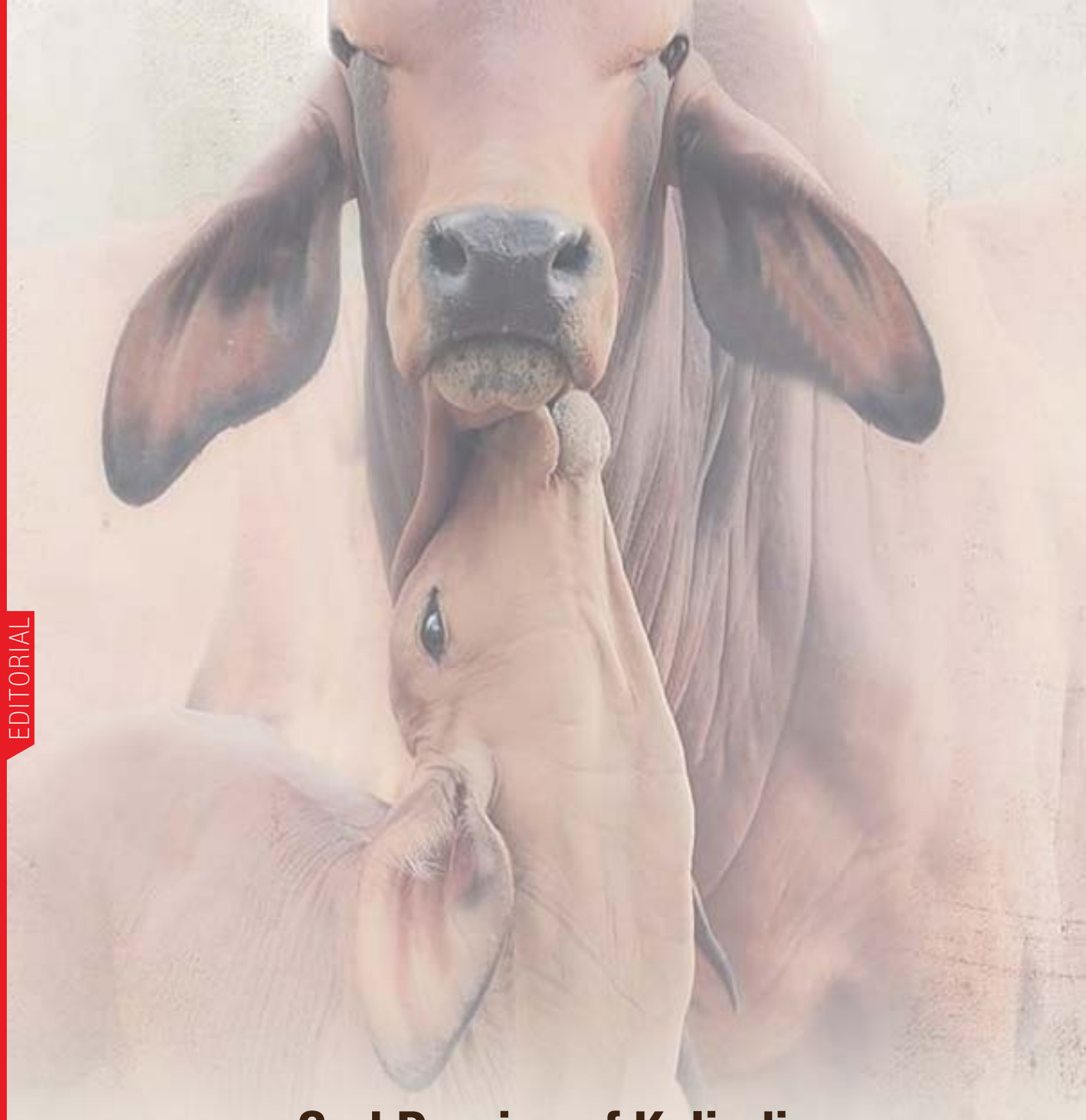
I know you are sad

I can feel your tears

I haven't really left you

I'm closer than before





## Sad Demise of Kalindi

The Mother of our ashram

On 12th November, the Sun rose on the skies embracing our ashram with the regular love and affection. It was just a day before Diwali- the festival of light. This day truly belongs to the cattle- the cows and bulls who are worshipped on this day called as Vasubaras. Few of us had gathered around morning Agnihotra on the terrace outside Kailash. Agnihotra time always boost your energies and is a different experience. Agnihotra flames were still alive. The spirits were high. And suddenly one of the

sewekaris rushed practically grasping for the breath saying, "Kalindi and Shambhu are entangled in their own ropes tied around them." Even before we could react, he said in the same panted breath, "They are no more. Both have died". For a moment we were numbed. I didn't know what hit me. It was as if the sky has collapsed, The moods swung. Is Kalindi no more? How can it be? Kalindi is a soul of the ashram. Kalindi can't just leave us so abruptly. Not at least on the day of Vasubaras.

This is the festival of Cows. We were to worship cows that day. We had prepared special sweets for Kalindi and other cows. Honestly, right from the time Kalindi came to the ashram, Goshala means Kalindi. How can she turn her back on us on this auspicious day? And that too taking even young Shambhu who was born only 3-4 months ago? All these thoughts were passing my mind while sprinting towards the Goshala.

What we saw was horrible to say the least. Kalindi and Shambhu had fallen down on the floor with their necks and horns crisscrossed and were lifeless. We all cried inconsolably. We called out loudly by the name of Kalindi. It was a normal practice that whenever I would go to the wash basin close to Goshala I would call out "Kalindi, how are you?" And she would respond immediately by standing up if she was sitting and turning towards me and then her signature mhoo... But today in spite of my shouting her name loudly, she was still. She had gone beyond my call to her. Are you angry with me Kalindi? I know about your anger too Kalindi. I loved that because you had your own way of getting angry with me. You would just turn your neck away and ignore me for some time when I used to come to ashram after a big gap. And then I had to cajole you, cuddle you and within no time you would thrust your head in my arms. That was all missing today.

In fact, Kalindi was very high on my priority list. The moment I would enter the ashram, the first act is to rush towards Swami temple to have his darshan and then obviously leaving everything aside to go and meet or greet Kalindi. That was a routine. That was a protocol. And then she would start shedding tears from her beautiful kind eyes as if a mother is meeting a child after a long time. She was like a mother to every sadhak. All this is over now. In fact, she was a major attraction for sadhaks to visit ashram and spend some time with her. It was a like a mother waiting with her extended arms to embrace you. Who will wait for us now? Who will express those compassionate moments to welcome you to the ashram? God only knows what threads of relationship that we had which bonded us together and from which birth? This divine mother born in the divine land of Girnar at the foothills of Girnar mountains finally had to shed her mortal remains in the land of Devrukh ashram. This I take as a huge complement to the ashram and the spiritual energies there. This is an honor bestowed upon us by the almighty.

She gave birth to Shambhu in the midst of Covid-2019 and then after few days we got the news that she was not keeping well. We were all rattled. The times were tough. No body from outside Devrukh could go to the ashram due to severe restrictions. Local sadhaks from Devrukh did their best and stood their ground firmly, to make her comfortable and left no stone unturned to ensure that she gets the best of treatments from Vet doctors all over. They risked their own lives to save hers. The news of Kalindi's sickness spread all over and the sadhaks started praying specially for this divine cow. Kalindi was close to everyone's heart who had visited ashram in the past few years. The enormous power of prayers and faith of sadhaks and of course the grace of Swami Samarth saw Kalindi back to normal health in no time. Everyone then wanted to visit ashram and was looking forward to the restoration of situation to normal. Everyone wanted to see Shambhu because he was Kalindi's calf. Shambhu was mischievous and energetic. He was enjoying every moment of life under his watchful mother. Sadhaks outside Devrukh were dying to see him. Devrukh sadhaks quenched the thirst and urge by sending Shambhu's photos to them. Now that the restrictions of movements have gone, how can I show Shambhu to my sadhaks? Where do I find him? A beautiful bud got nipped even before it bloomed. Swami only knows this play of consciousness.

With Kalindi's death, Goshala has lost its glory. I can't forget the mourning signs showed by all other cows after Kalindi's death which we saw on CCTV few hours later. Kalindi's elder calf Mitra was beyond control and was desperately trying to look for his mother. He was trying to break through his rope trying to reach his mother to save her from death but could not. One could feel how helpless we all are when we are bound. Seeing Mitra, one can see that possibly humans have lost their human values in relationships but the animals still consider them to be supreme.

Kalindi was an uncrowned Queen not only of our Goshala but of the whole ashram. She had very strong body, that graceful walk, her kind and assuring looks and the rivers of compassion flowing through her divine eyes. Everything was so wonderful, so out of the world. I always used to feel that Swami has manifested into the form of Kalindi. He used to keep his eye on the ashram through her kind eyes. I still remember an incidence which occurred in March this year. One of our sadhaks had taken a plot bang opposite to our ashram and wanted to build a house there. While doing a ritual of worshipping the land, one needs the symbolic presence of cow's paws to worship. A sadhak was preparing to draw them with Rangoli. Suddenly I realized that Kalindi with her team of cows and bulls was around the plot for their grazing. I called out Kalindi and as usual, she came immediately where we were sitting. I requested Kalindi to bless the plot of land by stamping her feet marks. She obliged. One should have seen that Kalindi's body language as she was flowing through the plot like a divine dance. My sadhak was blessed. This time I saw that his beautiful house is now fully ready and he has already shifted to this new house which is a miraculous event as getting labour at this time of the year is very difficult in a place like Devrukh and that too during the lockdown period when every activity was halted.

Now, the Goshala will be there. The activities of Goshala will keep on happening the same way they did before. But Kalindi will be missed. What a way she chose the time to quit this world! It was on the dawn of Thursday, Vasubaras, a day before Diwali and in the presence of all of us. Kalindi, were you waiting for me so that you can leave? Did you forget that you had come to this world to raise the level of consciousness on this planet? You were always a part of our mission. Why did you leave my mission half way? Why did you go so early? We had many things to do. Honestly, I used to leave this ashram in your charge while I was moving out all over for our mission. To whom would I leave this ashram to in your absence? The world needs your kindness, your motherhood. You had a tremendous muscle power but you taught us how to be caring and compassionate in spite of that. You possibly had come to teach the humans who with little power go on ego trips and become nuisance to the whole world. You were ideal of positive power. World needs you Kalindi. Come back in some form Kalindi. I have no doubts Swami will bring you back in some form or the other to help us in this divine mission. Waiting for you, Kalindi!

*Ajit Siv*

November 26<sup>th</sup>, 2020





# MASKS

The collective Karma of humans

*by Vivek Pandey*

Since March 2020, almost every human is seen wearing a mask for reasons known to all of us. Previously a mask was known to be an object normally worn on the face, typically for protection, disguise, performance, entertainment or religious purposes. However, in the common parlance, hiding or covering of the face was the job of dacoits or bandits. Only the 'thugs', who with the intention of disguising their identity or to avoid being recognized by others used to cover their face like the way we are doing now. Although for protective reasons and in adherence to the law framed by the governments across the world, a mask is something of a compulsion now. Apart from bearing the fangs of Corona, why exactly does the world need to cover their faces? Is it just the prevention of virus entering our bodies? Or is there something more to it?

Even though, there have been many good reasons for wearing a mask in the past; like the Jain community wearing it as an act of non-violence, the artists in theatres wearing it for their respective performances or even for some ceremonial purposes. The point of the matter is, a mask was never really worn for such a long period of time by one and all. The ministers, the kings, the common man on the street all have covered their faces. So much so, that it appears to be a punishment on the humanity. Although, the mask is not a real burden to carry, but the sheer experience of blocking your respiratory system makes all of us suffer in some way or the other.

To dwell in the root causes, let us start with the "Niquaab" worn by the women following Islam. India is a country democratic in nature. However, there are certain Islamic countries trying to impose their misogynistic nature on the opposite sex. Is mask a curse on humanity by many such women who were forced to lead lives in a particular way? Do we need a culture where beauty needs to be protected by covering it? Or do we need a culture where beauty is appreciated and looked at in the most

gentlemanly manner? A smiling face is always beautiful and for us to recognize that inner beauty, the outer being needs to reflect the inner joy. A suppressed life cannot by any means be taken as a commandment of any God belonging to this or that religion. Humans need to look at each other as simply humans. Forget religion, caste, creed or culture why should we even look at the gender. Again, are we bearing the thorns of karma with women being suppressed all over the world in some way or the other.

The second apparent cause, being the loot of money for ages by the dacoits or bandits the world over. They used to typically cover their faces in order to hide their identity. The humanity needs to look at this fact very seriously. Did we all engage in some or the other kind of loot at any point of time in our lives? Whether occasionally or other-wise? Take one example of doing business. Do they all not try to make maximum profit out of their activity? Even at the cost of somebody else's suffering. Are there no cases of people being cheated or looted to a small or big extent the world over? Furthermore, it is not only about money but also emotions and mind. We need to examine this at the subtle level too. Have we all not experienced the impurity or inadequacy in most relations that we enter into. The manipulations of the mind to fulfill selfish purposes are a world-wide phenomenon. If yes, the mask is a natural fallout of all the collective karma that we may have chosen consciously or subconsciously.

Lastly, do we all not say, 'I am okay', even when most of the humanity is suffering in some way or the other. We wear a subtle mask to pose a jolly picture of our life. These kinds of masks have been worn by almost all with some or the other purpose of retaining their ego. Hopefully, we will do away with this protective gear sooner rather than later. But, the art of hiding the face (the real one) is stuffed deep inside the thick skin of our human-kind.



## Consciousness the Supreme Existence or absolute reality

by Aruna Margam

I was listening to a lecture and the Scholar was talking about the most important MahaVakyas of the Upanishads. The first MahaVakya “Pragnanam Brahma (Consciousness is the Brahma) from an Upanishad related to “Rig Veda”. The Second MahaVakya “Aham Brahma Asmi “(self is Brahman) from an Upanishad related to Yajur Veda. The third MahaVakya “Tat Tvam Asi” (the entire substratum of the universe is Brahman) from Chandogya Upanishad related to Sama Veda. The fourth MahaVakya “Ayamatma Brahma (the atma is Brahma) from Manduka Upanishad related to Atharva Veda.

I was remembering the words of our Guruji’s “Yoga Nidra”. How profound is our Guruji’s teachings and knowledge. We experience it since Reiki is an experiential knowledge as these are not mere words. We are told time and again by Guruji “We are all pure, complete and divine”. To remove the veil of ignorance, Reiki helps us every moment.

“Sarvam Kalvidam Brahma..” says Chandoka Upanishad which means All this is Brahman. Everything comes from Brahman, everything goes back to Brahman, and everything is sustained by Brahman. This again reminds me of Guruji’s words “Our purpose is to go back to our source which we call as Moksha. This is possible when we become as pure as we were originally.” Again reiki helps us to cleanse ourselves and go back to the source after clearing the vrittis and become loving and compassionate towards everything in this universe.

Learning reiki made me understand one important thing from the seminar “Thank not only those who help you, but also those who trouble you in this life”. What a profound statement? Again Guruji’s words “Everything happens only for our own learning and improvement. Everyone has a personal world which we bring with us and which we take back with us”. Thank you Guruji for explaining MahaVakyas so simple and easy.

When everything is Brahma then this also means in Guruji’s words “World is your mirror”. So now during this Covid time got to learn a lot from this statement. Guruji says if you want a change in the reflection, change yourself. When this got deeper and deeper then it became a World with lot of fun. Life became a game. Every day we wait for the new images so that we can unknot our own vrittis and sanskaras. Once that is done the reflection changes. Oh, its not

over then everyday a new day and new reflections and corrections and started feeling lighter and lighter.

Guruji how beautifully explains “When we go into a changing room we see many reflections of our own self, same way there are many reflections in the world which you see every day. “If you get angry with the world we are getting angry with ourselves and if we love the world we love ourselves”. I only remember an analogy where a dog by mistake goes into a room full of mirrors. It thinks each reflection as another dog and starts barking at it. He sees all are barking back at him. He is so ferocious and barks so long and gets tired. We as humans be smart enough and not get tired by complaining about our own reflections.

I remember this sloka we say before taking food.

**Harir Daata Harir Bhokta**

**Harir Annam Prajaapatih**

**Harir Vipra Shareerastu**

**Bhunkte Bhojayate Harih**

Hari, the Lord of all beings, is the giver, the enjoyer and the food itself. The body of the Vipra (one whose has become illumined with the brightness of Divine knowledge and wisdom) is Hari. Hari is the one who eats and also the one who feeds.

We as humans can understand and see divinity in each and everything in the universe and love the world, be thankful, grateful for this beautiful life and when time comes disappear in Brahman. Reiki is nothing but the very consciousness and due to our Guruji’s grace we got the Deeksha so that the very consciousness flows through our hands. So grateful to Guruji and his profound teachings which he does so patiently and help each one of us to understand the divinity in us so that we can dissolve in that universe which is nothing but Brahman the universal consciousness.

A person wearing a flight helmet and goggles is shown in profile, pointing their right index finger forward. They are wearing a light-colored, long-sleeved shirt. The background is a warm, hazy sunset or sunrise sky with soft orange and yellow tones. The person appears to be sitting on a dark, rounded object, possibly a propeller or a piece of equipment.

# Secret to Success

by Telangan

*Once a man asked Socrates about the secret to success. Socrates told him to meet at the river next day. Socrates asked the young man to walk with him in the water. As it got up to their neck, Socrates ducked him inside. The young man struggled to get out, but Socrates was strong and kept him there until the boy started turning blue. Finally, Socrates pulled him out. The young man gasps and took a deep breath of air. Socrates asked, 'What did you want the most when your head is inside the water?' The young man replied, 'Air.' Socrates said, 'That is the secret to success. When you want success as badly as you wanted the air while you were dying, then you will get it. There is no other secret.'*

Most of the people forget this fact and live mediocre life for seventy, eighty years and take another birth to learn same things which refused to learn in the previous birth. Very few people break all the the rules and act different to achieve what they've chosen. Maybe they achieve it only because of the burning desire in the belly. **Dashrath Manjhi**, the mountain man from Bihar, lost his pregnant wife only because there was a mountain standing between his village and the hospital. He didn't say a word and quietly with tearful eyes started breaking the mountain

alone. People laughed, made fun of him but he only raised his head up after 22 years when the mountain was crushed below his feet.

I remember, a college friend. He was quite an average student then. All our friends got into very good organizations while he didn't get a decent job nor he could settle in business. He had incurred big losses finally. He was feeling miserable with even suicidal thoughts popping up in mind. With no future seen ahead he reluctantly joined film industry as an apprentice with no salary and 24 hours hard work. Next five years we heard nothing about him. He was working day and night 24X7 without even a holiday. One day we read his name in credits as an art director for a big banner film. He didn't stop after that. Today he became one of the most successful person of film Industry. He is having a studio on 52acre land with every latest equipment for shooting. He became successful only when he had the burning desire in his belly. Nothing else exist except his chosen path. This is the biggest similarity in almost every success story of the world. **Bill gates or Sachin Tendulkar, Dashrath Manjhi or Prakash Ambedkar. If one could achieve material success just with burning desire then why can't we achieve Spiritual accomplishment, which will be remaining with us forever.**





## 7.8 Billion Realities

by Ashish Muley

*“I am sorry, I don’t have time for this”, said Raj to Simran, in an almost angry tone.*

*“Oh yeah that’s ok. Bade bade desho me aisi choti baate hoti rehti hai”, said Simran in a sarcastic way and turned back from him. They are married for 24 years (1996-present).*

I am sure, this conversation occurs to you as a natural progression of any relationship over the years, having shared a common 3-dimensional physical space (read living together) over a very long period of 4th dimension – Time. Raj and Simran seem to have agreed to consider this to be their harsh ‘Reality’ of life.

Inspiration for this article comes out of the classic statement we all hear so often in our life and which is also the quoted opening line of this article - “I don’t have time” or also as we often say “This is harsh reality of life”. Touch your heart and swear to your faith, don’t you do the same thing when something happens in an unwanted way in your lives! You console yourself with the R-word or just brush away the discussion citing you have no time for it.

Time and Reality – two words which actually are thought to encompass the entire Universe yet are illusive enough to be not sufficient enough for us nor appreciated as they should be, in our lives. Let us understand both terms one by one.

The breath which I am taking in right now is not the same breath you are taking. The thought which I have in my mind is not the same you are having. The picture I see in front of my eyes right now is not what you are seeing. You and I are physically different. Different are yours and my consciousness (feelings, emotional state, experiences) So basically you and I, who are now connected by this article you read, are still different in our own worlds. If you and I are so different, imagine there are 7.8 Billion people who reside on the earth today. Though collective, but with our own consciousness and ways to see things, we all have unique experience of the physical space around us.

Now let’s add the fourth dimension – time. If we all consider our watches and its every second tick-tock as reference, then yes time is the same for all of us all over the globe. 60 seconds in a minute, 60 minutes in an hour, 24 hours in a day, 7 days in a week, 52 weeks in a year. It is the same if we consider this objectively. But if we include the concept of experience of time, then we would all have different opinions. Haven’t you heard these statements before - “Time flies so fast with you”, “oh it feels like ages since we last met”, “oh! it feels like time has stopped, I am bored”. These show that the experience of time is unique for you, me and all others individually.

So, where I am taking you to understand is that the 3-dimensional space we share, the consciousness we possess and experience of time we all collectively have is itself subjective in nature, unique to each one of us. We, as 7.8 Billion populated humankind may seem objectively to consider there is one collective Reality, however if taken to consider individually or subjectively, we might know that there are 7.8 Billion Realities, one unique to each of us.

Sure, it is normal to gauge all this as wishful thinking in the age of Science where we have discovered laws of physics, quantum mechanics and where we have gone to great depth to understand the likes of Aryabhata, Einstein or Galileo using those laws and equations. Instead of considering and giving a thought to such radical ideas, what we generally do today is that, equipped with whatever mathematics and concepts of physics proved till date, we demand explanation of them and then due to lack of it, ignore them to be just whimsical thoughts.

But back then, before the 15th or 16th century it wasn’t the same. Philosophers were physicists and physicists were philosophers. With various thought experiments, they used to declare their observations to mankind as theories. It was then that these theories were discussed, debated over by the learned across the globe and then with suitable changes to them with an all-inclusive approach, were finally accepted by the society.

7.8 Billion Realities - Each of us having our own version of reality is also a radical idea, ought to be given at least a thought.

In various situations of our daily life, we try to impose ourselves on others, by saying to ourselves that what I know is actually real and that other people should stick to what I tell them to do. This may happen because you consider yourself superior in that situation which may be due to age, social position, your experience or also may be just because of your ego arising out of it. However, the situation is a subjective reality of all people participating in it and the person in front of you might have the exact opposite view of what is happening.

This is where the 7.8 Billion Realities concept might help. What it will do is, it will open up your mind. It will give you an ability to think empathetically and understand the perspective of people in front of you. Next time you are about to use statements like “I don’t have time” or “This is the harsh reality of my life”, you might just want to reconsider it, take a fresh look and a perspective of the people whom you are speaking to and come out better of that situation with more positive energy.



# IN CONVERSATION WITH THE RIGHT GURU...

*by Dr. Neeta Parekh*

Here we are at the end of the year after experiencing and living through the totally different situation. This scenario has helped us to understand the core values of life. Since ages, the history of human civilization proves and stresses the requirement of the right GURU who can lead the unlessoned masses towards the enlightenment. Since lockdown and even after that phase was over, all sadhaks of RVN feel blessed with the various programmes designed by Gurujī and his team.

If we observe carefully Mother Nature, the way she offers us with the raw food material, the cyclic process with which everything grows around us and the strange way everything takes shape in the nature would obviously wonder and surprise anyone; especially the way fruits like watermelon, grapes, nuts, various gourds etc. grow. One can understand here why we call environment as Mother Nature. She has a ready and appropriate meal plan for each and every person whether the fellow is living in the desert or in the lush green area. She nurtures us. What an individual has to keep in mind is: patience and perseverance for whatever is growing, whether it is one's own growth or of the surroundings. Similarly, the caring Guru too nurtures and takes care of the growth of every disciple as well as the organization.

The same is about education. There has been a major shift in it. Today we see that the students are being informed and the teachers are learning technology. Those teachers who already know the technology well are merely providing the information to the students as it cannot replace the face to face teaching methodology. As Gurujī has explained us through various programmes the importance of IKEW, let us understand it in context of the present scenario. Firstly, to quote Swami Vivekananda's thought about education: He said,

**EDUCATION IS THE MANIFESTATION OF  
DIVINITY ALREADY WITHIN THE MAN.**

This Ancient, Vedic ideal has disappeared from most of our

education setting since long. Though Corona has proved as a changing agent here too, it has helped us to see the transformed National Education Policy.

What Gurujī has explained us in this context is that an efficient teacher should also keep in mind IKEW while teaching any subject. As while teaching, the teacher is learning first. It can never happen without learning. Every teacher can cultivate such understanding before teaching the student. Look whether the student is engaged in this activity for gaining information, knowledge, experience or wisdom. At every point the methodology would change.

Let us try to understand IKEW with the help of an example:

Suppose if a person observes a musical instrument say for example a flute. If one wants to gather the **information** of how a flute is prepared and how the sound is produced, a person may collect it from various sources that it is made up of a hollow bamboo stick. For acquiring **knowledge** a person can try to play flute with its proper mechanics and musical compositions too. To gain **experience**, a learner can widen the knowledge through practice and can actually play different kinds of melodies on flute. Along with it one can also pass on the same experience to the others and assess one's own effort. To reach to the level of **wisdom**, the learner would transcend and get mesmerized with the experience of the oneness of the sound of the flute at the wider level just like our ancient sages who gathered wisdom of the universe without any kind of technological devices, just by experiencing and understanding the process, principle and its application. One would also ponder over the magic created by nature and would wisely say that though a piece of bamboo may have holes and emptiness in it yet if played carefully it can play magical melodies, which has the power to uproot the trees and tame the wild animals too. Ending with the appropriate phrase: KRUSHNAM VANDE JAGAT GURUM! My offerings in the lotus feet of GURU!





# CASCADE OF THOUGHTS

*by Dr. Amara Vasuntara*

It was a nice Thursday forenoon; sun was lending its rays, a particular brightness to the light which is already present and balminess to the air. There was a certain degree of warmth in the air and the pleasant breeze brought serenity to my mind. It completely obliterated the traces of cold due to previous night's lashing rain and roaring thunderstorms brought by the north east monsoon.

Enjoying the weather, I was looking at the tall neem tree in front of my house. It revived my memories of trees. Trees, be it big or small, have always given me a feeling of awe and a sense of wonder.

They are the benevolent witnesses of history and time, elixirs of life on earth. I had always loved walking amidst the yellow flowers of *Cassia fistulata* and the red flowers of *Butea monosperma* on the way to my school, which made the roads look like carpet of flowers. Despite the scorching sun, walking under the shade of trees, occasionally being blessed by the sprinkling flowers and being mesmerized by the mild fragrances in the air has always been a pleasure. There were also many large canopied trees of *Albizia saman* looming large with beautiful pinkish flowers that decorated the roadside. At Batau caves in Malaysia, there is a huge cave opening right above the temple, allowing natural light, if one looks up, one can see the tall trees over the rock Mountains. They would have seen my Grandparents, my father and now me. It made me feel tiny and humble. The *Ficus* (Audumbar tree) at Devrukh knows me very well.

It is so amazing that trees have their own fragrances. Who would not be invigorated by the lovely fragrances emanating from trees? And I am not an exception.

The fragrance of eucalyptus always reminds me of my trekking to Ooty. A unique sharp refreshing smell of the pine took me to the lone buddhist temple surrounded by pine trees in Nepal. Certain species of trees emanating refreshing fragrances in botanical forests in Singapore and in Pulau Ubin, still stands so fresh in my memories. There were unique trees with different shapes and sizes like trees with buttress roots. It is a joy to watch Nettle trees in Venice.

As I stood reminiscing, my thoughts were suddenly halted by a loud and rattled pitch of sound. When I glanced over, I was overjoyed to see the pair of wood peckers. These red headed woodpeckers with their tough pointed beaks, with black and white feathers gave me a pleasant jerk. Then as I turned around to find from where they would have come from, I noticed a

nice ellipsoidal cavity in the neem tree, which was drilled with immense efficacy. Within a short span of time they flew away to find some food for their chicks who, I presume, would be waiting eagerly for their parents to return. A short distance away, in the dark brown branch, I saw a squirrel lying flat with both the hind and fore legs completely stretched out, taking a short nap.

High-up in the branches, few nests have been built by the crows. The eggs have been hatched and their chicks started to fly attempting to find food on their own. However, I am immensely grateful as the parent crows have still chosen to stay in this tree. They are our watch birds. If any cat passes by or anyone parks their car near our compound wall, they begin to crow loudly. Either we manage or they manage to get out of the consequence.

I heard a pleasant melancholy sound and immediately my eyes searched for the Myna. A small bird with brown feathers, the bill, legs and feet are bright yellow, the skin below the eyes are bright orange. Hearing its different sounds and seeing it walk so elegantly is happy to watch.

A spider was busy building its intricate piece of precision engineering. The resilient, white silk glistens through the dancing key holes of dark green leaves. The black ants were busy moving up and down the branches. I was amazed to see the Ashy prinia, a very small warbler with sort of rounded wings and black bill. It made a repetitive mesmerizing musical sound.

The neem tree absorbs the energy from the sun, water, air from the nature and gives back more than it has received to every other species (i.e.), humans, birds, insects, etc. They always adapt to the changing seasons.

As I inhaled the freshness of the air, I slowly grasped the insight of Life. What life throws at us is not always our choice but what we make out of it is entirely in our hands. Only when we are able to dance upon the uncertainties of life, life begins to radiate more vibrantly. Let us strive our best to achieve our purpose and not make the circumstances as our hindrance for not doing our best.

According to Lucy Larcom, "Leaves unfold into horizons free. So, man's life must climb from the clods of time unto heavens sublime, every day a fresh reality, beautiful and strong, to whose shelter throng creatures - blithe with song.... New shoots every year, on old growth appear, .... Thou shalt teach the ages, sturdy tree, Youth of soul is immortality".

# Masterstroke

by Telangan



Whenever you are holding

On to your past let the nature

Teach you the art of 'letting go'...

Whenever you are feeling heavy


Let the nature teach you

The art of being light...

Whenever you lose someone

Let the nature teach you

Art of finding yourself...



## **“Darkness does not come to light, light has to go to darkness.”**

*by Sanjeev Modak*

Once, it so happened that Lord Krishna was standing in front of the mirror decorating himself.

He was trying on different crowns on his head and putting on some fine jewellery while his charioteer waited outside with the chariot ready.

His charioteer waited and waited and thought to himself – usually, Krishna comes immediately, today he has still not come.

So, out of curiosity, he went inside to find out if the program was still on, because Krishna was very unpredictable, anytime anything could change.

So, the charioteer went inside and he saw Lord Krishna standing in front of the mirror admiring himself.

He politely asked, “My dear Lord, tell me, why are you dressing up so much today. Where are we going?”

Lord Krishna said, “I am going to meet Duryodhana.”

The charioteer said, “You are dressing up so much to meet Duryodhana?”

Lord Krishna then said, “He cannot see my inside, he can only appreciate my outside. So how I am dressed will impress him because he cannot see what is inside.”

Then the charioteer asked, “Why are you going to Duryodhana? You should not go, he should come to you. This I cannot accept.”

He continued to say, “This is not fair. Look at your status and look at him! You are the Lord of the world. You should not go, let him come.”

Krishna turned back, looked at him, smiled and said, to “Darkness does not come light, light has to go to darkness.”

While we all light our houses in Deepavali but we also have

to light some lamps within us.

Light the first lamp inside you and let it burn your anger and jealousy that you may have for any one till date; see it melt away.

Light the second lamp and let it burn away unwanted greed and desires, feel happy and contented with what you have been blessed with.

Light the third lamp and let it fade away all insecurities that you may have in your mind related to financial matters or anything else; just believe that God has given you life and he will surely give you enough to survive.

Light the 4th lamp and carry that lamp to each part of our body; let it burn away all your diseased cells or any disease in making. Feel healthy as this lamp travels to each body part and illuminates each organ.

The 5th lamp is a miniature of the Sun, nothing but the divine light, light it in the centre of your body and let it fill the warmth and love inside your whole body, feel one with the Divine, let the love and warmth filled inside you ooze out of you through your smile, eyes, speech, and body.

Carry this love with you throughout the day, you will find that everyone who meets you is happy and elated.

This is the biggest blessing that whoever meets you becomes happier after meeting you, this will also make you happier in return.

“There are lights everywhere except in the minds of the men.” And mind is a jungle of cravings, greed and material desires.

This too shall pass, Light these 5 lamps each morning, carry the positivity wherever you go.

Light your lamp within and stay blessed forever.



# Astavakra Geeta - Part 1

*by Ajitsir*

The Editors of the Reikibrahma magazine are consistently striving to give benefit of more and more Spiritual literature to the readers. The readers have always appreciated this valuable knowledge which gives lot of encouragement to the editorial team. From this issue, we are starting a new series of articles on Astavakra Geeta with a thought to present deeper aspects of this scripture which a seeker should know. This is the first article.

Astavakra Geeta is considered to be the foremost spiritual scripture in Indian spirituality. This scripture is of such a high quality that we cannot compare it with any other scripture. It is incomparable and its quality is indescribable. It describes the process to achieve enlightenment. It contains detailed explanation of knowledge, action, devotion, Yoga, Prayers and meditation through which one can achieve liberation. It is also true that different religions teach different techniques. However, Astavakra Geeta does not take base of any of these techniques. It simply explains how we can shed our ignorance. And this differentiates the divine scripture from all other texts. Astavakra believes that a seeker/sadhak does not need any technique or process. Prayers, worship, singing of Hymns and chanting mantras, practising Hatha yoga only misguides the seeker and becomes obstacle to achieve the ultimate goal. Process and achieving perfection in the process, only boosts the ego of the seeker. He believes all this practices are just hypocrisy. By doing this a seeker gets a satisfaction of doing something but still does not get the ultimate experience of liberation. Instead of removing darkness one should light a lamp so the existence of darkness vanishes. This lamp will light when one realises one true nature. To get this realization, Astavakra strongly believes that no process will be helpful. Our soul is not lost anywhere that we need to search and find out. Its existence is covered with the veil of ignorance. So when the veil of ignorance sheds, what remains is pure divine soul. Then the unlimited reign of soul starts ruling. This happens in just a spur of moment. For this, there is no need to do penance for years together. This is what Astavakra Geeta explains.

Unfortunately, the common mind cannot understand this. Mind likes process because processes are limited. They have beginning and end. Human mind likes such limited things. But a million dollar question is how can a limited

thing make us realise the unlimited nature of the Soul? This is the gist of the teachings of Astavakra Geeta. This is not just a concept given in Astavakra Geeta. It is an actual experiment. This is not just a principle based concept but it is an experiential science based on facts. These are not the promises given by a king to its subjects or it is not a prophecy done by an Astrologer. Astavakra has experimented on King Janaka and proved its authenticity.

In Spiritual World three things are considered to be important viz. Knowledge, Devotion and action (karma). And human being has two kinds of personality i.e. inward and outward personality. For Outward personality, path of action and devotion are preferable and for inward personality, meditation is preferable. Outward personality does not understand the knowledge or wisdom. For that to understand we need a person who is a scholar, wisdom oriented, with sharp intellect and have an authority at energy level. Because of this, the path shown by Astavakra did not reach the common people. The path of Astavakra is of Sankhya yog where in we do not have to do anything. I am not body, I am not mind, I am that unlimited soul, etc. The one who has realised this has already reached the state of liberation. Liberation is not a place where we can go. It is an experience. Bhagwad Geeta told by Lord Shri Krishna is for common people. In that he has mentioned about everything i.e. knowledge, devotion and action but he has put more emphasis on Karma (Action). Since childhood, I have this question in mind that why did Lord Krishna told Geeta to Arjun only? Among Pandavas, the best and pious was Yudhisthir, Dharmaraj. So he was qualified to hear Geeta first. If explaining Geeta was really was really necessary to win the battle, it could have been told to Bheema. Because he as was the chief of the Army and most powerful among the Pandavas. But Lord did not choose him. Nakul and Sahadev were timid and not so powerful among Pandavas so in order to empower them, Geeta could have been told to them. But Lord did not choose them also. Geeta was told only to Arjuna who was in middle, middle path oriented. He was like a worldly person. Dharma and Bheema was fully aware and conscious about their responsibilities. There was no need to awaken them. Nakul and Sahadev were in total surrender to their elder brothers. They were free from worries and were unconscious. The one who was not fully aware nor fully unconscious, and was only restless was Arjuna. Geeta awakened the

worldliness and explained the true meaning of relationship and duties of the worldly man. Astavakra Geeta is for saints and sanyasins. That is only for the true seekers. Astavakra does not describe different different processes like Lord Krishna. He just tells one path of wisdom which is not known, which is beyond emotions, time, space, location and time but it is fully scientific. Astavakra Geeta is not to understand but it is to digest. The one who will try to understand it will miss the essence. It will be construed as a mistake just like measuring an ocean with a spoon.

Before we understand about Astavakra Geeta, it is necessary to understand who was Astavakra. The stories about his life are very famous. With this story we will understand that Astavakra was The King of all the scholarly people. He got enlightened at a very young age. It is known that Astavakra was very ugly right from his birth. It is believed that when he was in his mother's womb, his father was chanting mantras and performing daily worship. At that time from the mother's womb, he showed the mistake and corrected his father. He said, "Wait, in scriptures, where is the Wisdom? Wisdom resides within us. Where is Truth in the scriptures? It is already there within us." On listening to these words, his father got enraged. His ego flared and he cursed the child within the womb that you will be born with eight limbs distorted. And it so happened. That is why he was named as Astavakra.

Regarding Astavakra, one more story is very commonly told is that when he was 12 years old, King Janaka had called an assembly of all the big and eminent scholars. In that assembly the discussion was going to be held on Philosophy and meaning of scriptures. In this debate the winner would be gifted 100 cows with its horns decorated with gold. In the evening, Astavakra came to know that his father won the debate with all the scholars except one. On hearing this, Astavakra came to this assembly. On seeing his ugly look with all the limbs distorted, everyone started laughing. He became a part of mockery. After some time, Astavakra also started laughing loudly. On this King Janaka stopped him and asked, "I could understand why the entire assembly laughed at you but I did not understand why did you laugh?" On that Astavakra replied, "Here, in this assembly of cobblers, the decision about truth is taken. What are these cobblers doing in this assembly?" Everyone in the assembly got shocked. All the scholars got furious. King Janaka could read this on everyone's face and so to make the atmosphere normal, he asked, "I could not understand the meaning of your words." On this, Astavakra very coolly replied, "The meaning is very simple. The cobblers only look at the skin. What they have to do with the Wisdom? Wisdom would be happy to be recognized as the Wisdom, and not the skin. All these people only saw my skin so they

cannot be wise. That's why they are cobblers. O king, if the temple becomes distorted that does not mean that the sky is distorted. As from the shape of the temple, we cannot define the shape of sky, likewise, looking at someone's body we cannot judge one's soul. The wisdom has inner vision from which it sees only soul. Ignorance has vision from the body from which it can only see the skin." King Janaka got highly impressed with the answer of Astavakra. He came and prostrated at the feet of the small child. King Janaka made him sit on the throne and requested him to make him his disciple. From this only, the Astavakra Geeta came into existence.

## Astavakra Geeta

### Part 2

King Janaka started believing in Astavakra because he felt that this person seems to be an authority in field of Spirituality. King Astavakra was a learned man and he had studied spirituality very deeply and thoroughly. He had read in some scripture that enlightenment happens in just one second. In that scripture, the example was given that when a horse-rider puts his one leg in the saddle and then when he puts other leg, within that much time, enlightenment happens. On reading this, King Janaka was astonished and he being a seeker thought that this needs to be practically experienced. He declared in his kingdom that of any Scholar, a Guru or an atheist proves this by giving him an experience, he will become his disciple. And if anyone who claimed to give such proof fails then he would be liable to imprisonment. That's it. Many Pandits who had read this scripture tried to explain him but they could not succeed. All of them had to go to the prison. When Astavakra heard about this announcement, he went to King Janaka and told him that he is ready to take this challenge. But for that he put a condition in front of King Janaka that all the scholars and Pandits should be released from the prison. King Janaka accepted his condition and released all the scholars and Pandits.

Astavakra told King Janaka that he should come alone to the forest along with him on horse then only he will get the proof about the scripture and get its direct experience. After reaching a particular spot, Astavakra asked King Janaka to put his one leg in the saddle to climb the horse

and then asked him what was the statement mentioned in the scripture? King Janaka narrated the statement on Astavakra asked him what was the statement given after that statement in the scripture? King said, we need to have qualification and capacity to achieve that state. Hurriedly Astavakra asked King, "Have you fulfilled these conditions? Without achieving these qualifications how can you ask for the proof? King Janaka got shocked. But he was a true seeker and he wanted to experience the enlightenment. He wanted to achieve this state at any cost. Who will miss such a chance to get direct knowledge for Guru? Being a sincere student of scriptures, he was aware that to experience this state one has to get free from ego, have to be in total surrender, one has to free oneself from the limitations from the body and mind, one has to free oneself from the knowledge of scriptures and also from the designation and title. These are the qualifications of the sadhak. This is the moment when we have to release ourselves from the jaws of ego and sit in the lap of the soul. All this happens in just one moment. Only the time taken is to change our perception and belief about all these matters. And this perception changes in just one second. For that we do not need any process. We do not need to any spiritual practice. This thought kept on mingling in King Janaka's mind and at that moment, he prostrated to Astavakra and surrendered totally and said "O Muni, I surrender this body, mind, intellect and ego to you. You do whatever you want to do. On surrendering everything, king's ego vanished. He became totally empty. All the relation with the matter broke. All the bondages vanished. At that time Astavakra emptied his treasure. He filled King Janaka with Self realization, wisdom about the self. The one who is freed from the bondages of relations and worldly matters, is only filled with self knowledge. Unless that, if one if filled he still remains empty. Before King Janaka could put his another leg in the saddle stirrup pad, he got enlightenment. He went into Samadhi state. He had no consciousness to put his another leg in the saddle stirrup pad. Like that not one, not two, three days passed. Everyone in the kingdom got restless and stupefied as their king was missing. All the ministers and army chief started searching for him in the forest and what did they see? Their king has one foot on the saddle pad of the horse and other leg in the air. And Astavakra Muni is sitting besides him. Both we sitting still and quiet. One of the minister told him that things are in bad shape in the kingdom since past three days and he should decide to return fast. On this king said, "Now who will go back? I have surrendered my entire existence to my Guru. Now I will obey his orders. Astavakra had realised that King Janaka has got self realised and in one moment his all the bondages have

been broken. So he asked him to return to his kingdom and continue with his administration work.

This event is fascinating, mysterious and interesting. In one moment all the bondages are broken and one achieves ultimate freedom, is really a divine experience. Self realisation is not a process but it is a happening to one who has reached this state, which happens in a spur of moment. It can happen anywhere. To get wisdom there are many methods, for Yoga there are processes, in tantra, surrender is required while in Sankhya there is only self realisation. Sankhya believes that soul is not a thing which is to be searched. It is not lost anywhere. We do not have to get it because it is always there with us. We just have to realise its existence. Buddha tried to get self realisation by doing spiritual practices for 4-1/2 to 5 years. But when he decided to leave all the efforts to get self realised, he got enlightened. *(In modern science also, Madam Curie had experienced this. The entire Astavakra Geeta is the gist of this sankhya. This we will see in the entire series of these articles.*

## Astavakra Geeta

### Part 3

#### Chapter 1

Sutra 1 – Janaka uvāca

***|| Kathaā jānamavāpnoti kathaā muktirbhaviṇyati |  
Vairāgyaā ca kathaā prāptam etad brūhi mama  
prabho || 1 ||***

**Meaning:** *In order to get the wisdom King Janaka asked Astavakra, "O God, please tell me how can we get Wisdom? How to get liberated? How to achieve the state of dispassion? Please explain this to me.*

In spiritual parlance, wisdom means wisdom about the self realisation. Self realization is inwardly. Whereas rest of the knowledge is outwardly which is just a collection of an information. We have to acquire from outside. The world we experience is just a gross manifestation of the divine energy. The realization about the self is the realization of the God. Both are made up of the same element. This soul is that Brahman. The one who have realized this has no need to know anything else. Once we have known this, everything else is known to us. In Mundaka Upanishad, it is told, "Yasmin vijñāte sarvam evaṁ vijñātāṁ bhavati"



(by knowing that, everything is known). One gets the knowledge about the entire universe then there is nothing that is not known. Human being does not mean body, mind, intellect, ego, etc. Soul is its true form. And that is the form which is constant, eternal and perpetual. The knowledge of the soul means the knowledge about the “Self”. Ignorant person does not know this while to a wise person has achieved this wisdom is subtle, invisible and transcendental i.e. beyond five senses.

We are complete from within as we are the part of that divine consciousness. Unfortunately because of our ignorance, we are not able to experience our completeness just like when sun is covered with clouds, we are not able to experience the sun. The knowledge that we are complete is liberation! When we know the origin of the universe, we can also know the secret of the universal phenomenon. All the illusions, fade away. Person becomes calm and contented. He starts seeing the process of life as a witness. He then becomes liberated from the bondages of the worldly life. He becomes free. This is the ultimate state of life. This state we achieve after having an appropriate knowledge about the self.

To get the self realization, we need dispassion. The meaning of dispassion is not to renounce the world but to renounce the attachment towards the worldly matters. The world is never a bondage. But the attachment and desires towards the world are the bondages. And the main reason for this attachment is our ego.

King Janaka got these three questions in his mind means he was curious about the wisdom of self realization. And because of this curiosity he surrendered to his Guru to he achieved this state. Lack of curiosity about the self, lack of qualification and lack of proper Guru in life refrain the common person from this wisdom of Self realization.

Sutra 2:

Astavakra uvāca :

***Muktim icchasi cettāta viñayān viñavattayaja I***

***Kñamārjavadayātoñasatyaā péyūñavad bhaja II 2II***

**Meaning:** Astavakra answered, “O dear (disciple), if you really want to achieve liberation, then denounce the worldly pleasures by considering them as poison, and consume forgiveness, request, kindness, contentment and truth by considering them as nectar.

Here in this one sentence Astavakra has opened the secret of dispassion. “if you really want to achieve liberation, then denounce the worldly pleasures by considering them as poison”. Here the question is not for worldly pleasures but we have to give up our attachment towards

worldly pleasures. Attachment had to be removed. Nothing can become obstacle in the path of spirituality if we do not get attached to it. To renounce the world pleasure does not mean to abstain from staying at home, relations, eating, drinking, good clothing etc. and become a renunciate. But to remove the attachment from all these is dispassion. It is not that we get liberation merely by dropping the attachment towards the worldly pleasures. By becoming detached to these pleasures, we become qualified to reach the state of liberation. Instead of just giving away the worldly pleasures, if we imbibe positive things like forgiveness, request, kindness, contentment and truth in our existence and consume them as nectar then we will put our first step towards liberation.

Sutra 3:

***Na pāthvé na jalaā nāgnirna vāyurdayurna vā bhavān I***

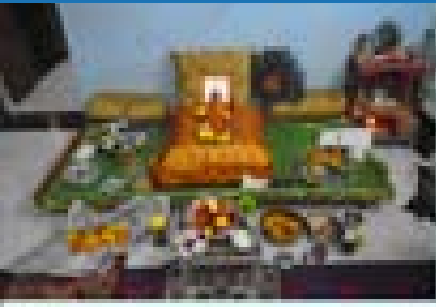
***Enāā sāknīēamātmānaā cidrūpāā viddhi muktaye II 3II***

**Meaning:** You are not the earth, the water, nor you are fire or wind or sky. To get liberation, you consider yourself as a form of an energy who is a witness of all these.

King Janaka's first question was that how can one get wisdom about the self. But Astavakra explained him the definition of dispassion because to get the wisdom about the self, dispassion is a prerequisite. In this shloka, he has just started giving introduction about the real form of the self to Janaka. According to him, human being is not just a body but his is unlimited, constant, perpetual, eternal soul. Body, mind and intellect all these things work under the authority of the soul. Soul is the only master of all these. But the common mind and five sense can only take experience of the gross so we consider worldly pleasures as true and ignore the invisible and inexperienced soul. The five basic elements are also transient, material and perishable. They have just made a cloth of body. That cloth is changed in next life by the eternal soul that is you. Your body is not your identity. You are not the house you are the owner of the house. Since many births you have started believing yourself as a body so you cannot get rid of this illusion. This impression is called Vikshepa in your existence. Drop this illusion and beware of who you are. You are not that which you consider it as mine. This illusion is only yours. When you will give up this wrong understanding, you will know who you are, you will get enlightened.

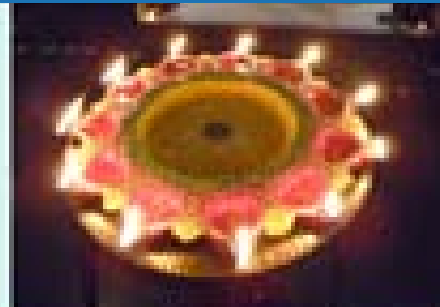
Up till now we have discussed two out of three questions asked by King Janaka to his guru Astavakra. We will discuss next shlokas in next issue.

# Reiki Vidya Niketan Activities



## Deepavali Celebration at Ashram

Deepavali celebration is done every year in the Ashram. This year due to Corona, many festivals we could not celebrate, for Diwali also it happened to some extent. Math, temples, Prayer places, etc. were closed due to lock down so entry in the math was limited to the sewekaris. Because of this, many sadhaks who celebrated Diwali in the Ashram every year could not reach. But all the available sewekaris with the help of local sadhaks celebrated Diwali by putting oil lamps all over the ashram, did various Puja for New Year, Bhai bij, Diwali Faral, etc. Because of untimely death of Kalindi, people in the math were not in the mood to celebrate so it was celebrated in a mild way.



## Devrukh Sadhak Peth

a new initiative for Devrukh people

The pandemic of Corona has not only attacked the physical well being of the human beings but also on the economic front. In small business n the villages have lost their sales and many of them have also closed down. Guruji took the initiative to create Devrukh Sadhak Peth inorder to give business to the Devrukh People. He also took this initiative so that the products which we use in day to day life and are produced in Devrukh can be sold to our sadhaks in other cities. During Diwali festival, a Diwali Basket was prepared which included products like Diwali Faral, Rangoli colours, Kandil, Agar-batti, Diyas, etc. which were prepared by Devrukh people. Many sadhaks from Indian and abroad decided to help the Devrukh people and around 100 baskets were purchased which contributed to the success of this initiative. From January 2021 onwards, a basket called "Devrukh Basket" prepared of the products which we use in day to day life viz., spices, various flours grinded by hand, grains, will be made available regularly to the sadhaks all over India. We expect all the sadhaks to take the benefit of the same.



# Reiki Seminar

## SCHEDULE

Date	Master	Center	Degree	Contact Person
2nd & 3rd December	Vishal/ Kalpita	Karul	1st	Girish Karnik – 9820260229
4th & 5th December	Ajitsir	Thane	1st	Girish Karnik – 9820260229
5th & 6th December	Vishal/ Kalpita/ Jairam	Kudal	1st	Prakash Bhogte – 8956502039
12th & 13th December	Ajitsir	Pune	2nd	Amrut Kirpekar - 9960101018
12th & 13th December	Sangita	Baroda	1st	Chandresh Parmar – 9974701200
19th & 20th December	Ajitsir	Nashik	1st	Monali Rakshe - 9420692136