

# REIKI VIDYA NIKETAN

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## Relating with Relationship

EDITORIAL

We just concluded a seven days session on Meditations. One of these series of meditations was about Antarpujan. Many of the sadhaks who attended contacted me personally the next day and said that they felt depressed and felt some kind of a grief of losing someone or something from their lives. As if there was a void in their lives which was difficult to fill. The problem was that they could never realize why such thing should be happening when they meditated they were extremely pleased and comfortable. The whole thing started happening after the meditation sunk in them the next day.



I was expecting such thing to happen as I knew that the objective of this meditation was to achieve that. The intention was to remove the negative traits of the chakra and surrender them to the origin of them the Sahastrar Chakra. This experience was pretty close to an experience one could get in Samadhi. The whole idea of a sadhana is to remove the negative aspects or sanskaras accumulated and then fill up those voids with positive experiences of life which is truly the nature of every chakra. Every sadhak knows that in his primary days of sadhana. But as the purification of the higher degree starts one realizes that those negative aspects have already become a part of their personality and their identity can't be even thought about without them. Anything that becomes a part of your identity is very difficult to remove. All those negativities that we have nursed throughout this and possibly so many earlier lives slowly start seeping in your core of the existence without even a realization that it is happening. That becomes a reason for one to hold to them at any cost even at the cost of one's prospects of moving further on the path of wisdom. Losing them, looks like losing your face, losing your existence as you can not even think of your self without all those undesirable elements with which you are familiar. That familiarity is that solid bond which is difficult to break up.

King Arjuna of the Mahabharat also went through the same identity crisis when he looked around. He always knew that they were mostly his relations but he also knew that they were wicked and needed to be eliminated as they stood against the righteousness. But that moment of realization was triggered by Lord Krishna's one powerful word "See". That was a meditative experience. That was the moment he realized that if I kill them all, I am killing a part

of me. All those standing against the path of "Truth" were not outside his personality. They were very much a part of his personality. His existence was in danger. He could not face this fact. It was like a suicide for him. Naturally he wondered who would be the winner if I kill my self? That was a huge crisis in his life. Every sadhak at one point of time has to face this situation. Every sadhaks has to face that Kurukshetra in his life. You get numbed with the reality that negativity has already become a part of you or what you think you are. It is not about the outer relationships or the family members that one thinks we are attached to. It is your own personality traits which are not only attached but have become a part of you. We relate with our barriers, we relate with our own past experiences and beliefs and still can't get rid of them as long as they are part of you. That is the time when you should be actually be a winner starts losing heavily. That is the time Lord Krishna had to take over.

Fortunately, he had Lord Krishna as his supreme Master. That is one aspect. But the best part was that King Arjuna even in that state of consciousness did not forget that Lord Krishna is his saviour. He surrendered to him when he had a choice of declining the surrender and walk out of the fight. He could lost faith in his Master, his sadhana, his skills and everything else that he had with him. Fortunately the wiser counsels prevailed.

With lots of love, Light & Reiki

*Ajit Siv*

*April 24th, 2020*

# SOCIAL DISTANCING AND INDIA...

By Vivek Pandye

We live in a country called India, which has a population of 1.3 billion. In fact, by the time I finish writing this sentence, the population of our beloved country changes on the upward side. Now we have corona with us and the compulsion of social distancing to follow. The comedy and harsh reality all go together for us. The beloved and most respected Prime Minister advocated the measure of “Do Gaj ki doori” which literally means maintaining a distance of six feet in order to safe guard all of us from this dreaded scourge. The very first time I heard about this concept, I doubted the practicalities of its implementation. People, educated or otherwise, rich or poor all know very well that they need to protect and prevent themselves from the disease. However, the sheer density of population would not permit us to follow the norm of social distancing. The world due to corona an invisible virus will never be the same. It is indeed a grave situation and people are indeed dying out there, but for the rest of us who are still safe and secure let us not be too serious and for a moment have some relief at the whole circus created by a virus and the laughter that it has managed to create.

In our own country where we have this philosophy of “Atithi Devo Bhav”, imagine a situation a guest coming at your place and you offering him sanitizer in the first place and then scathingly asking them not to remove the mask. Just today I happened to visit the house of a friend who welcomed me with arms open and stretched. When I warned him about corona he did back out but insisted that he did not believe in corona and would carry his life the way it was previously. Social distancing goes for the toss...

Imagine a hypothetical situation, in a city like Mumbai, with a population of 2.5 crores if social distancing was strictly implemented by the people themselves, half of the population would reach Pune if all of them maintained a distance of six feet. The authorities or the police people in a country like us cannot implement a strict vigilance over the entire population. Again imagine crowded places in any of our cities, the kind of herd mentality and the hoarding tendencies visible, social distancing will obviously go for a toss a thousand times to say the least.

Mask is the new normal. Even if you are confident of not catching up the virus, you have to wear it for the sake of adhering to the law. Faces both stressful and blissful of fellow countrymen has become a history for the time being, considering the fact that the shortest time taken to develop a vaccine has been 4 years. The fact that we still don't have a vaccine for either Malaria or HIV should actually scare us to the core. The compulsion of the economy to be chased is yet another reality that we are facing. In a developing country which was suppose to achieve a target of 5 trillion dollar economy, we have a situation where majority of us are struggling for survival. Success is not selling these days, the olden times of survival are back. Crowded scenes of migrant laborers emanating from almost every big city tells us that most of us don't even have the time to respect the scare of corona. Survival for many of us means that social distancing should go for a toss.

Many of the things from the past have already become redundant. People don't need to escape their relatives if they do not wish to see them. Even in a public place the skills of recognizing people will have to be upgraded by everyone. Just recently, I accidentally happened to meet my sister at a shop and after a couple of minutes I realized she had not recognized me and even after recognition insisted that I stay away from her (jokingly as I have diabetes). People still aren't serious and aren't taking precautions, emotions rule our beloved country. No wonder social distancing would go for a toss.

Apart from the burden of spectacles and earphones, the ears now also have to bear the load of a mask hanging over them. Some divine indication probably that people need to pay attention to their ears. The over hyped sanitizer is selling like hot cakes. The perception loaded with fear of some invisible germ compels us to sanitize everything in and around us. Who (surely not WHO) will teach us to sanitize our faulty perception. The germ is not our enemy, lack of patience and faith surely are going to spell dooms day for us. Social distancing would still go for a toss anyways....JaiGurudev.

# The Description Death Defiers

*Contributed by Mr Rakesh Kumar, Author of program The Gateway of Life*



"The warrior is practical. They do not take drugs, they do not have unnecessary sex, they do not lie, cheat or steal, they are simple direct and if they have an issue they resolve it. They are courteous and polite because they know that this is the simplest way.

They do not get caught up in drama as that entanglement drains you of vital energy needed to be impeccable.

They are never victimized because they have nothing to do with people who victimize. They stalk their relationships as if stalking themselves.

They are active and youthful even in old age, always active and supple and nimble. Nothing is eaten that is not vital, nothing is said that is not meant, nothing is done without the consent of the spirit. They walk their talk.

To stand at the precipice of possibility in the sea of awareness is to know that there is no time to waste. A warrior is never idle or bored, because they know how to see behind things and there is infinite sensibility.

The warrior does not get lost in the darkness of the dense mind created by self pity, self importance or self reflection.

They rise to the occasion of life and take care of their own agenda as if they are taking care of a child. With love and with discipline. The shadows and the occult side of a sorcerer is never given a chance to rise. The darkness is always kept at bay through stalking the shadow self. They are not new age, they are not occult and they are not stereotypes. They walk free and natural.

# LOST

# AND

# FOUND

*By Telangan*

Tough situations in our lives are intended to teach us very important lessons and they last forever. At that moment we may feel we have lost it but if we try hard honestly, we find it again.

Today, I can afford to travel in a cab but still I prefer walking as and when possible because I have learnt a lesson. When I was 23 years old, I was living in a small place called Dombivali near Thane, where telephones were a luxury and cell phones didn't exist. Today this sounds very odd but we had few telephone booths and only very rich people were having personal telephones. After my college I worked in small firms for 2 years but I was dreaming to work in a larger firm always. I tried very hard but had no luck and one day it clicked, I got an interview letter from an international firm called Ogilvy. It was a dream come true situation but when I read the letter, I had received it after 5 days of the interview date, thanks to the post office. There were no computers, emails then, one was depending only on the post office for such things. I went to the Mumbai office of Ogilvy. I tried to explain the situation in my broken English to a very smart looking lady at the reception. Maybe she felt bad for me after a couple of hours because nobody was ready to waste time with me and only one person was free who was going to be retired on that same day. He spoke with me reluctantly and told me nothing could happen now because interviews were done by the Bangalore office head himself and he was very strict with time. My eyes filled with tears and maybe he felt a little sympathy for me. He was ready to attend

me for only five minutes. I showed him my creative work samples. He was suddenly interested. He spent 20 minutes viewing and asking various related questions and he looked satisfied. Then he picked up the phone and asked someone to connect him to a guy called Sridhar. He turned to me and asked me how much salary I was expecting? The figure I told him was my earning at that time. He started laughing. Now his approach was completely different. He explained me like his own child and told me that I should quote minimum double. The phone suddenly rang. He spoke to the person in a low voice for five minutes and then came to me. He said I've spoken to Mr. Sridhar and explained him the situation. Although he had selected the candidates already, he is ready to meet you next week in Mumbai. He will be staying at Hotel Taj Lands' End Bandra. This is hotel telephone number and wish you all the best. After that I had not met him ever. He played a great role in my life but only once.

On the day of my interview, I left home in the early morning and reached at Kurla station because someone had told me that I should go to Bandra from here. I found a telephone booth and called at Taj hotel, but Sridhar had not checked in yet. I called after every 20 minutes but after an hour they had same information. I thought I should reach hotel and wait there instead of wasting time here. I suddenly realized that there were no autos or buses around. The booth fellow said it's a strike called by some party an hour back. He looked at my

my confused face and said, I would walk in such situation, if it's really urgent then why don't you try too. I took his advice seriously because now I could not miss the interview. I walked for next four hours taking directions from people on the way and when I reached hotel, my body had absolutely no strength left; my shirt was completely soaked in perspiration. The security stopped me first and were not letting me go inside. Somehow, I convinced them. They checked and found the guest by this same name had really checked in. They called him in his room and checked if he is expecting me. Sridhar was very angry first because I was late again by an hour. Then I told him about the strike in Mumbai and how I had to walk all the way from Kurla. He called me up to his room. When he saw me, he was shocked because I had no time to wash my face or even comb, my shirt was totally wet. Surely not ready for an interview and I was looking like a garage mechanic by evening. I was shivering by the cold and fear of royalty. When he learnt that I was walking for four hours in the 38° sun to reach here, he was taken aback. He offered me hot coffee with cookies and casually spoke and asked about my family background etc. He had a call in-between with someone for ten minutes. I was becoming very uncomfortable because he was not asking me any questions related to my work or checking any creative samples. After a while the bell rang and a room boy gave him an envelope. He came back signed and handed it to me. He said read it carefully, sign and give me a copy if you are fine with it. I was again confused. When I opened it and saw, it was an appointment letter, that he ordered over the phone and got it typed by hotel. I was shocked. The salary was double than my recent and joining date was a month later. I was so happy that I asked him if he wanted to check my creative samples? He said he trust his Creative head's word, (whom I met in Mumbai office earlier). He said, today he had judged my commitment and it was enough for him. I worked in Ogilvy for next 12 years happily and grew along with the organization. But the real lesson was coming later. When I reached Kurla station again in the hotel car provided by Sridhar. I met the booth fellow for thanking him specially. He congratulated me with a big smile and came out of his booth. My mouth was wide open now because he had no legs below knees. I could not believe that this guy had advised me to walk that far.

That day I walked because I didn't see any obstacle and only concentrated on my final goal with single pointed focus. Today I realized that my lesson on that day was **'Manage the Manageable'**. Every time you can't control external situations but never give up, and keep trying, outcome will be based on your Karma but if you don't try, the outcome will be definitely against you... We should never give up...



## Reiki Experiences

By B. Ramesh

*Dear Ajit Ji*

*So kind of you.*

*I still remember couple of miracles in my life after i completed Reiki first and second degree.*

*1) For decades I used to take erythromycin tablets for throat infection. After reiki I have not taken a single tablet (since 2007). I have had cold once a year. But no throat infection.*

*2) In my scrotum. I had varicose veins issue since 1990. Consulted doctors. My brother in law took me to a top specialist in this in Apollo hospital. He asked me to undergo a surgery. After Reiki in 2007 it disappeared. The first direct experience was this. While I was practicing Reiki in the initial stages on a Sunday a 4 pm the pain started. I was supposed to go to Sai Bhajans at sundaram at Chennai. I dropped the idea. I went to my bedroom for lying down. I started Reiki for about 45 minutes only for root chakra. Amazed that pain disappeared. I started walking normally. I had not taken tablet. Other wise for 17 years I used to take two tablets. (One was a painkiller and another I don't remember the name). The pain used to be excruciating.*

*But after 2007 I have not had any pain even on a single occasion.*

*Even now when I become aware of the palms I can experience reiki energy flowing.. Any time.*

*Regards*

*B. Ramesh*

# SHAVASANA

By Ajitha Soman

Shav means the dead body. Shavasana is to leave the body in relax and steady position like a dead body. It's a state of being. It is considered to be one of the difficult asana, as one has to consciously relax the body without going into sleep.

Lying in supine position keep your legs and hands at a comfortable distance, head straight or partially tilt and eyes gently closed. Observe your body parts from legs to head and relax completely. Once the body is relaxed, be aware of your breath and feel the relaxation for few minutes. While coming back, one should not hurry. Make gentle movements of fingers and gradually come back.

The duration of Shavasana can vary depending on the requirement of body. An ideal Shavasana of twenty minutes can give relaxation of three hours deep sleep. Important is to remain aware, if one goes into sleep, it is not Shavasana.

Avoid practicing late evening. If our body is relaxed through Shavasana, you will not feel sleepy, it may delay your sleep phase.

In today's fast life, there is lot of stress in everyone's life. Which accumulates in our body and after certain age, it manifests in the form of diseases, like hypertension, diabetes, thyroid imbalances, etc. Nowadays our sleep is disturbed and full of dreams, even after long hours of sleep we don't feel freshness. Shavasana has become necessary for deep relaxation. It is better to release the stress on daily basis to live a healthy life. Initially it becomes difficult for a Sadhak to relax the body, because muscles are habituated to remain tense. With regular practice of Shavasana, muscles are trained to remain relax, which reduces the duration of Shavasana to ten to fifteen minutes. When body is completely relaxed, Sadhak experiences a trance like state, which is a beautiful state of natural healing and energizing. Hence, we feel fresh and relax after Shavasana.



## Benefits:

- Gives deep relaxation to body and mind
- Improves concentration, memory, grasping power and overall awareness
- Helpful in mental disorders like stress, anxiety, phobia, obsession, compilation
- It reduces acidity
- With regular practice, it also reduces blood pressure
- Circulatory system remains healthy and active.
- Deep relaxation to Nervous system, keeps it healthy and efficient
- Improves flexibility and lightness of body and mind
- Helps to overcome Insomnia
- There cannot be tensed mind in a relaxed body, hence, it's an easy way to calm our mind
- A focused, clear and balanced state of mind
- Releases muscular and mental stress and improves work efficiency
- To cultivate qualities of surrendering and acceptance
- Releases unnown fears

It is said that every living being has the ultimate fear of death. Regular practice of Shavasana helps to overcome the fear. Hence a fearless, strong and confident personality is developed.

It develops good coordination between body and mind, which is very necessary in yoga practices and day to day life. Daily practice of Shavasana will help Students to release their stress, understand the natural flow of life and perform in a better manner.

# Traveller of Life

By Shashi S.

*This is a poem that came through, like most of my poems, in a torrent of automatic writing that I know is from a supreme plane beyond... it's the Divine that expresses and I'm just the medium. For years now, every morning when I wake up, and every night before I go to sleep, I have a sweet, conversation with the Universe, gazing at the sky and soaking in nature. Mornings it's feeding birds, squirrels and talking to my plants...Night times it's to marvel at the star-studded beauty of the sky, and be humbled by how little a speck I am in this humongous Cosmos...total outpouring of Awe and Love !! During such times, these experiences just gush out and I pen them into verse.*

Ah, Life ~thou art a journey mysterious and magical;  
a mountain stream meandering joyously, ocean-bound,  
unaware of its own sparkling magnificence!

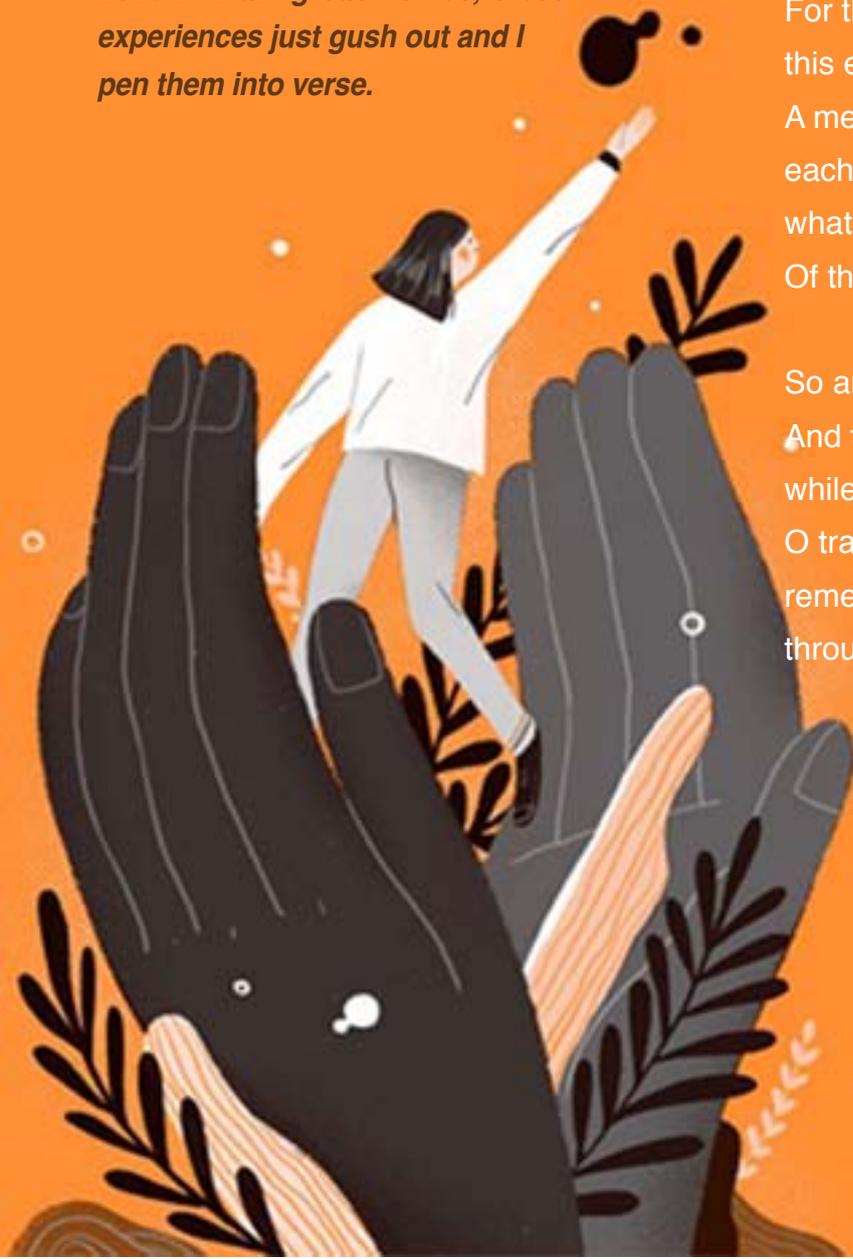
Beyond the muddle and mess of existence,

Beyond its beauty and benevolence,  
all I ken is the mystery of yon stars and nebulae,  
weaving their passionate tales of luminosity,  
in vast trails of meteors on cosmic plains,  
somewhere a supernova wakes into it's own brilliance,  
and somewhere a giant rock breaks free,  
to float in space, a mystic somnolence.

For this humble aspect of a colossal creation,  
this earthly role is just a brief stopover,  
A merry donning of characters and stories,  
each waiting to emerge from the wings,  
what then is the epilogue, what then the denouement ?  
Of the Writer's final script we know but a fragment !

So amidst curtain calls, slowly the darkness falls,  
And the audience silently departs,  
while thou awaiteth an encore.

O traveller on Life's dusty, meandering lanes,  
remember this is just a pause in thy sojourns,  
through tenebrous Time's nebulous whorls.



A person wearing a black niqab, standing against a dark background. The person's face is completely obscured by the fabric, with only their hands and arms visible. The lighting is dramatic, highlighting the texture of the fabric and the contours of the person's body.

# The Secret

*By Telangan*

No matter how yesterday

I tried to please everyone

Because I was in process of

Becoming the best form of myself

I was scared of losing them but

I could never make anyone happy

And I learnt a big truth on the way

They were there for long with me

Because I had something, they needed

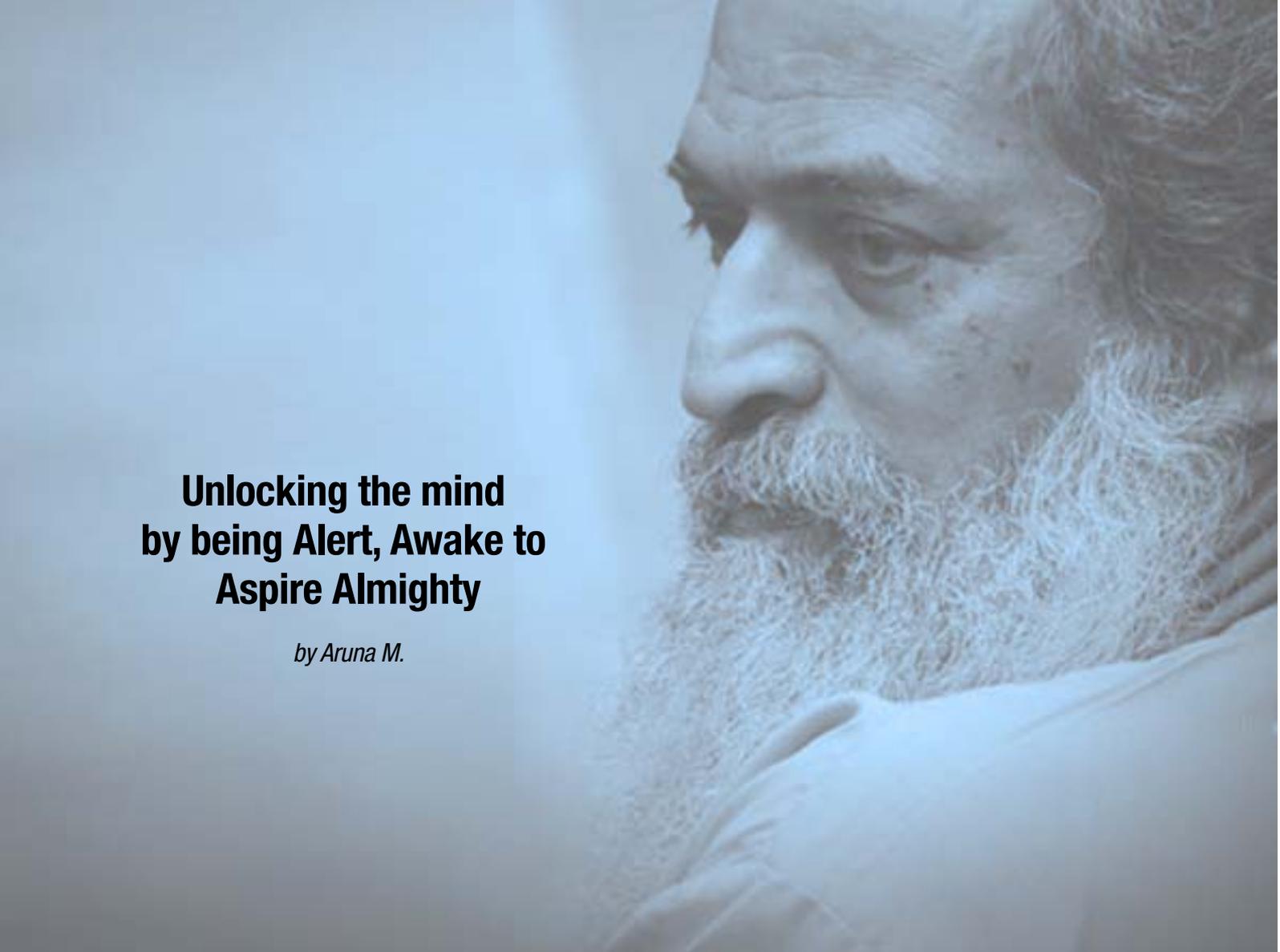
We do not lose friends on the way

We just slowly figure out the truth

About who were the real friends...

People come and go... but

The right one always stays...



## Unlocking the mind by being Alert, Awake to Aspire Almighty

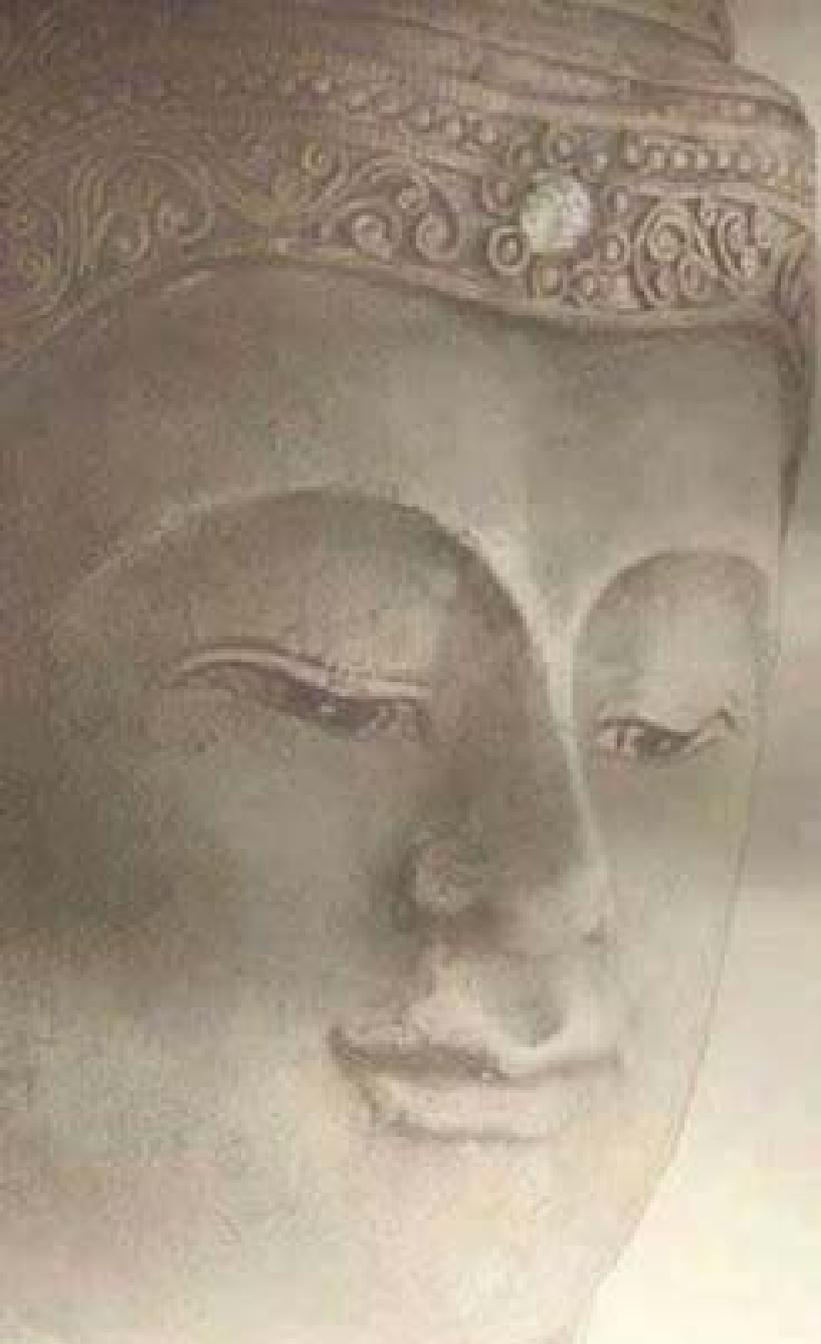
*by Aruna M.*

We all are going through this Lock out period gracefully due to our Guruji's efforts to keeps us positive, active and purposeful all these days and the days to come. Firstly the online zoom session based on Kinesiology which helped some of us to introspect and learn that we are **whole and complete**. Guruji taught us to listen to our own muscles which are trying to convey a lot of intuitive messages for our peaceful living on this planet earth. This made us understand how closely mind and body work and how we can use it to help in contributing positively to this journey of our life. It made us understand how as a sadhak has to keep his or her energy in the courage scale. The scale made me understand a few quote of sathya sai baba "Love all Serve all". For serving one has to be willing and to be loving is the basic tenet of humanity. This knowledge ensures that we have to live up to Guruji's aspiration for all of us as "**Sadaiva Sadhaka**".

The second session **Wheels of life** helped us to understand the importance of each chakra, its beeja manthra, it's physic knots, how to purify by meditation on each chakra which will help the kundalini to rise and touch the crown chakra to understand the higher dimensions of spirituality. When we introspected about each chakras balance, excess or deficient energy and its characteristics it really helped us to know where we are and where we should work more to balance it out.

Third session on **Mind and Healing** helped us to really unlock ourselves. How to reduce stress, how to change habits to reverse diseases. Chi energy and its influence on our bodies. Immunity can be developed by just having the right emotions. About "Louise Hay" and her research also guided us and gave us strength that we can work on our emotions and stay healthy and be away from medicines.

There was a question in the session difference between a guru and sadguru? Probably the answer is Guru gives you knowledge and then leads you to wisdom. A sadguru always teaches you the truth. A sadguru is the one who enlightens you. In my opinin our Guruji has the qualities of a sadguru since he never misses one opportunity to enlighten his students who are of course show willingness. Even during lockdown when things were so impossible he made it possible through online sessions. He has the patience to wait till the student is ripe enough. However long it takes. If one is growing steadily also he has his checkpoints to check the ego which is one great obstacle on the path. There are times guruji also goes through the trials and tribulations while shaping his sadhaks at various levels. He has never given up on anyone. This is a true trait of sadguru who has immense patience, tolerance,compassion for his sadhaks. We all are truly blessed to be under such a valuable Sadguru.



- ★ Close your eyes and be comfortable.
- ★ Ask yourself what is the idea of a Guru in your life.
- ★ Ask yourself whether you really feel a need to have a Guru? If you have, then have you found out one? How do you relate to your Guru? What do you expect from your Guru?
- ★ Remember Guru does not create anything. He may not create any change in you. All that he can do is to provide you the real, pure mirror for you to see your own personality/life as it is. He will make you face realities. Are you willing to see yourself in this mirror?
- ★ Meditate on this for about five minutes and then come out slowly.

*Guru is the Mirror*





# Nature's Treasure Chest of Healing Herbs

By Shashi S.

Growing up in Bangalore's sequestered leafy lanes with big houses and beautiful gardens had its own advantages to us rambunctious youngsters. Every precious minute we could spare was spent playing outside, unmindful of rain or shine. There were a variety of games, some the usual, some fanciful ~with heated arguments over the rules, mainly to suit the play ground....which was a beautifully tarred, wide road! And so we, a motley gang of all ages and sizes, spent our vacations in great camaraderie outdoors, going in only when there were cricket matches shown on television. (The channels then were a precious few ) Naturally, our games led to some small mishaps or two....like someone having a fall..or an over zealous pitching of a ball led to the horrifying sound of a window pane shattering ! The latter event would send us scurrying indoors, till the owner of the said glass pane had finished venting out his annoyance at our destructive ways. The former issue was minor..just a scraped knee and some blood and bruises. Leave it to us young rascals to take care of it...hop over the gate into my neighbour's garden, pluck a few Calendula leaves, squeeze it, extract the juice, and apply it over the wound. We were good to go within minutes! Today, as I delve into those carefree days of healthy growing up, while living now in a world where fresh air, greenery is scarce, I marvel at the way we grew up blending our lives with natural living. Not for us the frequent doctor visits then. Most of our cures were available in the garden or kitchen. Times were simpler and there were no insidious viruses hanging like the sword of Damocles over our heads!

While things are different now, all is not completely lost though. More and more people are realising the need to grow plants, at least the bare minimum possible. Children are encouraged to do this, in order to learn how to live close to

nature, to observe the phenomena around, to respect and nurture the living essence in all. Coming to the main topic here, about herbs, we can still grow most of the herbs now, access some others online and manage to reduce dependence on harmful medicines that create more side effects than cure ! Calendula, sage, mint, lemon grass, coriander, Tulsi, oregano, curry leaves, Giloy, aloe Vera, celery, basil, brahmi, betel leaves, geranium, flourish richly in my garden even now, along with other seasonal plants. One can easily create a herb garden even in the limited space of modern city homes. A productive use of the lockdown time we are in, as well ! I would assume that most people would already be aware of the benefits of these herbs that are closer home, like Basil, Mint, Curry leaves, Ginger, Turmeric, Coriander and Neem.

So, I shall write about the less common herbs that one could add in their herbal repository.

Here goes the list, with some of their benefits :



**Calendula:** A dear companion of the growing years, one of the most interesting benefits of calendula is that it is antiseptic and antifungal. Because of this, calendula oil, tea, and ointment

can be used to treat minor skin and eye infections as well as general skin conditions. A 2013 review found that calendula has antiseptic, antiviral, and antifungal properties, and can be used successfully to treat skin conditions.

Topical calendula can be used to treat conjunctivitis, diaper rash, and skin wounds among other uses. Studies on animals also reveal that their wounds close faster and heal well with topical calendula application.



**Chamomile:** Chamomile tea has been used by the ancient Romans, Greeks and Egyptians to treat wounds and promote healing. This is because Chamomile tea has anti-inflammatory and anti-microbial properties. It is a natural sedative and relaxant, helps to calm anxiety and promote good sleep. It reduces menstrual cramps, maintains blood sugar levels, and has been somewhat useful in checking osteoporosis.

**Dandelion:** Dandelion has been used for years by various cultures to support healthy liver function and natural detoxification in the body. In the past, roots and leaves were used to treat liver problems. Native Americans also boiled dandelion in water and took it to treat kidney disease, swelling, skin problems, heartburn, and upset stomach. In traditional Chinese medicine it has been used to treat stomach problems, appendicitis, and breast inflammation or lack of milk flow. In Europe, dandelion was used in remedies for fever, boils, eye problems, diabetes, and diarrhea.



**Nettle:** Stinging nettle has been used for hundreds of years to treat painful muscles and joints, eczema, arthritis, gout, and anemia. Today, many people use it to treat urinary problems during the early stages of an enlarged prostate (called benign prostatic hyperplasia or BPH). It is also used for urinary tract infections, hay fever (allergic rhinitis), or in compresses or creams for treating joint pain, sprains and strains, tendonitis, and insect bites. Nettle tea is a good diuretic and also helps to keep diabetics sugar levels in check.

**Milk thistle:** Milk thistle is a flowering plant that comes from the same family of plants as the daisy. It supports liver health. One of the most common uses of milk thistle is to treat liver problems. It is also supposed to promote skin health, reduce cholesterol, support weight loss, reduce insulin resistance, improve allergic asthma symptoms, limits the spread of cancer, supports bone health.



**Sage:** Sage is again a personal favourite, not only for its healthful flavour in soups and teas, but also for smudging with dried sage. Sage has a long history of medicinal use for ailments ranging from mental disorders to gastrointestinal discomfort. It helps lower blood sugar and cholesterol levels. Sage also contains numerous anti-inflammatory and antioxidant

compounds that might be beneficial to health. Smudging with sage clears negative energy and is nature's relaxant gift to us. Research published in the Journal of Ethnopharmacology entitled Medicinal Smokes in 2006 found that burning smudge sticks has the ability to cleanse the surrounding air of harmful bacteria.

This is just a brief overview of a few herbs. The taste is an acquired one as they might be strange to one's palate. While starting on any of these for internal use, it's best to read up thoroughly on their uses, the cautionary advice and then slowly add them to your diet. All these herbs are also available online in India, and easy to use..mainly as healthy tea supplements. Those living abroad might want to think twice before uprooting those "pesky" dandelions or nettles...they are more than just wild weeds !!

**Hope this article sparks off an interest to start your own "herbiary".**



Feel The  
The Power of CARE

In our lives we always have someone who stand by us when we weep, laugh or feel gloomy. S/he would do anything to change our mood and would feel very happy to see smile on our face. S/he would take extra pain to correct our errors and just be with us every moment when we needed the most.

**Pencil:** *I'm sorry, you get hurt because of me. Whenever I make a mistake, you're always there to erase it. But as you make my mistakes vanish, you lose a part of yourself and get smaller and smaller each time.*

**Eraser:** *That's true, but I don't really mind. You see, I was made to do this, I was made to help you whenever you do something wrong, even though one day I know I'll be gone. I'm actually happy with my job. So please, stop worrying, I will not be happy if I see you sad.*

**Always take care of those who care for you...**

# Ashram Events



Though during the Lockdown from March 24th, 2020 the Devrukh ashram was not very active, the four senior sadhaks were performing ashram seva relentlessly and holding the fort on their own. Sadhaks like Mr Prahlad Tamase, Mr Sunil Avasare, Mr Ranjan Sarkar were helping the Pramukh sewekari Mrs Sangeeta Kulkarni with absolute earnestness. They never flinched even in this moment of crisis. Local sadhaks in spite of all the local problems in the face of Corona threat also chipped in wonderfully to help the team. My salute to them! Let Swami bless them all.

## On-Line sessions

Though the activities of RVN as far as the Reiki seminars are concerned came to halt, RVN team was busy organising on-line training seminars with a noble idea of keeping all sadhaks free from fear and panic. The first salvo was fired by Gurujii himself with his recorded message to all sadhaks to keep away from fear as they were all supported by the divine and supreme powers of Swami Samarth. That set the ball rolling. RVN set up trainings weeks after weeks covering subjects like Agnihotra, Power of Positivity, Chakras- The Wheels of Life, The Healing and the Mind, Gateway of Light, The essence of Guru Charitra, The Meditation week and many more. That was the feast for the RVN sadhaks the world over. The program on RAY of Hope to the World offering three therapies like Reiki, Agnihotra and Yog on a single platform was a huge step towards the holistic healing. Agnihotra therapy was explained by Dr Ulrich Berk, a top notch scientist and the leader of Homa Therapy. Yog was represented by Mr raj Sinnarkar, a senior Yog Teacher from Yog Dham of Nashik while Gurujii spoke about the science of Reiki.



## DSPPL Training programs

Devrukh Spiritual Prowess Pvt Ltd, (DSPPL) though had announced Children Retreats for summer of 2020 could not go ahead with their schedules due to worldwide lockdown. Instead, DSPPL organised On-Line retreats for their Pathway To Wisdom program covering six levels : SOFT 1, 2 and 3, Middle Path 1 and 2 and STRONG 1 for the youth covering practically the entire spectrum of ages between 9 and 25 years. That was amazing. DSPPL management is now gearing up for holding similar programs in Chicago between 21st and 30th June and thereafter between 21st and 30th July 2020 at New Jersey in USA supporting New Generation Development Inc (NGDI) USA under the leadership of Rakesh and Mrs Vaishali Vedvyas.



## THE AGONIES OF TEACHERS IN MAHABHARATA...

Mythology and History have spend enough pages in scriptures and enough ages in the time immemorial about the woes of King Arjuna and of course the wonderful divine discourse of Lord Krishna known and revered by millions as Shrimad Bhagwad Geeta.. Guruji once asked an amused sadhaka, "What do you think about those supreme teachers like Krupacharya and Dronacharya who were the masters of Kauravas and Pandavas in that great epic of Mahabharata? Do you really think fighting against their favourite disciples like Arjuna, Bheema, Yidhisthira etc was easy for them? Does any Master ever will like to kill his own disciples unless it was absolutely essential? Can a mother really fight with her own children with an idea to kill? Don't you think their grief was even beyond the degree of grief that Arjuna experienced? At least Arjuna had Lord Krishna with him for support. What must have gone through the minds of those- sage like personalities in the form of Masters? Was it not a Vishada? A grief? Why no one has written about them ever? Why their side never came to the light of the day?