

# REIKI VIDYA NIKETAN

**Wishing**  
THE  
**RVN PARIVAR**  
SEASON'S  
GREETINGS

*Diwali*  
SPECIAL



# *Be Positive to be Negative*



I know it sounds weird in the first read. Corona virus has already started making many things look weird. Not only that, but a whole logic of human life has been twisted and thrashed and tossed into a wind by this peculiar phenomenon called Corona. Suddenly there are two worlds emerging around you – a logical world based on intellect and systemic approach and an emotional world based on what one is experiencing.

The title here looks weird of course if you look on a singular plane but will make a sense the moment you realize the other dimension. Generally, in the established world, being Positive means something extremely good. The word Positivity itself is so positive in nature to make you feel good about everything around you. It has been going on since ages. A positive human is an asset to humanity and the entire universe because of his/her positive contribution. Truly, we are all in this world to contribute positively in every situation that we are involved in. That is an elevation or ascension.

Corona however, has added another meaning to the world positive. You ask anybody, “Are you positive?” and one shudders with the whole idea of being positive. Being Positive in the Corona sense means you are already in the dragnet of this dreaded disease. The news media is full of news indicating that so many people are declared Positive and that is definitely a negative news. The terminology has changed. And believe me, when the meaning of a word Positive becomes Negative, humanity may have to pause a take a hard look at that. Is the World changing? Has it already changed? Are people going to look to you with mistrust and suspicion, the moment you announce your positivity? Are they going to jump few meters away from

you than even the norms of social distancing and stretch their masks to the maximum spread just by sighting you? Well, that would be sad, isn't it?

On the other side, not everything is lost yet. There is another meaning to this confusing statement. When you are positive in nature, you are bound to be found negative on Corona tests. My own small research of few (maybe around 10) Corona patients that I know show that when they were struck by this monster (though most of them fortunately survived) they were in some kind of acute stress just 24 hours before they fell sick. The question that one always needs to ask to any patient of Corona, in case one needs to understand the reasoning, is to ask what happened in 24 to 72 hours before they became sick. If they are true in answering do not be surprised to get an answer that there were some situations which got developed in their lives that put them under extreme guilt or shame at that time. That is the big clue. Never ever allow the stress to touch you even with the largest barge pole. Keep social distance from stress, keep your mouth covered with mask so that you do not overreact or react wrongly to even the insignificant event and keep on washing your hands from every karma by denying its ownership (Nishkama Karma in short). That is the best way to stay away from being struck by Corona. Be positive in nature so that you are never found positive in the musters of Corona hospitals. Now it makes a lot of sense. Is it not?

*Ajit Siv*

October 3<sup>rd</sup>, 2020

# MATTER OF HABIT...

By Ajit Sir



I was listening to one of the teachers of Three Step Rhythmic Process – a creation of late Mr. Tavaraiji and one particular sentence struck me very sharply. The teacher was quoting his master Tavaraiji and said that Mr. Tavaraiji used to say that **“humans are the creatures of Habits”** I realized the profoundness of this powerful statement. How true it is? We are all created by our habits. Habits come naturally to us. They are inculcated in us naturally. Keep on repeating what you do and it is called a practice. Keep on doing that practice and you become habitual to that. Habits could either be good or bad. Fortunately, the universe takes no cognizance of good or bad. It just allows you to absorb the habits. This is for the simple reason that there is nothing good or bad. What is good or bad is the result of how you put that habit to use.

As I said above, habit is a result of a consistent practice on the conscious level. Practice makes man perfect say the idiom. These are the words of wisdom. What makes Sachin Tendulkar a special batsman and a cricketer par excellence is the habit of success he inculcated in his life. He practiced and practiced and perfected the art of batting to such an extent that it became his second nature. When he used to face the ball coming at 100 miles per hour hurled at him, it was not Sachin who batted in the outer sense but his subconscious which was thoroughly trained. That knew what to do in such situation. That is not knowledge but the wisdom which leads you to success. Knowledge is conscious phenomenon while wisdom is your innate empowerment.

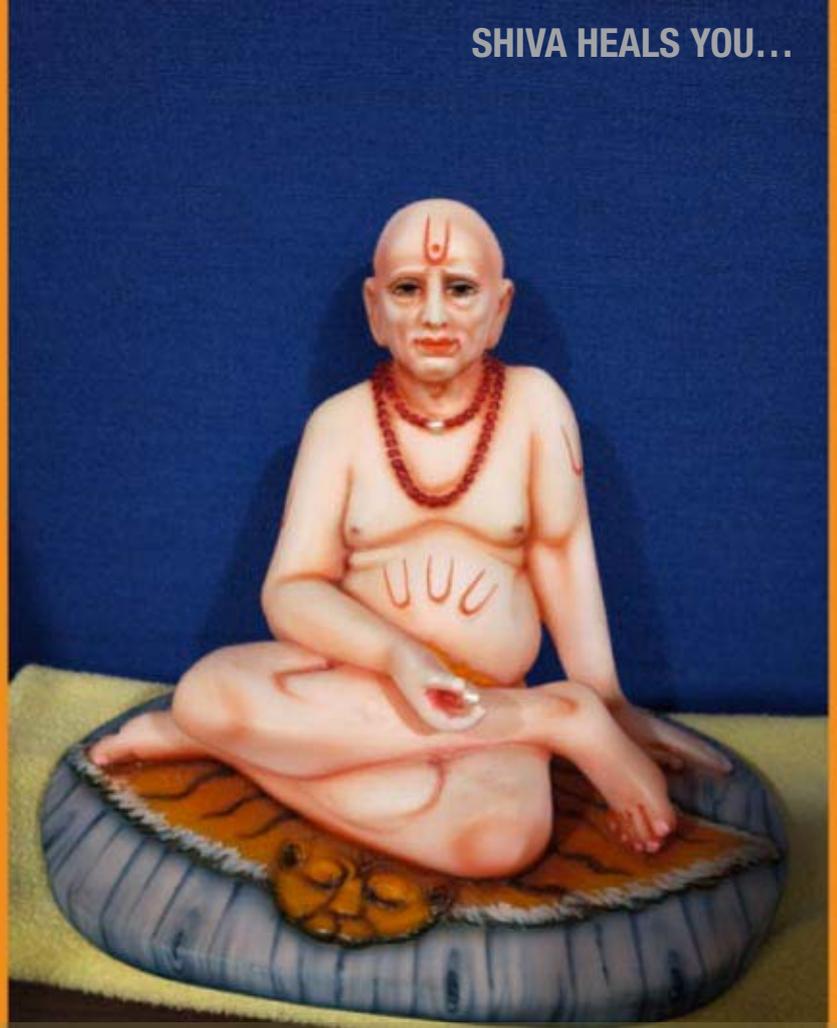
The best part is as mentioned above, we have a choice. We are the babies of duality. Every moment we have those dual options. To choose this or that! We are never without a choice. You need to pick up the right choice and be responsible for that. You can't blame the world for your choice. Another beautiful part is that a consistent practicing leads to tons of experiences. Habits lead to experience. The experienced person you know is an asset to any human activity. But again a word of caution here! Experience is like a light. If it is scattered it is just a light, it will show you what is. But will not be able to be responsible for what it shows. The moment the experience, like a light becomes monochromatic, it acquires the power of laser with a cutting edge and transformation of human characters.

I remember a story here. There was an old scholarly priest who used to chant many stotras and had scriptures by heart, He had a grandson who was rather lazy and could not concentrate on anything for long. He tried to teach him Geeta and Rudradhyay but the child used to get bored as the chanting of sutras and suktas made no sense to him. He did not see any purpose and considered it to be a waste of his time. The grandfather realizing that the boy is getting stressed out and not enjoying this method decided to put some sense in his brain. He told the boy that now he does not have to chant forcefully. Instead he has to go and fetch the Ganges water as the river Ganga was not very far. That way he could contribute to his grandpa's worshipping. The grandfather gave him an old cane basket which was lying in the store house. It was full of dirt and the boy initially protested. But grandfather persisted with his command. The boy kept on going to the river, fetching the water and coming home with practically no water as the basket had a lot of gaps and holes which drained practically every drop of water. The boy was even more furious as he did not understand why he was doing this nonsense. Finally after a month, he strongly protested and wanted his grandfather to explain why was he getting this done? The grandfather coolly brought the same basket and asked him to observe it closely. He asked, "Do you know how the basket looked on the first day when you carried that? Was it not dirty and filthy? How does it look now? Pretty clean and neat. What happened? The Ganges water you used to bring through that basket helped it to get cleaned. Same things happen when you chant stotras repeatedly. The mind and brain become sharper and cleansed of all that unwanted stuff, Even if you do not understand the subject it does not matter. Just practice makes a lot of difference to human character," The boy understood.

To create habits one needs to have two things: Patience and Perseverance. One needs to be consistent and connected all the time. Consistent in efforts and connected to your master in the form of a body or a space! If the connection is lost the habits may land one into a wrong direction. Consistency is the core of a good habit, Connection is its soul.

# THE ARRIVAL OF SWAMI

by Vivek Pandey



Just recently, I had bought a new apartment for both my mother and me. Since I had already invested a whole lot of time in doing shopping for the new home, I just randomly decided to go shopping for some odd antiquities that may help look my home even better. While I was looking at some decorative pieces of art, suddenly a voice came from within, “Neeche dekh, Neeche dekh.” As I tilted my eyes downwards, I realized that it was none other than Swami Samartha’s idol lying in front of me. Flabbergasted and wholly taken away by the moment, my initial reaction was that of a man who was making decisions with his head, making all sorts of calculated efforts with the budget in his mind. My secondary and logical thoughts were; I already have a small idol of Swami and a big photo; where will I keep this, what about the budget, should I make another investment and later on get scolded by people for doing religious things so so religiously. Just when I was about to shelve the plan of buying this idol (sorry for referring to it as an idol) a second voice came from within me. “mujhe koi nahi le jayega yaha se”, and I realized with a shudder that this idol was meant for my home. Swami had decided to come to my place and all the while foolishly I thought that I was the one who had to take the decision.

This always happens to us. We feel that we seek God, whereas God knows where and when to reveal himself to us. It is the higher power capable of summoning us, and the lower energies follow suit. To put it more clearly, a

common man cannot summon the court; it is only the court that can summon any of its citizens. When the energies are ready, Swami comes directly. Swami always talks to you through your mind. One just needs to remain calm and wait for the right moment. One should always look up to, developing eyes and ears that can comprehend the divine. All things begin at the subtle level if your mind is connected with divine things and life, in general, becomes a lot easier.

Swami wishes to guide us; we do not seek his counsel.

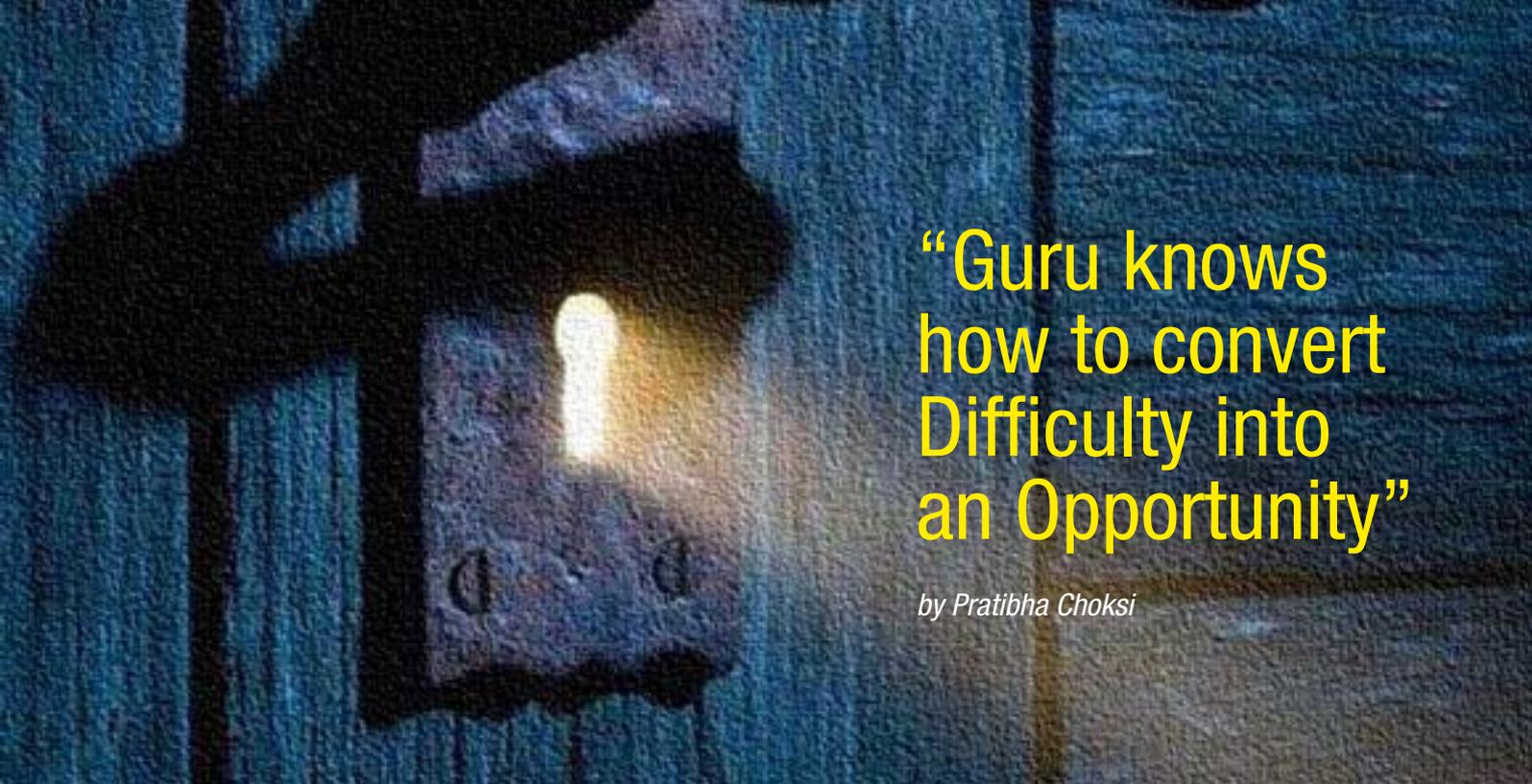
Swami wishes to talk to us, but we are busy discussing mundane matters.

Swami always gives us unconditional love, but most of us are busy seeking love through relations.

Swami wants us to progress just at the right time without allowing us to develop an ego, but we are too greedy for success, and we mess up things in hurriedness.

Swami teaches us to harness inner well-being along with outer growth, but we focus only on the latter.

To sum up, we fall short of consciousness, getting distracted at all times with materialistic pleasantries offered to us. When the divine has chosen to walk with you, why do you shy away?



## “Guru knows how to convert Difficulty into an Opportunity”

*by Pratibha Choksi*

Once I was in Devrukh Ashram and one sadhak was discussing about some difficulty they were facing in the ashram. Guruji said at that time that Guru knows how to convert difficulty into an opportunity. This statement got printed into my mind. I then observed how he converted difficulties into an opportunity. Here are some instances.

As you all know the current situation due to Corona virus was difficult time not only in India but all over the world. Everyone had to stay at home because of lockdown so everyone had lot of time. Guruji took this opportunity and taught us so many things and kept is connected to the spiritual path so that we remain free from Corona fever and fear. Kinesiology, Chakras – the wheels of life, Dhyan Saptah, lectures in Reiki, Yoga, Gurucharitra and what not! And Gurugeeta! We really fee that it is Kailaash. We all are blessed to listen Gurugeeta from our Sadguru.

Another instance I remember is that of Narmada Parikrama. We were with Guruji for 18 days. I think Yatra was secondary for all of us. As for us, it was a biggest opportunity to be with Guruji for 18 days. Yatra was indeed tough specially for senior citizens like me. We had to travel 10 -11 hours by bus every day. But Guruji converted this difficulty also into an opportunity. He told everyone of us to share about our lives. In doing so, telling life stories so many of us opened up, cried a lot and finally felt peaceful. He made us play so many games which showed us our ego. We all shared our Reiki experiences so that we were more inspired to be on this divine path and started trusting more and more on Reiki. On the top of all Guruji shared his life experiences which were as interesting as autobiography of Yogi. By doing all this, we forgot about our pains in journey and enjoyed every moment.

We all have experienced bliss of Atirudram which was done in February, 2020. To manage so many people’s accommodation and right from morning tea to a glass of milk at night, lunch and dinner was a huge task. How he managed all that without disturbing the Ashram activities was something worth pondering. We have witnessed how he has converted the entire event into a huge divine celebration.

Few years back, I think in 2000 we all went to Rishikesh for an intensive seminar. At that time, the seminar was arranged in Vishwaguru Ashram. The rooms were allotted to sadhaks but bathrooms were less. We were more than 80 people and there were hardly 3-4 bathrooms. This was a difficulty but Guruji converted this into an opportunity. The ashram was located in the banks of River Ganga. He told all of us to get up at 4.00 am and take a bath in Ganges in the brahmamuhurt and then we all should assemble in the hall for Yog Nidra session. The first day for us was difficult only because we had to get adapted to this new situation but thereafter we all started enjoying this situation. Guruji converted this difficulty into an opportunity and removed our block of taking bath at 4 am in the river. And also resolved the issue of bathroom.

I feel we all are really blessed to have Guruji like Ajitsir. It may be the effect of our past good deeds (punyas karma). Last Monday he was telling that once Guru holds your hand, he never leaves till you get Moksha (Liberation). I do not know what will happen when we get Moksh but I surely know that when we are with him we experience bliss. So why to go for Moksha? Instead to be with him and help him in his mission would be a wonderful experience.



# COLLATERAL DAMAGE

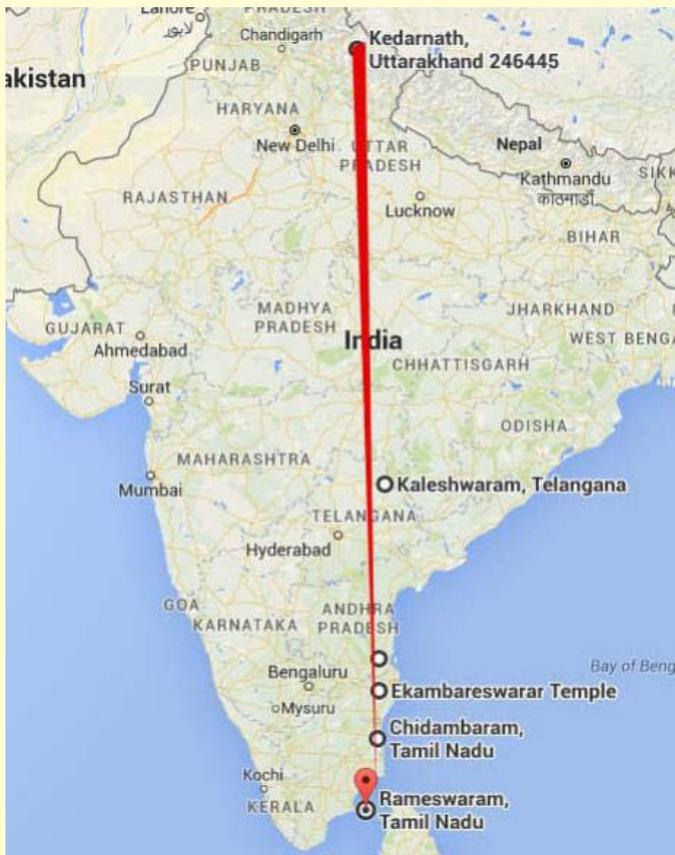
*by Telangan*

I was talking about our history, the hidden facts and impact today with my nephew who is working in abroad for past few years. He suddenly said all that is very ancient and this is 2020. Do you think it's really matter to my generation? I was shocked by his casual approach but when I spoke with other youngsters, they were equally carefree. Now, I've reached to a conclusion that we (Indians) are taken for a great ride by different rulers. Some of them were even Indians. First Muslim invaders ruled us and after that Britishers. They looted every valuable piece and ruined our 5000+ years old '**Sanatan**' culture. We didn't even realize what we have lost. They wrote our history such a way that we will never feel love, pride for our country, language, culture, heroes and we will never think about it. Indian Politicians from 1947 supported British agenda so perfectly that Bhagat Singh is been mentioned as a terrorist and Subhash Chandra Bose as war Criminal in Indian Dossiers but we asked no questions at all.

We are the largest English-speaking country and we are so proud about that but most of the kids can't read and write our own Indian language perfectly. At the same time Japan, Germany, Russia, China were having the entire education in their own langue and they are far ahead of us. We know all the statistics about Napoléon, Mandela, or Fidel Castro etc. But unfortunately, we have no idea about Veer Savarkar, Babasaheb Ambedkar, Jyotiba Fule, Raja Ram Mohan Roy, or Udham Singh the list is endless. We might be the only country that is having names of the invaders for the roads, or railway stations.

Every invader destroyed our Temples, Art, and Architecture constantly. We were made believe that the wonders of the world exist only in the western countries. We were made believe that Michel Angelo and the Sistine Chapel are only best form of the ancient art. While India was Producing many unknown Michel Angelos'. When we visit Dilwada temple and see the carved roof which is crafted meticulously

without computers, high end graphic software and modern technology. Today history made us believe that Taj Mahal and Pyramids are wonders of the world, which are actually just graves nothing more than that. Some of the wonders are large tombs, walls or statues but besides the era there is nothing extraordinary. Indian monuments are not just aesthetically beautiful, huge in size but they are having some role in terms of Science, geography or astronomy as well. Indians were far ahead of the rest of the world but the fact is been hidden from us persistently. Today we know that Kailash the holy place for Hindu is actually a center point of the earth or You might be surprised to know that **8 shiva temples in India are built on a same latitude i.e. they will fall on a straight line if we use a map to trace them.**



We have over two million temples in India and thousand times superior than all the wonders of the world put together. Every temple has something unique and that is not repeated elsewhere. **Kedarnath temple is said to be built by Pandawas** and later restored by Adi Shankaracharya. It's a perfect example of Vastushastra. After many disasters like earth quakes in Himalaya, nothing had happened to it even after 5000 years. **Tunganath Temple in Uttarakhand is built on the highest altitude, 12073 feet Shiva Temple.** Angorwat a great Sanatan



temple built by a Hindu king (today it's in Cambodia) is an example of ability to build extra-large monuments with beauty and also perfection. Those stones were brought by creating new waterways and carried on the floats from far away mountain. It was built in mere 30 years. Great wall of China or Pyramid of Giza looks very crude examples in front of it. Any structure is normally built on a powerful base and which is created in the beginning but at **Ajanta and Ellora they carved a mountain from top to bottom** without missing even little proportion or elegance and there is no such example exist anywhere in the world. Konark Temple in Odisha, Dilwada in Rajasthan, Hampi in Karnataka, Padmanabhaswamy Temple Kerala, Ramnathaswamy at Rameswaram, ArulmiguKoodalat Tamilnadu, Chamrajeshwar Mandir Mysore are countless examples of Art, Architecture and VaastuShastra. Most temples have sculptures like large elephants at the base. Today the tusks and the trunks are broken because most British Soldiers were having gun fire training camps for young troops aiming at these sculptures and yet Europeans think that they are very educated and sophisticated than rest of the world.



It is very important that we must discover our accurate history, understand the truth, feel proud for our past and carry our rich tradition forward. Restore every treasure that we have ignored until now. Pass it on to the future generation. Move forward with powerful belief system and remain aware of this Collateral Damage.



6



## “Our five senses- a Gateway to Divine”

*by Krupa Choksi*

We define our world with our five senses. Our senses become active right from our existence in the mother's womb. We can experience mother's touch, we can hear her positive talks, we can experience taste in the mother's womb. The recent research says that after 13 to 15th week in mother's womb, the taste buds of a baby are developed and she can start sampling different flavours of the diet. The amniotic fluid she swallows in utero can taste strongly of spices like curry or garlic or other pungent meals. Much like taste, baby can pick up on smells in amniotic fluid from the foods mother eats and the aromas mother smell starting around 20 weeks.. After birth also, we relate with the outside world through our senses. We experience mother's touch, we see the world around and gradually our senses become stronger.

When we are born, our existence is in Mooladhar chakra where in we have only survival instinct. We cry when we are hungry and when we want to sleep. And gradually when we grow up our sense of touch becomes stronger and we want to be in vicinity of our mother and father. At this stage, the child can experience pure love from parents and is not comfortable with someone with negative vibes. When child enters in the age of 3-4 years, his/ her existence moves into Swadisthan chakra. At this stage, its mind gets developed and then his/her likes and dislikes come into picture. The child experiences the world through all five senses and forms an opinion about life, about people around, situations, etc. etc.

When child enters adolescent age, its existence moves into Solar plexus or Manipur chakra and then all aggressive emotions like Anger, lust, greed, desire, ego and jealousy

gets developed in the child. At this stage, if his/her energies are not channelized, then there are chances that child may get spoiled. This is stage where he/ she is impulsive and hormonal changes takes place in his/her life. There after till the age of 30 years, person's existence stays mostly in solar plexus. There are chances that through five senses, a person can make or mar the life. In earlier times, the child was sent into Gurukul where his energies were channelized only in studies and once his studies used to get over his Guru would bless him and ask him to get married. In today's time, it is not happening so chances of getting distracted are more. At this stage different people have different experiences of life as they try to fulfill their desires and that process some may enter into the trap of anger, lust, greed, ego if their desires are not satisfied

Recently I came across a quote of Swami Vivekananda, “There is really no difference between matter, mind, and Spirit. They are only different phases of experiencing the One. This very world is seen by the five senses as matter, by the very wicked as hell, by the good as heaven, and by the perfect as God. Swami Vivekananda also said that the whole journey of human being is to move from Animality to humanity to divinity. Now the question is how this is possible? It is possible by controlling our senses.

For animal food, sleep and procreation is the only idea of life. A man with a low level of consciousness only thinks of these three things. His world is around these things only. He cannot think anything beyond that. Person is self centered. According to David Hawkins, in his chart of measuring the level of consciousness, such people have consciousness below 200. For such people everything is fair which gives

them pleasure. Once the human consciousness goes up in the Anahat chakra/ Heart chakra, the person starts thinking of others and their feelings. So from animal nature we start moving towards humanity. At this level our consciousness gets raised above 200. At this stage our vivekbuddhi i.e. conscience becomes active and we think before doing harm to others, we think about the repercussions of any action. Here the person becomes God fearing and believes in karmic theory i.e. as you sow, so you reap.

Our journey of life from birth to death is from Mooladhar chakra to Sahastrahar chakra i.e. crown chakra. In our life our existence moves to different chakras with the age. Based on our existence on various chakras, we get experiences of life. What do you mean by existence in one particular chakra? It means we experience the traits of various chakras but predominantly our consciousness is in one chakra. For example, a person is very loving and kind means his existence is in heart chakra. He may become logical or get angry but mostly he will experience the trait of kindness and love.

Each chakra is connected with one of the five senses. Mooladhar chakra is connected to the sense of smell, swadisthan chakra is connected with the sense of taste, Manipur chakra is connected with the sense of sight, Anahat chakra is connected with the sense of touch and Vishuddhi chakra is connected with the sense of hearing. Our mind is connected to all these five senses which are called Indriyas in Sanskrit. And the master of these indriyas is Lord Indra which is a name of the frequency in the mind. That is why it is always shown in mythological serials that King Indra (King of all Devtas/ Gods) is enjoying in the heaven.

When our existence is moving in all these chakras, our senses drive us. In other words, we are slave of our senses. But when our existence shifts in Ajna Chakra or Third eye chakra, we become master of our senses. When a sadhak/ seeker try to move his/her existence into the third eye chakra, the Indra which is a frequency of mind gets disturbed and that's why it is always shown in mythological serials that the Throne of Indra starts trembling when someone does severe penance. Basically, this frequency starts trembling in our existence and it tries to stop the sadhak to go beyond, mind's control on that person will end. Just like gravitational force on this earth, the force of our sanskaras (impression) also pulls us down. And that why consistent

practice of spiritual practice is required and constant consciousness is required in sadhana.

When a sadhak/ seeker crosses Vishuddhi chakra and reaches third eye chakra, he/ she starts getting divine experiences. All these experiences we get only when we go beyond mind and when third eye opens up. Our all the

senses again become active but now for the divine experiences. A sadhak reaches to a state of thoughtlessness. This is the state which is called turiya avastha or meditative state. When a person is in this state, All his wishes comes true. He gets vachha siddhi i.e. whatever he speaks comes out to be true. Thereafter, the sadhak is not interested in the material world as one realizes that the experiences of the material world were of too low level and were temporary. This is a state where we experience our divine nature. Our reaction stops as our mind gets dissolved. And if mind is dissolved, the duality is lost. Everything becomes one.

A sadhak starts experiencing Divine smell, divine taste, divine speaks through him, One gets to hear divine sounds which is beyond normal hearing capability. It is believed that one can hear flute of Lord Krishna when we reach at that state. We experience that divine touch which rejuvenates every cell of our body. And one also gets divine sight where one can see things which are not visible through normal human eyes. One can visualize past, present and future. For a common man, past, present and future are different but at this stage, they are at one plane so the seeker can predict future and tell past also. It is just like a person looking at a river from the ground level where he sees only a limited expanse of river. But if a person travels on Helicopter, he gets and aerial view where he can see the starting point, flow of river and its end also.

Between the two kind of experiences, the mind is the gate. If mind is connected to the body consciousness, we get experiences of the material world. We are bound by pain and pleasure as derived by our senses. But if our mind is connected to our soul consciousness, we get these divine experiences. Once we realize that we are not body, we are soul, our fear of death vanishes because mind understands that soul is eternal. The whole idea of any kind of sadhana/ spiritual practice is to reach this state and thereafter one reaches the state of enlightenment.

# Reconnect

*by Telangan*

We need to love life

To love others around...

We need to tell everyone

How much do we care...

We need to do all that

We have never done before...

We need to let it all go

And see what remains...

We can't start a new chapter

Until we've not finished earlier...



# Unfailing, Unlimited and Ultimate

*by Aruna Margam*



When I Wake up in the morning  
You become the big bright Sun  
So that I can soak in energy

When I take baby steps  
You place my feet on yours  
So that I feel it is my efforts

When I need to leap forward  
You give me your hands  
So that I land smoothly

When I need to grow  
You lift me on your shoulders  
So that I see a larger picture

When I am in grave fear  
You hug me nice and tight  
So that I become confident

When I need to learn  
You become a pen in my hand  
So that I grow non stop

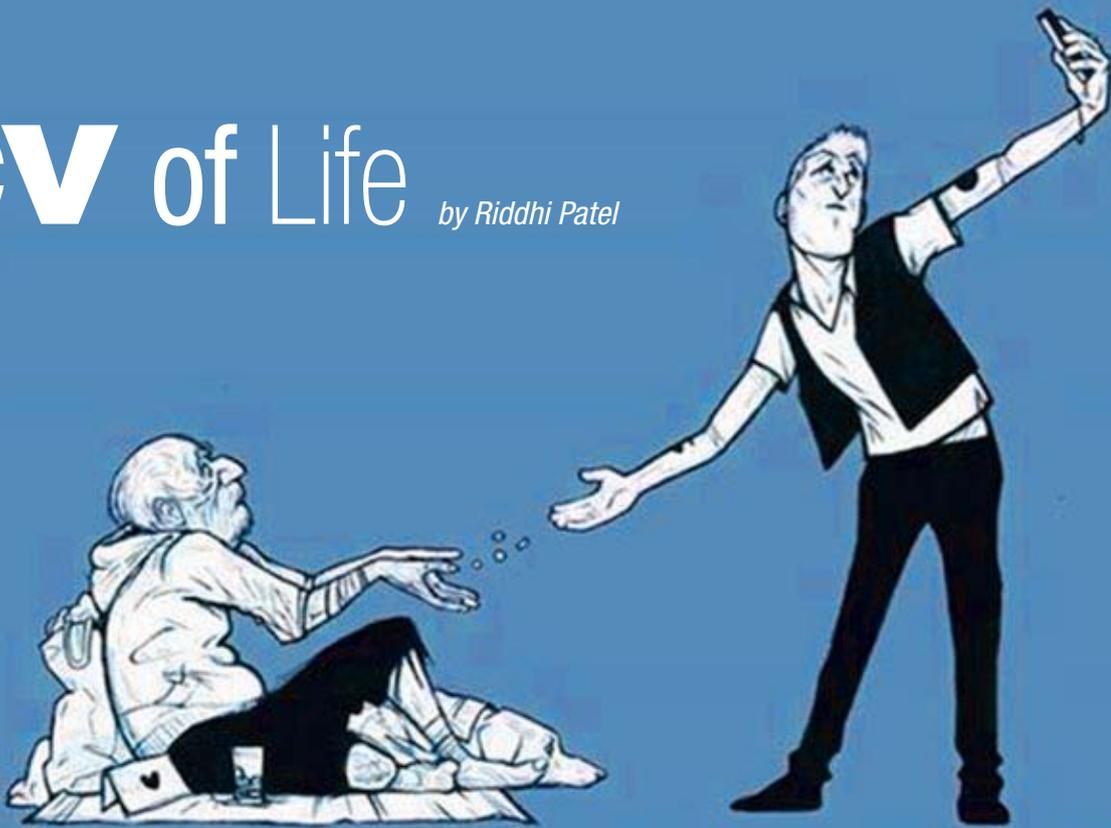
When I become angry  
You become the Waterfall  
So that You can douse it completely

When I feel sleepy  
You become my mother  
And sing soothing lullaby

When I go wandering away  
You become the anchor  
So that I am sure and steady

When I am searching myself  
You become the beacon  
So that I can find YOU SWAMI

# CV of Life by Riddhi Patel



Recently, Management had given a task to prepare a succession report, for which during a review meeting, our Jt.CEO had informed all the HoDs to submit the details of employees working under their jurisdiction mentioning their current job profiles, total period worked in the Company, qualification, strengths and weakness.

Based on the details received, we in HR Deptt started reviewing the CV of the employees and found an entire contradiction between information mentioned in CV and attributes we personally know and experience.

Some of the funny analysis happen during course of review was:-

Anyways that was the fun part which ends with Report submission with good detailing of employees, after all the show must go on...!!!

Though, task ended but I started thinking. The Skills we mentioned in our CV is based on our "imagination of possession", but do we actually possess it, we come to know only when we are put into that situation.

This recalls my own life changing experience, "I always believe that I am very committed and dedicated to people whom I look upto and for their words I can jump upto and for their words I can jump from top but actually when put into that situation where I just have to step forward not even jump, I step back. I let down not myself but those who believe me".

That incident definitely left me with Guilt but later I started learning to drop the imagination I carried for myself and work hard to achieve what I need to possess. For getting job, it is obvious to mention certain skills but one should keep on updating the "CV of Life" to achieve Moksha through skills of Sadhana.

SKILLS MENTIONED IN CV	ACTUAL SCENARIO BASED ON EXPERIENCE
<b>Communication</b>	<i>In reality, they don't even bother to inform back that assigned work is completed, they don't mind sitting idle.</i>
<b>Problem Solving</b>	<i>In reality they proved as Problem Creator might be that's why they know how to solve it...!!!</i>
<b>Reliable</b>	<i>Hardly takes responsibility, reliability is too far</i>
<b>Organized</b>	<i>Takes one week to find a single document that is also in Computer.</i>
<b>Cost Conscious</b>	<i>Eat in one Plate during Lunch...</i>

# A great Reiki Experience

By Shankar Raman



Dear Guruji,

I am indebted to you and Reiki for healing me of my blood sugar problem and healing of Pancreas.

Guruji, I was diagnosed with Pancreatic disorder in Jan 2018 due to food poison. My lungs, heart and kidneys started failing and was not responding to medication and Doctors had given up hope. They, in fact, told my family that I will not survive for more than 4 hours. It was only blessings of my parents and my grit (or so I thought then) and blessings my Gurus I could come out of it in 2 hours with all parameters intact. If this is not true blessings and energy what else could it be.

Subsequently I became diabetic due to initial damages to pancreas and that too with no chance of reversal. I had been on insulin thrice a day since then also has been in and out of hospital.

In the year 2019, I completed my 1st degree and 2nd degree Reiki under your guidance. I have been practicing reiki ever since with special focus on my pancreas. I also participated along with Thane Sadhakas to give group Reiki to ailing people. This I felt gave me more healing energy for self Reiki and continued giving self reiki with more rigor.

On my recent routine visit to my doctor in September 20, I was told that my pancreas has healed completely and I can be off insulin and prescribed with tablets, that too for a month later I can even stop that.

I earnestly believe I could achieve this only because of the positive energy received by practicing reiki and blessings of my parents and you.

Thanks once again Gurudev

Regards and Love

Shankar Raman

# SEVA EXPERIENCE

Dear Guruji.. jai gurudev

It took 2 days to come in proper senses in regular life. Since I've return from math I am in different state of mind, all the time feeling sleepy, not want to talk with people, even family... My daughter asked why you are not talking to us... and I have no answer... I just want to be with me... from October 2nd evening to October 15th night I was in completely in different place... first time in my life I was with me.. calm... silent... in a very peaceful states...

I am extremely grateful and thankful to you guruji for giving me this opportunity to be with me.. myself... and.. the Devine space...

All things fall on right place except one that after 11PM I was in fear mode.. till 12th October.. whole day from 4 AM to 11 PM was extremely at ease... after 11 unknown fear took charge of mind and I was restless.. feeling guilty that I am in math with swami still what bothered me.. I was feeling very low.. creabing myself.. feeling to call you why..why.. this happening with me... what fear.. darkness... loneliness.. no words to describe... feeling shameful that you choose me as MS and I am..

And finally the time came on 12 October only 2 of us in math.. nonstop raining.. thundering.. lightning.. no electricity.. no Generator working only light in inside math... how to do arti without nadbrahma.. and top of that how to do nadbrahma in this darkness with 2 people.. 15 minutes I was in confusion to call you or not.. and finally I called you... you said this is right time to go for nadbrahma and for me if I asked anything to you.. whatever you suggest follow it blindly.. (that is why I never ask you anything.. because my mind should be prepare to follow what you suggest.. for me asking our guruji any problem and if guruji suggestion not follow then.. it will be more guilty and disrespect to our guru)

After that nadbrahma my fear for darkness vanished.. next 2 night I slept like sleeping with my mother.. complete fearless....

Thank you is very small word to Express my feelings and respect towards you guruji... I still wonder who and how that night nadbrahma and arti perform..

Please keep your blessings and caring and unconditional love like this on us.

Because of the opportunity given by you change my life a lot.

With love light and reiki

Archana Parab



## Agnihotra at Sangroli – Nanded District

Recently various events of Agnihotra were held by Sanskruti Samvardhan Mandal at Sangroli village in Nanded District in Maharashtra. This event was jointly organized by Mr. Mandar Kopare, Dr. Amol Ahiwale (MBBS) and Manoj Panchal (Social Activist). They Agnihotra to various people in Sangroli High School, Agriculture Science Center, Military School, Millenium Hostel, Karmayog and all the sadhaks in Sangroli math. Around 200 people attended these sessions and 50 people started doing Agnihotra in Sangroli village which is a major breakthrough. In these session, Dr. Ulrich Berk, Bruce Johnson, Mr. Rakesh Kumar, Mr. Rakesh Pandya, Mr. Anil Jamdar were invited as special guest and they presented their views on zoom platform.

## DSPPL had conducted online Yoga Classes in Navratri

To promote better health and experience the divine nature, this Navratri, DSPPL had organized an Online yoga Classes for Ladies. Ms. Ajitha Soman, a certified Yoga Teacher from Yog Niketan Baroda, who is also a Yoga coach for Gujarat State yoga Boarda, had conducted this session. The session mainly covered Sukshma Kriyas, Uttanpadasana, Kati uttanasana, Pavanamuktasana, Shalbhasana, Malasana, Marjariasana, Vakrasana, Anulom-Vilom and Shavasan. This program was specifically designed to provide the benefits viz, Stress release, Pain Management, Improvement in metabolism, to handle the gynaecological issues, to Regularize menstrual cycle, to Enhance function of endocrine system, to Improve flexibility and weight management, to prevent Pre and Post Menstrual Syndromes, etc. etc. The program was very much appreciate and well received by the Participants.



## Our sadhaks – Amrut and Omkar Kirpekar are declared as best businessman by Asit Mehta Stock Broking Company



Our senior sadhaks from Pune – Mr. Amrut and Omkar Kirpekar have been declared best businessmen of the year by Asit Mehta - a strong force in an Investment market. They sold 500 quity Baskets during COVID lock-

downs. Reiki Vidya Niketan feels proud of them and wishes them heartiest congratulations for their grand success.

## Devrukh Sadhak Peth to promote business in Devrukh

Ongoing COVID Pandemic has proved fatal not only to the health of the people but also for economy. The small scale business in the cities and the villages have suffered a lot and as a result of which people are experiencing crisis for earning their livelihood. Our Devrukh village is no exception. Many of our sadhaks in Devrukh were facing problem of earning their livelihood. Hence, in order to promote the small scale business – Gruh Udyogs and our sadhaks in Devrukh, under the guidance of Guruji, Mr. Alhad Purohit and Mr. Nliesh Joshi has formed a firm called Devrukh Sadhak Peth. Devrukh Sadhak Peth would be selling all the grocery items and various famous products of Devrukh on regular basis to our sadhaks all over India.

At present, Devrukh Sadhak Peth has launched Diwali Basket for the purpose of Diwali which includes Diwali Faral, Rangoli designs, colours and all the items required for various pujas in Diwali.

Guruji has appealed all the sadhaks to kindly order this basket and create a win-win situation for all. Your contribution would give business to small vendors and businesses in Devrukh. Lets create a better world together.



# Devrukh Sadhak Peth



This Diwali let's connect to our beloved Devrukh by bringing home

**"Devrukh Diwali Basket"**

Combining the fragrance, taste and blessings from Devrukh

(Concept by Devrukh Sadhak Peth to promote household industry from Devrukh)

// Vocal for Local // Atma Nirbhar Bharat //



**Order: Devrukh Diwali Basket**

Price

Rs. 2950 only

Inclusive of  
courier cost

## Diwali Products:

- Rangoli Colours
- Rangoli Designs
- Kandil
- Gulab Pani
- Aatar/ Perfume
- Phulvati
- Samay Vati
- Utane
- Anti/ Diyas (4 pcs)
- Agarbatti (Mogra/  
Sandalwood)

## Diwali Faral Products:

- Chakli
- Chivada
- Anarse
- Bundi Laddoo
- Rava Laddoo
- Besan Laddoo
- Karanji
- Shankarpadi
- Chiroti
- Kadboli

For booking the Order, email at:  
[devrukhsadhakpeth@gmail.com](mailto:devrukhsadhakpeth@gmail.com)

For any further queries, please  
contact:

Mr. Akhad Purohit – 7720073446/  
9422773446

Mr. Nilesh Joshi – 8857090678/  
9405705687



You can place your order at:

<https://devrukhsadhakpeth.com/>

(Additional items can be ordered separately)

*Last year we had come out with a calendar on Swami Samarth which was well received by our sadhaks. It is still one thing which is enjoying patronage. The teaching of Swami was in Hindi language and possibly many sadhaks could not get the hidden meanings behind these words as they did not know in what context these teachings were done. For the benefit of all those we are using this column exclusively for these sayings in the next few months. This is the first in the series*



## CROP THE FIELD AND THEN EAT...

Swami always thought that his devotees and disciples should be hard working and not lazy. He used to say that hard work plays a huge role in the success on the spiritual path. He used to say that one has to work hard in the field, plough it, crop it and then enjoy the fruits. As Lord Krishna stated in that divine song called Shreemad Bhagavat Geeta, the right of the human being is only on karma- the action and not on the fruits. Action is the process and fruit it's result. Action is the left side of simple linear algebraic equation and fruit it's right side. If action is the object, the fruit it's image. The father of modern classical Physics, Sir Isaac Newton said that for every action there is an equal and opposite reaction. The whole world is working on the principle of cause and effect. In fact, one can say that life is nothing but the game of actions and reactions. Reactions are reflections of actions. Reflections means a "maya". No wonder the siddhas and yogis called this world as maya itself.

One has to do what one can and then wait for the divine intervention. Preparing the soil for agriculture like tilling, burning, mulching, ploughing etc and then sowing the seeds. That is all. And then the nature takes over. That is a contract with the almighty. HE would then see that the seeds germinate, the crops grow up etc. But if the farmer does not attend to his tasks, nothing can be cropped. What will grow will only be a grass.

Wheat and Rice or Paddy do not come just like that. One has to make efforts to keep the bad things away. The mind, the heart and the intellect have to go through that process of agriculture. The intellect has to be provided with that fertilizer of meditative experiences. Mind has to be farmed. Then the crops will swing to the tunes of refreshing breeze of sadhana into the divine space of chidakash. The mind may have to go through the intense penance so that the seed of negativity gets burnt. Else all the efforts may give birth to the evil effects. One has to toil hard under the scorching Sun into the knee-deep mud and then showers will bring prosperity. The path to liberation will be opened with the grace from Swami.

Many sadhaks believe that Swami will do everything for them without any efforts from them. But one has to ask the question to oneself and answer with honest practice, Am I doing it out of laziness to avoid my own responsibility? One has to create conditions for Swami to come and shower his blessings the way a farmer prepares the land and wait for rains to help him. While living into this mundane world it is better to dig a huge ditch and wait for the showers to make it a pond. Once a sadhak goes beyond the duality, he does not do anything as everything will happen at his intention. But expecting the fruits of advaita while staying in dvaita may lead to disaster.