

REIKI VIDYA NIKETAN

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EDITORIAL

THE TEMPLE OF FIVE PRINCIPLES

When I listen to numerous calls from our sadhaks telling me that the regime that I gave during the critical lockdown period helped them to tide over the challenges posed by the invisible virus all over the world, I feel very good about that. These feedback touch my heart and I realize how the attitude of gratitude has already started penetrating the lives of our sadhaks. The morning Agnihotra followed by Yoganidra, Pranyamas, Kavach, Meditations like Panchakosh, Centering, Rudradhyay recitation, Trymbakam Homa and all these practices supported by five principles of Reiki/life, when combined together will not only scare Corona but even the Yama- a God of death so that they would come nowhere to a sadhaks. Five principles occupy the centre point of our spiritual practices for health, happiness and harmony. Possibly many of us did not even realize that five principles of Reiki is nothing but an intention of the entire Reiki tradition. For us off course these same principles set our first few steps on the spiritual path. In fact all our spiritual practices that we follow are only the manifestation of these five principles.

The first among these principles is the foundation of our temple of spirituality. The moment the attitude of Gratitude enters our existence and stays there consistently, the gates of spirituality open. Once the idea of gratitude touches your heart and mind, nothing remains except the positivity and its reflections in our existence. Then the life itself becomes a huge blessing more than a right. Of course this thought may not be well accepted by a new generation which takes a life more as a right than anything else. The idea of right is in the domain of the Ego while the idea of blessings is in the zone of the soul. We all need to choose our own zone. What else can be more valuable than being in the grace of your own soul?

We have forgotten that we are all babies of the universe. When we are born the whole universe celebrates our arrival. The mere realization of this fact sends the goose bumps to the entire existence. There are streams of love and compassion in one's heart. When the whole world appreciates your existence the nature around starts taking your care and every tree becomes Doctor to help you get back your health. Every stream, every river, every pond thrives to quench your thirst. The trees laden with sweetness of fruits bow to you and step onto your path to feed you with those juicy and healthy fruits. The clouds of the sky get overwhelmed with your presence and start showering the rains while planets and the stars from the cosmos peep through the dark clouds to have your glimpse.

The moment the foundation of gratitude is laid we need to be ready to set up the walls of fearlessness and freedom from anger. When we are in the lap of the almighty why should we be afraid? And with whom we will get angry? The child of God should never be afraid of anything or anyone. If he does that, it would be a huge insult to that almighty. Every Reiki channel better remember that. Only those who are helpless and not capable of doing anything get angry. Why should an existence feel helpless when the millions of meridians are carrying those streams of consciousness every minute, with every breath? When you can do everything and reach everywhere what is there to get angry? When the heart is fully awakened, why should there be clouds of fumes when it is capable of creating rivers of forgiveness? Once these two walls are constructed, the place should be covered with the roof of honesty. What other option does one have but to be honest when we are aware about that divine watching us all the time. We never cheat anyone but ourselves. We cheat our own divine nature. Where will one go when HE has surrounded you on all sides? Once this is achieved just know that you are pretty close to your final destination.

Now the time comes for you to cap it all with the summit of fifth principle of loving and respecting everything in this universe. Then all those verses and poems we had read in our life so far become your experience and get transferred from the leaves of the book to your heart. The temple is now ready for your own soul to occupy its own seat in sanctum. That then is the consecration of your God, never to live the temple again.

While writing this, we are in the midst of Ganesha festival. Ganesha the God of manifestation from dreams to reality, from ideas to actions, from invisible to visible! Let Lord Ganesh bless all our sadhaks today.

With love, light and Reiki

Ajit Siv

August 25th, 2020





If Buddha had a cell phone...

By Vivek Pandey

Born in Lumbini, Nepal, somewhere around 6th century B.C, Siddhartha Gautama is a well-known figure to all. The Buddha (the awakened or the enlightened one) commands the highest respect amongst all spiritual leaders of the world. Buddha had many accomplishments; one of them was creating Buddhism. The meaning of Buddhism is a system taught by Buddha. Buddhism was founded in 520 B.C. in Northeastern India by Siddhartha Gautama. It is the fourth largest religion in the world. Buddhism is based on Hinduism, but there are many differences and similarities. Buddhists have many beliefs, such as afterlife, reincarnation, and Nirvana, which is attaining enlightenment.

Another one of Buddha's accomplishments was becoming enlightened or attaining Nirvana. Buddha attained enlightenment in 528 B.C. at the age of 35. First, he undertook fasting stopped after six years quitting because he thought it might cause his death before he attained enlightenment. So then he sat under a pipal tree and meditated until one day he attained enlightenment after overcoming temptations.

Because of Buddha's accomplishments, we still remember him to this very day. He is credited with the most number of statues around the world. Also, he showed the way of the middle path or adopting a balanced approach towards life. He died at the age of eighty due to food poisoning.

We all know the story of Buddha. How he was born in an opulent palace and how his early life was spent in seclusion. He was provided with all means of entertainment so as to keep him away from the miseries of the world. But as destiny had to unfold itself, he happened to move out one day and saw grief and misery all around. Later on, after performing the highest level of penance, he attained the end of suffering and also started preaching the path of Buddha. However, the big question is, what would have happened if Buddha owned a cell phone. Just like the current generation, if he also had the latest gadget of all the novel technologies that have come to the fore. Would he still have been able to attain Nirvana? The answer is probably NO!

The way Buddha proceeded in his life journey was to find and put an end to all the root causes of suffering. He realized at some point in time that the way to attain freedom from suffering was by looking inwards. The mind and its tendencies created all the problems for the humankind. The only way to end suffering was to address the root cause. He spent years fasting and meditating with the hope to overcome all the tendencies causing one to suffer. He left his palace, relationships, and all the other comforts to focus on the subject matter that was his mind. He allowed nothing to come in the way of unwinding the mind. He walked only in the direction of liberation.

In the current scenario, if at all, he would have possessed a phone with all the apps in it, he would have got distracted a thousand times. The phone, like all the other gadgets around us, have the capacity to keep us away from reality. They only manage to engage our minds by taking it away from reality. The virtual world can never be the real world. No matter how much importance do we give to entertainment, we need to realize that it in no way connects us to our nature. The cell phone is just the frivolities of mind displayed through some other device. The more you use it, the more profound your mind will become, whereas the whole process of wisdom guides us beyond the mind. Mobiles are not just a distraction, but they are also capable of becoming an obstruction in achieving daily mundane tasks. Whether somebody hacks your phone or not is one thing, but the phone is undoubtedly capable of hacking your mind. It can spell doomsday for people who get lost in the virtual world before striking a chord with the real world.

Since it has become necessary to use a phone for some purpose, we need to use it as per our needs and not become dependent on it. Be grounded and more connected to the real world first and then make use of the virtual world to ensure success and freedom from suffering.

GURU

THE EPITOME OF LOVE

by Krupa Choksi



Recently on 5th July, 2020 we celebrated Gurupoornima. A day to pay tribute to our Guru/ Master who guides us throughout life and shows divine path to reach salvation/ liberation or Moksha. Guru is considered bigger than God. He is compared to Parabrahma i.e. the Supreme consciousness. In Guru Geeta, a hymn in which there is a dialogue between Lord Shiva and Goddess Parvati, where Lord Shiva is bowing to someone and Goddess Parvati is surprised to see this. Lord Shiva, who is considered to be Supreme God, he bows to someone? Goddess Parvati inquires about this and Lord Shiva answers that he bows to Guru, who is an epitome of Love.

Why Guru is considered to be an epitome of Love? It is because he chooses the task to show the divine path to many seekers. He denies his salvation/ liberation/ Moksha and takes this task. Till the time all his disciples are liberated, he keeps on coming to this planet. He not only takes care of disciple in his/her lifetime but also sees and helps the disciple in the journey after the death. He is there with the disciple till the time the disciple gets liberated. Can you imagine how many times he takes the birth till all his disciples are liberated? Why does he do so? Just because he loves all his disciples.

In Guru Geeta, Lord Shiva has also mentioned “Shivekrudde Gurustrata, Guru krudde shivo nahi”. He says, when Lord Shiva gets angry on any disciple, Guru becomes mediator and saves the disciple from the wrath of Lord Shiva. Why does he do so? Because of his immense love for his disciples. He forgives all the mistakes of his disciples and sees to it that his disciple does not leave this path. Because he knows that once the disciple leaves this path, it will take him many lives to reach liberation. He, at times, ignores the mistake of disciple and also does actions according to the wish of the disciple, just to please him. Why? It is because he loves him a lot.

Guru knows that ego is the biggest barrier in path of liberation. And a disciple cannot reach enlightenment because of ego. So he creates a situation wherein in a disciple gets uncomfortable. He tries to avoid confrontation with Guru and at times gets really annoyed with Guru. Many times some disciple leaves Guru because of his ignorance. The combination of ignorance and arrogance is a deadliest combination. How much ever Guru tries to tell disciple, disciple is not able to listen Guru neither sees the signs of Guru and accuses Guru for the injustice being done to him. Guru tries to help disciple, but in return he gets tantrums from the disciple. Believe me, when Guru does this, he is thousand times more pained than disciple. He does not get any pleasure in doing this but since he has chosen this task, he has to do it with lot of pain in his heart. Though a disciple may not utter any words in his presence but Guru can read his mind. He has every reason to get upset with disciple, but what he does? He remains calm, composed and tries to help disciple. If disciple has left the path, he tries to bring him again on this divine path. Why? It is because of his endless love for his disciples.

Guru dedicates his entire life for his disciples. He always thinks of his disciples. He relates with every disciple may he/she be old or young. His eyes shine with divine love when he meets his disciples. When a disciple asks a question, his entire existence tries to quench the thirst of his disciple. He does not see day or night, if disciple wants to learn. To keep disciple on path he tries to fulfill every demand of disciple and sometimes goes out of the way. Why? It is because of his profound love for his disciple.

I have no words to express my gratitude to my dearest Guruji who has showered oceans of love on me and transformed me over a period of time without my knowledge. Some Gurus are harsh in removing the ego. They are strict but our Guruji is so mild. In his overwhelming love and compassion, everyone melts. On this occasion, I thank Swamiji to bring Guruji in my life who is a real epitome of love.



MISSION *Im*POSSIBLE

by Telangan

A small boy living with his mother and a brother in 8'X10' room made by dried sticks and leaves. Having only memories of opening his eyes every morning with the weird smell of brewing liquor. Strangers came home to consume it for the entire day. He had not seen face of his father because before his birth he had passed away. There was no picture because they couldn't afford one. He had not seen life beyond jungle until he was enrolled in a Jillha parishad school (that was twelve kilometers away). He was shocked by the first look of a lunchbox, water bottle, and black-board. He was the first person in his *Bhil* tribe who went to school. One day when he ignored the orders of a drunkard, he abused the boy by saying **'Do you think by going to school will make you a doctor or collector?'** The boy was really very hurt...

Going to school without books and basic things like slate and pencils was very tough. The boy didn't give up... he would study by using wall as a slate and a piece of coal as a pencil, slate of the earth and a stick as a pencil. Since he didn't have any notebooks, he had to remember every word that was being taught in the school. The neighboring village school was only up to forth standard and therefore he had to go to the high school which was 150 miles away. Mother was determined for her sons' schooling so she walked 150 miles to drop the boy to High School. She went back home and continued with liquor business to support her boy because that was the only source of income. The boy in torn outfit with no books and any belonging except a pair of clothes was ignored by almost everyone around for years. The boy did nothing but just study for hours besides all the hardships. In the 10th standard he scored 95%, in 12th he scored 90% and then he didn't stop... in MBBS he scored 97%. He got admission in G. S. Medical college, Mumbai on merit with many other scholarships. In the final year of his medical

he decided to appear for UPSC also because becoming collector was another childhood dream. Therefore, he had to study for both different exams at a time. He returned his village next year with two degrees' in both the hands. He had passed UPSC exam in the first attempt. His village people didn't understand his achievement until they saw District Collector, Political Leaders coming and congratulating the boy for next few days. One drunk person abused him and that very moment a goal was set, a destiny was written for the boy.

Dr. Rajendra Bharud then posted to Nandurbar as a district Collector. This journey is beyond imagination for anybody. Astonished people asked him how could he reach so far from where he started. He said *since childhood, two meals everyday would be a struggle. Swimming river to cross or climbing hills to go to school was so usual but that made me physically and mentally very strong. Mango seeds and sticks were toys. And rocks and the earth were my slate. My mother was my biggest strength. I lived in the hardest conditions and so many difficulties from childhood that concept of poor never really touched me until I went to Mumbai for medical study. I loved to study so much that I had no time to look for any disparity. Yes, I missed a lot what a normal child and teenager would get in life but I always wanted to change the situation for my family and the entire Bhil tribe one day. Today, I'm in a position to do it.*

This story looks like a perfect plot of a movie. It's beyond imagination. We create big deal out of smallest issues we face in our lives or small achievements are talked often to make larger than life. When we have one-point focus and we don't really bother ourselves with any hurdles, there is nothing impossible in life. **'Aashakyate Shakya karatil Swami'** is the only truth remains...



RHYTHM OF LIFE

by Aruna Margam

As reiki channels, we all know that Universe has a rhythm of its own. When we are in sync with the rhythm of life, life is a celebration or else it's not. Rhythm means music comes to our mind and followed by the Swaras which are the basic foundation. When the Swaras are in sync we have a beautiful music otherwise it is difficult for anyone to listen. There would be so much noise. Same with everything pulsating in the universe.

I came across a fact from Dr. Deepak Chopra's book about the new born kittens. They cannot see for the first three days as soon as they are born and the fourth day when it opens its eyes lot of connections happen in the brain of it so that they can see for their lifetime. Isn't it a beautiful rhythm of life? What by mistake it is broken then the kitten remains blind all its life.

As Guruji says Rhythm of sun is the most important thing for all of us. If we adjust our life style to the rhythm of sun then our health is extremely good, we are fresh, active and lively. We all draw energy from the sun throughout the day. If we are not then not only we are dull and sluggish, it is going to take a toll on our health too.

What happens if the rhythm of seasons is affected due to a cyclone, floods or too much snow or heat. It all has its own repercussions in our life. Too much heat can make our water bodies dry and we struggle for water. Global warming affects our glaciers, which in turn our whole eco system. Too much water in the wrong season affects the harvest of our farmers. Those irregular seasons affect our health too. If we eat unseasonal food then too it affects our health.

We are familiar with this revolution "Go green" and planting saplings everywhere for a better future of our country. Based on this I came across an article in the newspaper that one has to be responsible and we cannot plant trees or saplings anywhere and everywhere. One has to understand the terrain. For example there are woodland type of forests in our country where big trees do not

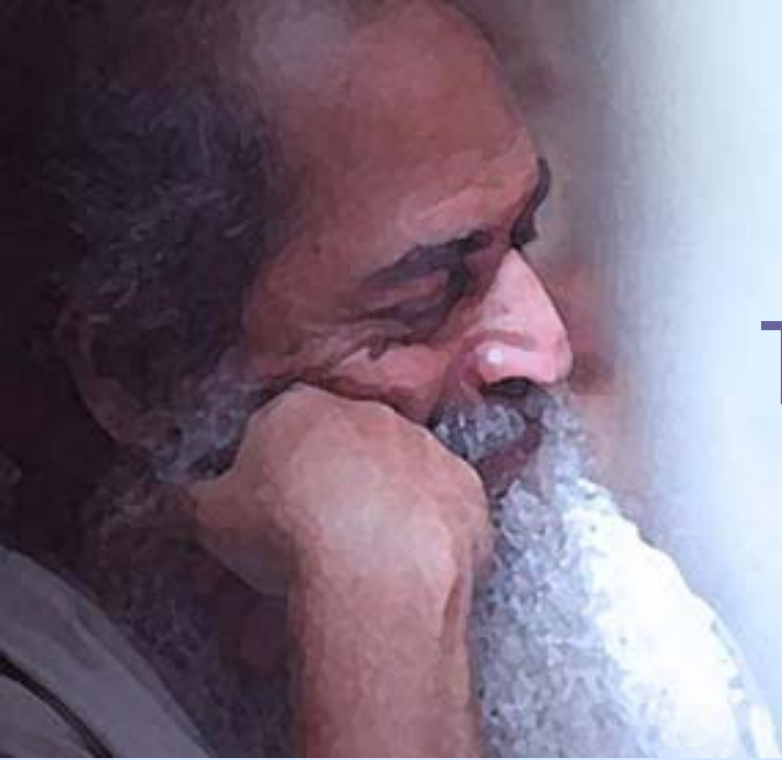
grow. Big trees planted here can create a havoc in the ecosystem of that particular forest.

I remember the essence of Guruji's words here. "If you can contribute positively, good if not by not contributing also we are helping the universe, since divine has his plan. IF only we do not interfere without understanding the whole situation, we are contributing passively to our mother earth.

Again a beautiful information I came across about the elephants. It seems most of the forests are created by these elephants. I was very surprised. I knew that they eat green plants, shrubs and trees, but not about this. It seems when they are fed by the mahout they mix a lot of seeds in the food. When this food passes out as an excess as elephant dung they help in spreading the tree growth.

As reiki channels what is our rhythm. Its harmonizing the chakras and in turn our Aura which is our root. If we manage the rhythm of chakras we can manage our whole beautiful life. How to keep them in harmony by practicing reiki. But only practice is enough? We need to keep our "chitta" pure. When we keep them away from impurities our chitta becomes a beautiful prism. When white light from our heart comes through this we create a rainbow in the universe. Are we ready to create a beautiful rainbow?

It seems rainbow comes one full circle, but we see only one half of it. Our lives are also circle with no beginning or no end. If we understand this we can travel towards "Freedom" the very essence of spirituality. Even our 50,000 trillion cells have their rhythm. If only we think positive and our cells also copies it and we have a celebration inside. Out of Ignorance we break it then the immunity's rhythm is broken. Immunity is our shield which protects all of us. Let us all understand our own rhythm of life and spread health, happiness and harmony around us the very mission of our beloved Guruji.



The Glory of Guru!

by Pranjal Joshi

The very common and famous Sanskrit shloka describes Guru as

गुरुर्ब्रह्मा गुरुर्विष्णुः
गुरुर्देवो महेश्वरः
गुरुःसाक्षात् परब्रह्म
तस्मै श्रीगुरवे नमः

We have been chanting this since childhood, but may not have not paid so much attention to it. The glory of Guru starts from here itself.

Guru has been referred as Brahma (the creator), Vishnu (the sustainers) and Mahesh (the destroyer) at one and the same time. One may think this as a mere poetic narrative for praising the Guru. But it is not so. Guru develops the virtues and values in every disciple (Satvikta) and so acts as a creator Brahma in true sense. But this cannot be done in isolation, as Guru simultaneously need to work on undesirable habits (Vrutis) of the disciple, and more importantly on ego. Unless ego is completely not removed, transfer of knowledge is just not desirable. So Guru needs to work as Mahesha as well. While this creation of desirables and destruction of undesirables is happening, Guru needs to take care of his beloved disciple like a Vishnu.

While all of us know, the famous Bhagwat Gita being narrated by Lord Krishna to Arjuna, there has been other precious Geeta as well, which is called as "Guru Gita". The most interesting part of Guru Gita is the inquiry by none other than Mata Parvati (Goddess) with Lord Shiva (God of

Gods- Devon ke Dev). Mata Parvati inquires with Lord Shiva, "While everyone worships and praises you, whom do you worship?" and Lord Shiva replies "I worship Guru". Lord Shiva from whom the tradition of master and disciple begin, he himself says "I worship Guru", thus the personality praising the principle! Lord Shiva answers only when Mata Parvati inquires. It is the thirst of the shishya which is satisfied by the Guru. The limitation may lie with the seeker and not the giver.

In the same Guru Gita, Lord Shiva himself confesses in the thirty third verse, that even if Shiva gets angry with you, the Guru can still protect. Even Vishnu gets angry; the Guru can still save you. But the reverse is just not possible. Lord Shiva clearly advises thus, that just be with Guru and you should be afraid of none.

The Guru has also been referred as "Bhukti Mukti Dayakam". Please see the spectrum of his powers! While Bhukti stands for materialistic gains (as starts with the word "Bhu"), Mukti stands for liberation. Same person is empowered with both, and still we foolish sadhaks inquire often, "how to maintain balance between spiritual and materialistic life?" Otherwise also, what kind of balance we are going to maintain? And what balance (sanskaras) we have really maintained at the end of our life, will only be made known to us by Chitragupta! So why to unnecessarily worry? Does it not better to take the name of Hari (as guided by the Guru) and hand him over the reins of our life?

In another great Sanskrit shloka, Guru has been compared as a Mother, also as a Father, as a Brother and even as a Friend

त्वमेव माता च पति त्वमेव ।
त्वमेव बन्धुश्च सखा त्वमेव ।

Surely he can shift his consciousness as per situation required for his disciple and can change his roles as a Father or mother or brother or even as a friend to teach his disciple and ensure that he will progress on the beautiful path of spirituality! He will do all this just to teach us, but are we ready to learn? He will take soft route as a mother if he feels that we may not accept a particular aspect as his role of father. He will continue to change our roles and responsibilities as well so that we can introspect and learn. The entire effort is to make us learn.

The bigger question is - what is so great about the teachings of the Guru? We do have so many teachers right from the Jr KG till our college life, and even thereafter also. May be as a Guide or consultant as a part of our business or employment, as the case may be. All are teaching us one or the other things which have been very useful for us in our day to day life, and some may even be useful for us for reaching greater heights in our life in terms of money, position, degree or something else. Then what is so great about the Guru? While all the teachers will tell us about "how to live?", it is Guru who make us realize "Why to live?" He works on the root cause of ignorance and thereby the sufferings (Adhyan Mul Haranam). The ordinary teaching cannot remove the fear and anxiety, which is the major cause of human sufferings. It is only Guru who can provide help in this matter.

The person in our tradition is said to be successful if he attain all 4 – Dharma, Arth, Kaam and Moksha. The teachings of Guru is Dharma (appropriateness) help us to manage Kaam (relationships), and he himself is empowered to bless us with Arth (Bhukti) and Moksha (Mukti), what else remains?

Though to the common man, these all may appear to be very serious stuff, but our Guru suggests us to do PARTY, to learn! He makes us to do so many things at ease, which are really difficult tasks if we try to do it without his grace. My sincere pranam to Guruji for brining ART in my life. A(Agnihotra) R(Reiki and Rudra) T(T-M). Thank you very much. Love you. Jai Gurudev !

“Soul's Journey with Guru's Grace”

by Vinaya Sawant

A bright shining particle gazing through Universe happened to visit Planet Earth, it was mesmerized on seeing the rising Sun's rays falling on Earth making all organisms lives possible, beautiful Birds flying high, seeds erupting to radicle then to plant - tree - blooming colorful flowers & to wonderful fruits. Beautiful enchanting Sea Life & not least the Wonderful Creation of God " The Humans".

Being aware of the Dream & Illusionary World, the Soul wished to take birth as Human & lo the creation began. Now this particle - The Soul had a very Beautiful Body. Later the Soul realized that it was trapped, to be free and Self Realization it had to undergo lots of Struggles & Turmoils, but also enjoyed beautiful and Divine moments too. Now the Soul wanted to be free, but didn't know how? Then there appeared the Creator (Paramatma) in the form of GURU. Guru trained the Soul & introduced the tools of Sadhana to be free from the Illusionary Body & Illusionary World. Guru helped alighting the light inside destroying the darkness within & outside. Also helped to align Body, Mind & Spirit to achieve Harmony within by default giving Good Health leading to Happiness always.

Also trained Making the Soul Aware & Realise that it was always Complete & Merged with Divine. Only the unawareness had made the Soul to Suffer & away from Divinity.

Sadhana tools taught were Reiki, Agnihotra, Meditations etc.. All these said Sadhana when practiced regularly Purifies oneself by the sufferings of Illusionary & Materialistic World, peels of your fake Mask, slowly & slowly makes you Compassionate, Pure & Divine introducing to your Real Self. Spiritual Journey is all about Knowing & Being with Ownself (Divine Self). Knowing the "I" (realising Divine + Self to be ONE) makes you COMPLETE.



REALIZATION

by Telangan

No Matter who tries
To make you happy
You will never be
Until you decide to be...

No matter who tries
To open doors for you
You will never reach inside
Until you decide to move...

No matter who tries
To teach you lessons of life
You will never understand
Until you experience yourself...



Power of Choice

by Ashish Muley

Its 6 am. Its peaceful. I am sleeping. Suddenly the alarm goes off. I am taken aback by the sudden noise, most of my organs are still in deep slumber and send neural messages to the brain to command my hand to hit the snooze button. And my hand, as if it was waiting for the cue, instantly reaches out to the alarm. Result - Peace again. Dear friends! I just made my first choice of the day.

There is tiny little space between the action happening to us, and our reaction/response to it. For e.g in this case between the alarm's blaring noise and me snoozing it, in those few moments, is when we exercise the power of choice.

From the simplest of the choices like getting up in the morning to the most significant ones of selecting career path or saying yes to a marriage proposal – each choice we make has an effect, an impact on what is offered to us next, and what further choices are created.

In the Avengers, Dr. Strange had to choose between a combination of more than 14 lakh possible outcomes, which could have happened due to various choices made by the 24 heroes. Just imagine what Matrix could have been, if The One - Neo had chosen the blue pill instead of red OR while his meeting with the Architect, he would have chosen door to easy safety of Zion instead of choosing to save Trinity and taking part in the War. However, it is not the significance of the outcome, or where your choice will lead you to; it is the ability to choose, in the first place, which is powerful.

When encountered with situations to choose between options, three factors that play key role are knowing self well, imagination and presence of mind.

To choose well:

- You are to know your strengths and weaknesses well.
- It helps if you have good imagination of the way's things will work out.
- A good presence of mind, understanding the situation you are in, the surrounding environment, the people around and the knowing well, the choices available.

With combination of above three, you are able to

muster up the courage to respond to the situation and own up the consequences of your decision. The choices we make then, give shape to identity defining parameters of any individual – attitude and character.

True Story to establish what you have read till now:

Ravikumar, hails from Andhra Pradesh and was one day travelling by bus from Kandakur to Kanigiri. Sitting on the first seat, he saw the bus conductor handing over a document file to the bus driver, telling him that a passenger had forgotten on seat. Having had an overlook he understood that it was file containing original education documents and certificates. The driver had just kept it in the shelf and that got Ravikumar worried.

His 1st Moment of Choice – He offered to help and asked the driver, if he could have a look at the file. When he opened it, he recollected the name on the documents to be of the lady passenger who was sitting behind her and the conversation they had before she had got down. She was going to join a government job and most likely, had to submit original documents at the time of joining.

His 2nd Moment of Choice – Having known the situation, he could have asked the driver to return the documents next day or in his return journey, at the bus stop that lady had got down. But he thought if the lady did not submit the documents on time, it could affect her job or any such unknown impact. Showing empathy (one of his strengths we may presume), he decided he will give his best efforts to make the documents reach the lady that day itself. He took the file with permission from the bus driver, gave his contact details to him and got down at his stop. Bus driver continued ahead with his journey.

Before getting down, Ravi gave his phone number to all the co-passengers going on the route. After he stepped out of the bus, he recalled that the place that lady had got down, was where one of his best friends lived. (presence of mind) He gave his friend a call and asked him to spread the word about the name of the lady and try getting her contact number. He also reported the incident to the customer care of the bus stop he had got down.

Ravi reached his home and around a couple of hours later, he received a phone call. It was from that lady who had lost the documents. Immediately, he asked her to come to the bus stop of his village and he handed over the documents to her. The lady was very happy and told him that she had a deadline to submit her original documents and that now she could submit documents within time. (Ravi had imagined that this could happen)

This true experience was shared by Ravi on his Facebook timeline and I subsequently covered it in my podcast – Sachchi Achchi Kahaniya. To listen to this story on my podcast and many such acts of goodness, google search

by its name and you can listen to it on Google, Apple, Spotify and Stitcher.

What Ravi did, wasn't any extraordinary act but a simple display of the power of choice. The choice he made, has now created an image of the type of character and attitude Ravi has. And knowing him personally since last 10 years, I can bet you are right that he has a helpful, friendly and wonderful nature.

Next time, you have a difficult choice to make, relax and think about the choices consciously and then exercise your free will, your power of choice.

“Guru”

by Preeti Khanna

Guru is the light that illumines the darkness

Guru is the music that plays the tune in one's life

Guru is that wisdom that brings our body in unison

Guru is that divine blessing from God that helps us wade the roughest seas

Guru is river whose grace flows in his disciples

Guru is that existence who brings bliss in our consciousness

Guru is that flute whose words resonates ones body

Guru is that nectar that quenches all the thirst in life

Guru is that treasure which is priceless

Guru is the reiki that flows eternally

Blessed are those who have Guru's grace in life



GURU

THE SPEAKING VOICE OF GOD'S SILENCE

by Amara vasuntara.S

Spirituality is the soul of India. Spiritualism in India is a complete philosophy of human life –the correct way of living and right way of thinking. Gurus and saints are plenty in our country and they have become indistinguishable with Indian spirituality. In Satya Yuga (golden age) there was no need of Guru. In Kali Yuga, or “Age of Darkness,” the last of four yugas from Vedic cosmology, Guru is an absolute necessity. In Kali Yuga, the person is constantly filled with ego hence the need of Guru is essential.

Bhagavan Dakshinamurthi is considered as the first Jnana Guru of the Golden age (Satya Yuga). He, the eternally youthful one, sits in silence, and, by His very silence, explains everything to the disciples; (“Gurosthu mounam vyakhyanam”) and all doubts and questions vanish from their hearts. By His eloquent silence, He brings into their hearts the requisite Soul-illumination for which they have come to Him.

And the successive Jnana Gurus who followed Him in later ages of the Yuga and come from time to time in response to the exigencies of the actual situation before them, merely carry on Bhagavan Dakshinamurti's work of enlightening the world.

Bhagavan Gautama Buddha incarnated on earth. He illuminated the ignorant minds in Kali Yuga elucidated the people, the correct meaning of the truth. He left behind them, a beacon fire of divine wisdom which burns with undiminished brilliancy benefiting the humanity. Even to the present day, the great philosophers of the Western World, too, proudly point it, as the source of inspiration in which they derive their own philosophical ideas and ideology.

Gautama Buddha for forty-two years walked the whole land, talking to people even knowing perfectly well that they cannot understand. It is an arduous task. He did it because It comes as an intrinsic part of his whole enlightenment. Before, it was a longing to become enlightened. Now it is a longing to make the whole world enlightened.

Guru prepares you, when you become more capable of learning what flows from the Guru, you become happy, blissful and then you can open towards God.

It is said that, a direct look at the Sun will make you blind. Hence one has to start looking at the flame of the lamp, then to a bigger flame, then to a powerful light and then gradually try to concentrate on the Sun

Guru helps us to inculcate discipline in our lives. He helps us gain self-control over our mind and also directs our senses in the right direction. A true master wakes up people who are fast asleep, who are more miserable and transforms them into dancing roses.

Our Reiki master Dinesh Thakkar was always blissful. He not only made the withering flower to blossom, but also alleviated pain, operated brain tumor through Universal energy without drugs and blood. His students will always remember the ever flowing love from his heart.

Guruji Ajith who is sincere and humble, struggles to raise our mundane reality to the level of love. He shows the glimpse of divinity, creates the longing to merge with it and pushes us on to the right path. During this Covid 19, he prepared a schedule to be followed, stressed the importance of Reiki, Agnihotra and Yoga. It is his love for the people which makes him to strive for spiritual welfare of them through his teachings

The real help and guidance can only come from a Master, but for that one should have the thirst. To receive a master, even to acknowledge him as a Master you need to have this thirst. Ananda, Gautama Buddha 's intimate disciple could not attain enlightenment even during the lifetime of Buddha. To attain enlightenment one has to drop the desire to attain it. When one is in complete harmony with nature there is a music in the heart.

It is very easy to misunderstand.

It is also very easy to understand.

It all depend on us.

Reiki and Agnihotra Experience

Hello Ajir Sir & Krupa Ma'am,

Jai Gurudev

First of all thanking you from the bottom of our hearts for all your teachings, guidance and blessings.

Though we both have learnt Reiki (Level 1 & 2) almost a decade back, and completely believe in its powers, we weren't practising it regularly untill recently when we experienced some beautiful life-changing experiences.

REIKI, AGNIHOTRA & OM TRYAMBAKAM HOMA Experience – Part 1
December 19, 2019 to January 26, 2020

For the first 15 days of the period mentioned above, my Daughter Pooja Solanki (15 years) had recurring fever with terrible chills. Her blood counts were getting lower with each test. She was growing pale with each passing day. Got all the possible medical reports. Consulted family doctor, regular homeopath, pediatrician, and finally a hematologist. None of the reports or doctors had any fair idea as to, what was the reason behind her reducing blood count and fever. None of the doctors had advised any medicine except for Crocin (for fever) since they were not able to guess what was happening. Finally, hematologist suggested that we stop Crocin as well and use it as SOS only if fever shoots up very high, monitor closely & revert back if we see any new symptoms which may give some idea. Because, there was no point in doing reports every alternate day.

All this was taking a toll on all of us in the family. Office, then running to meet the doctors, going to Lab for reports & all that chaotic situation.

We were discussing as what else could help our daughter heal. We got an awareness that Reiki and Homas can help her heal.

MAGIC began on 16th Day, when we started performing Full Body Reiki on her along with Agnihotra & Om Tryambakam Homa.

During the very first day, while performing Om Tryambakam Homa, she started sweating. Surprisingly, that was also the last day of her fever which never re-occurred. Slowly she started feeling better physically. A few days later, blood report also displayed improved numbers. In next 21 days, she was absolutely hale and hearty.

All the line of doctors we met earlier, were surprised at the first place and were not able to

say what was wrong, and concluded that there were signs of some serious illness, but somehow it did not get detected, which has now passed away and her body had revived itself. Most importantly, during this phase, Pooja did not consumed a single dose of medicine. Since she was getting better, even the doctors did not suggest any medication whatsoever.

In our minds, heart & soul, only we know that it's the blessings of the Lord Shiva & Ajit Sir in the form of Reiki & Homa's, that had helped Pooja get through all of this easily, which otherwise would have been a difficult phase for all of us.

REIKI, AGNIHOTRA & OM TRYAMBAKAM HOMA Experience – Part 2
May 03, 2020 (Peak Lockdown period)

On 2nd May evening I was feeling uneasy & kind of chest pain had started which I thought would subside in a while. Chest pain did not subside & as usual we did home remedies such as consuming Eno Soda / Antacid thinking it might be due to acidity.

Went to sleep a little later & woke up around 04:00 AM as the pain had increased. Now it got us worried. Then I called up my cousin & asked him to take me to Hospital OPD.

Lockdown was at peak and we were indeed afraid. Only I was allowed to step inside the hospital premises post a few questions & checking my parameters which were normal.

I was taken to OPD area & those helper guys came in with ECG Machine & the nurse came in with usual questionnaire.

ECG was done & in a friendly manner I asked the guy how does it look & he replied, "looks normal, rest the doctor will tell you."

All this while, I was just performing Om Tryambakam Jaap & visualising that it is Lord Shiva healing me in the form of Doctors.

Then the OPD Doctor came in with usual dreaded words – "Looks like it might be a Heart Attack, you should be careful" . After that, they just administered acidity injection to me & asked me to rest while they sent my reports for checking.

05:30 AM – While resting I used the free time by performing Self Full Body Reiki.

07:00 AM – My Full Body Reiki got completed.

07:10 AM – Nurse came in & told me all reports are normal & we will discharge you in a few minutes once the billing is completed.

All I can say is, this was nothing short of a miracle & one more live example which strengthens our faith in Reiki / Agnihotra & Om Tryambakam Homa.

REIKI, AGNIHOTRA & OM TRYAMBAKAM HOMA Experience – Part 3

July 01, 2020 (Peak Lockdown period)

3rd & the latest instance where we have experienced the presence of Almighty. It has been almost 6 months now that we have been practicing Reiki & Homa's.

We have 3 flats on our floor & either sides of our adjoining neighbors were detected COVID positive and were hospitalized. Around the same time, my husband and my daughter had fever for a couple of days, mild cough and loss of taste and smell. We admit that we did panic.

Question was – What else do we do apart from Homa's and Reiki?

We talked to Krupaben and Ajit Sir who told us that Everything will be fine, be calm and keep practicing Reiki & Homa's. As per their advice, we applied Agnihotra ashes on full body in case of fever and consumed water boiled with Agnihotra ash. And once again, it showed its magic. The fever subsided instantly on first application of Agnihotra ash on their bodies and slowly their cold went off and their taste and smell returned back to normal over a period of time.

That call with Krupaben and Ajit Sir was all we needed. A beautiful hand-holding by our Guru.

As a child, I always had this question that why one needs Guru? You can ask directly to God, instead of having a Middleman (Guru) between God & yourself. But these incidences made me realize why we need a Guru.

A Guru is a God in human form. One who can talk to you, walks with you, listens to you and guides you in a way that you as human could relate to easily. It's when Guru holds your hand, you feel as secured as a child holding Parents fingers & walking freely without worrying. We have experienced this first-hand.

Thank you so much Guruji for blessing us and guiding us on the right path. We know we have just begun our journey and there is a lot more to learn from you. FOREVER INDEBTED to you.

Huge Gratitude to Ajit Sir for teaching us Reiki and Homa's.

With Love, Light & Reiki

- Nikunj, Reena & Pooja Solanki



To,
Team DSPPL.

Janmashtami celebrations were amazing. Few things that made this year's janmastami very special for my family.

1. Jashith could recite chp 12 of Bhagvad Gita so fluently. I had never thought he could do it in such a short span of time. Thanks to the teachers who were very polite and helpful. They made huge efforts in teaching the correct pronunciation of each and every word and answering the queries of all kids patiently.

Thanks to lock down and hence online classes that even I could learn reading the shlokas with correct pronunciation along with Jashith.

Me and my daughter even checked the meanings of the shlokas. It made us ponder where do we stand as a bhakt? Such questions help us introspect ourselves.

2. Drawing competition made him remember Lord Krishna and think about Him.

3. Practising and performing Drama delivered a message to him in a very subtle way that Lord Krishna is there to help each and everyone who believes in Him. Lord Krishna can come in any form to help us.

The end result of All these activities was that, we (me and kids) were indirectly thinking about Lord Krishna for about 15 days since the recitation of Bhagvad Gita practise started. As a mother, I find this a fun way of making your child have awareness about the Lord, His values, His teachings, etc. Which otherwise can be introduced in the form of parental lecture which hardly serves any purpose. This time they themselves wanted to know more about Him.

Thank you team DSPPL for everything you are doing for kids on continuous basis.

Thank you Guruji for your guidance and blessings.

With Loads of love and gratitude,

Reena Solanki.

LOCKDOWN ACCHA HAIN...

Today, after a couple of months of the current situation when I look back and introspect, it feels like lockdown accha hain.. This reminds me of an advertisement for Surf Excel when the kid tells his mom "Daag Acche Hain" as playing in mud gives immense joy to that child. A couple of days ago when DSPPL announced some competitions for kids on the occasion of Krishna Janmashtami, me and Ishan started discussing on what can be drawn and we remembered the story of Kaliya-mardan as to how Krishna jumped in river Yamuna to get his ball and we started drawing the picture. It was an amazing experience for the last 2 weeks practising the drawing and spending We time together. One day on a casual discussion, he spoke about lockdown and immediately my reaction was if it was not there, we wouldn't have spent these moments. Then, the ball in the picture started appearing as Corona :). With that we discussed how every situation has both the sides dark as well as light. We tried expressing those sides in our drawing. Further he himself mentioned that initially it was a feeling of Boredom, then when the government kept on extending the lockdowns, it was Frustrating. But now, he feels good as he got so many new things too. We both looked at each other and tried putting this in his drawing. When the first Lockdown was announced, everyone was expected Not to Go Outside. So, it was a time we all went Within. Yes, it created a feeling of Boredom initially when we all were in the process of getting adjusted to a new routine, actually staying near to "Near and Dear Ones":). But, this so-called boredom gave birth to our increased Patience. While it seemed Frustrating to some people, it actually gave us a chance for Reflection and Self Introspection as to why we all are running? And behind what? For what? And, isn't it a time to take a pause and contemplate? Maybe it was because we were stuck in the darkness of Ignorance and this situation actually took us to the Light of Awareness.. And it's time now, we turn the ME upside down and move towards WE.

With love, light and reiki...
Komal & Ishan



Ashram Events



2nd Degree Reiki Seminar in Nashik

We are pleased to inform that Reiki Vidya Niketan has started Reiki Seminars in various regions and first such 2nd Degree seminar happened on 8th and 9th August, 2020 with the grace of Guruji and Swamiji in Nashik. The seminar was taken after taking the official permission from the concerned officer in the local police station. All the protocols of social distancing and sanitization were observed. Guruji Shri Ajit Telang and Rakesh Kumar undertook this first seminar after lock down. All the master and co-ordinators are very happy with this initiative.



RVN celebrated Krishna Janmashtami on 12th August, 2020

On 12th August, Reiki Vidya Niketan celebrated online Krishna Janmashtami. The program started with Prayer to Lord Krishna followed by Bhajans by various sadhaks. A drama on "Allegations on Lord Krishna" was very well performed by the sadhaks wherein Lord Krishna was drawn to the court and various allegations were raised on him which was answered by Lord Krishna very aptly. His answers removed ignorance and had spread light of Wisdom on everyone's mind. The script of the drama was written by Guruji. The drama was followed by Geeta Recitation by the runner up winner of Geeta chanting competition and then question-answers session was conducted by Guruji on Lord Krishna. The program ended with lot of devotion towards Lord Krishna.

Reiki Seminars on 22nd and 23rd August at Rajkot and Ahmedabad



On 22nd and 23rd August, 2020 1st Degree seminars were held at Rajkot and Ahmedabad. There were 8 participants in Rajkot and seminar was conducted by Ms. Krupa Choksi and Mrs. Seema Trivedi. In Ahmedabad the seminar was conducted by Mrs. Bharati Zinzuwadia, there were 18 participants. Everyone was rejuvenated with the new wave of seminar



Ganesh Chaturthi Celebrations at Ashram

Every year we celebrate Ganesh chaturthi in Ashram. Like every time, one of our sadhak had prepared eco-friendly idol of Lord Ganesha. Lord Ganesha had come on 22nd August and his presence was there till 23rd afternoon. Sadhaks of Devrukh had done this celebration



DSPPL conducted SOFT program for US Children

From 2nd to 11th August, 2020 DSPPL in association with NGDI, USA, conducted a SOFT (Spiritual Outlook for Future Times) program for the children between the age group of 9 -11 years. The program was attended by 13 children from Chicago, Naperville, IL, California and New Jersey. The content of the program was well appreciated and very well received by the participants. The Yoga teacher was from US and rest of the teachers for all subjects were from India.

Various competitions held on Krishna Janmashtami

DSPPL had organised various competitions on Krishna Janmashtami which includes Geeta Chanting, Drawing and Essay competition. In Geeta chanting, the competition was held for 12th Adhyay of Bhagwat Geeta. All the children chanted it wonderfully. In drawing competition, the topic was "Lord Krishna". Many children participated in the same and had drawn wonderful picture of Lord Krishna. In Essay competition, the topic was "Learning from Lord Krishna". All the participants wrote wonderfully about Learning from Lord Krishna. These competitions were conducted in two age groups (9-11 years) and (12-14 years). All the teachers, evaluators and person-in-charge performed their task very efficiently.

Art Classes for Children from 2nd to 8th August, 2020

DSPPL had organised Art classes for children from 9 to 14 years from 2nd to 8th August, 2020. These classes were conducted by Mrs. Shushrusha Lokare, an artist from Mumbai. The students were taught Landscape, skyscape, Cityscape, Seascape, Expressionism, Impressionism, Cubism. We have received amazing feedback that all the children enjoyed the classes and they want more of such sessions.



Krishna Janmashtami Celebrations on 12th August, 2020.

DSPPL celebrated Krishna Janmashtami on 12th August, 2020. The entire program was conducted by children. The program started with prayers, bhajans, followed by Drama and Geeta chanting. The program ended with the announcement of winners of various competitions. A big salute to all the teachers who took great pains in making this program a big success within a short period.

DSPPL Teacher's training program on 24th August, 2020

DSPPL is thriving hard to enhance the knowledge of its teacher and is helping them to evolve as best teachers of the world. For this purpose, DSPPL had invited Mrs. Parvati (Fran) Rosen Bizberg, a certified Homa Therapy Teacher & Mandala Art Teacher, from Poland who had wide experience in teaching children. She was a Yoga and Meditation teacher and has handled many special children and hyper children. She is blessed with divine powers. Her immense knowledge helped the DSPPL teachers to resolve their concerns in dealing with the children and it will help in future program also.



- ◆ Lie down on your back with the hands on both sides of your body, palms facing up.
- ◆ Close your eyes and be restful. Totally relax your body.
- ◆ Imagine you are covered by cloud of white light all around you. imagine that the white light has started entering into your body from your head (Crown Chakra).
- ◆ Allow that light go to your Third eye chakra from outside in front of your body.
- ◆ Allow that light to pass through your body and come out back of the Third eye chakra to move towards the back of Throat Chakra
- ◆ Similarly allow that white light to move from your back Throat Chakra to the back of heart Chakra as a band
- ◆ Let the band of white light come out of your front Heart Chakra and move towards the front Solar Plexus.
- ◆ Let the band of white light from the back of the Solar Plexus to the back of Hara and from the front of Hara to the front of Root Chakra.
- ◆ Allow now the light to move upwards in the reverse direction to have a serpentine motion write up to your Crown Chakra.
- ◆ Lets these bands start moving fast as the time passes so that it becomes a big lump of energy. A huge moving ball of light which emerges into Universal consciousness.
- ◆ open your eyes very slowly after about 10 minutes even after as you may feel. slowly come out of meditation.



Meditation of the Month

Craving for **SUCCESS**

Recently in one of the online program, one youth asked a question to Guruji, "Should we not crave for success?" On this Guruji gave a wonderful answer. He said that one should never crave for anything. We never get satisfied with craving. And when craving becomes our need, we are in a big problem. As one craving leads to another craving and there is no end to it. So never crave for success. Just be successful. In life, whatever comes in front of you take it as blessing. Anything that comes without craving is a blessing from God. Just make your efforts and let success follow you. Besides this, define your idea of success. Do not follow world's target. You follow your target. Set your target everyday and achieve that becomes your success. Series of successes every day makes you successful person in life.

