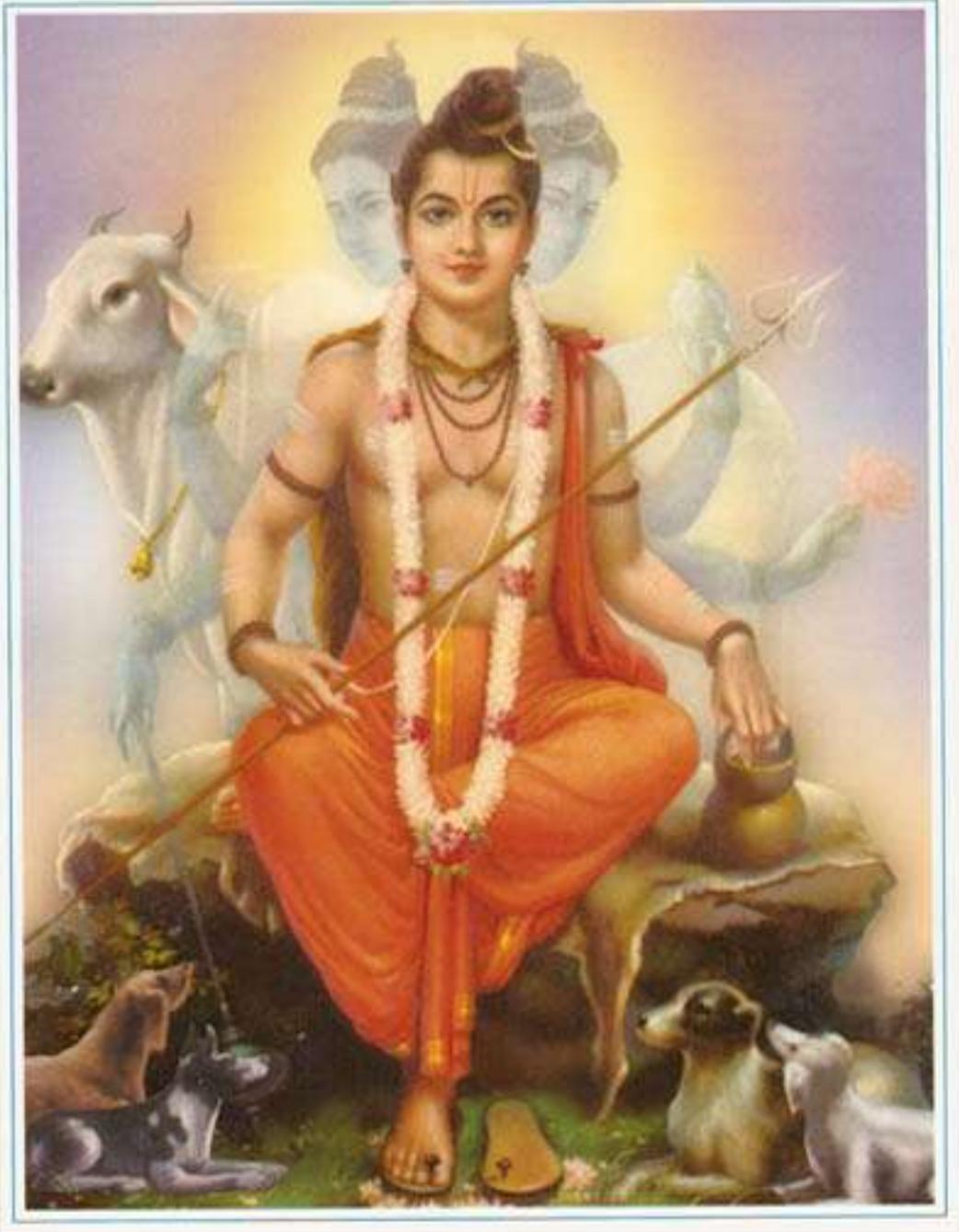


# REIKI

VIDYA NIKETAN

C E L E B R A T I N G   D A T T A   J A Y A N T I



*This issue is not for the commercial purpose.  
It's only for sharing Knowledge and experiences in the Reiki Bramha group.*



## Clarion call of the Universe

The elevation of universal consciousness is a natural phenomenon. The ascension of human consciousness to suit this universal restructuring is obviously inevitable. The spiritual world has been waiting for this phenomenon to occur for centuries now. Yogi Aurobindo and Mother of Pondicherry have been vehemently talking about this for over a century now. Incidentally this was that day (24th November) when the supramental force of Krishna consciousness descended in the existence of Maharshi Aurobindo. This descending force of consciousness was called as Supramental force by these great prophets. This force when descends in human existence will rewrite the concept of humanity and will redefine a lot of terms of life in times to come. This is good news indeed.

What is not good for our human world now is that the human mental and the body consciousness has been resisting the descending supramental force thus leading to a lot of conflicts in civilized world. We can see it everywhere around us, in different facets of human life. The increasing health issues on body and mind levels is a matter of serious concern. The human existence is refusing to leave its bondage with mental consciousness with all its beliefs, patterns and other conditionings. These beliefs, patterns and conditionings have been carried by the human existence for little too long. And we are not even aware about the clarion call of the Supramental force which will be a vehicle to take us to the higher dimensions of consciousness. At those dimensions, humans could be free from all diseases, miseries, conflicts and sorrows with a possibility of even immortality. However, we are still holding to our past references and patting our own back for achieving something phenomenal. What progress have we really done in the past few thousand years? In the primitive days of the caveman, we used to kill animals and



even other humans by using stone. Obviously, we could kill only one person or animal at a time. The modern technologies have given us the power to use deadly weapons for mass destruction. A stone is replaced by a missile and a single death by multiple killings. But the idea of violence and killing has not gone away from us. In the primitive times we used to sit in a cave and tried to fight battles and now sitting in towers and plotting the big wars or even staging biological wars to create pandemics the world over. The idea of wars and battles has not changed. The weapons and means have changed. When are we going to come out of our animal nature and move over to the nature of divinity? If you look at the so-called technological progress all that we find is refined means to achieve the same thing that we achieved a few centuries back. When are we going to refine the minds which can be free from violence and a hatred? With the technological breakthroughs we are trying to increase a longevity of a man but not increasing his happiness and peace.

Let all of us Sadhaks start looking into the possibilities of growing beyond our linear world and enter into that infinite, enormous, limitless world of abundance, where no one has to wait for someone to be miserable and ailing so that others can survive and grow. This economic model is no longer acceptable now. The network of consciousness needs to be expanded and widened. At the same time the gap between

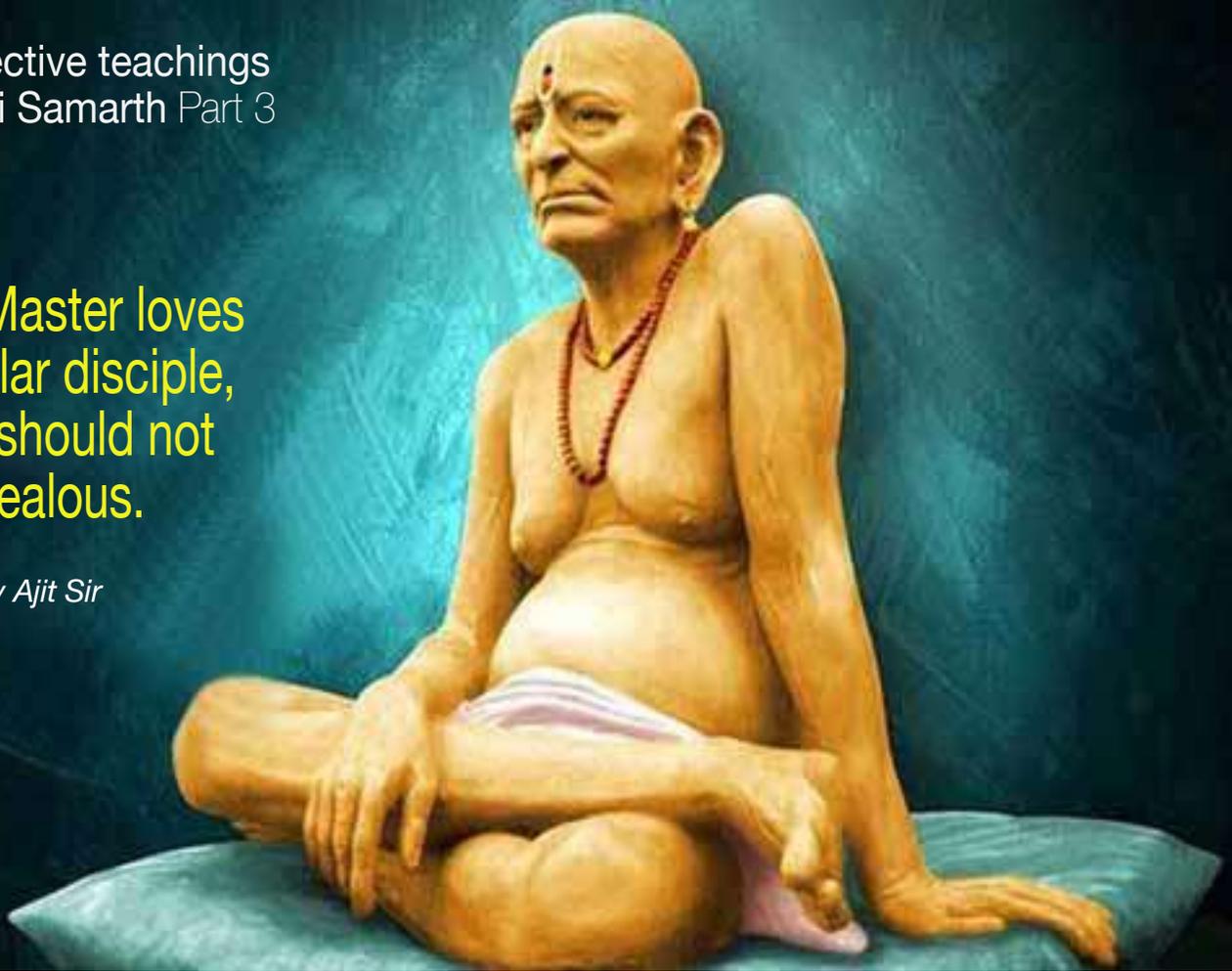
rich and poor needs to be narrowed and shrunk. Just listen to that clarion call of the universe and respond to that through your sadhana.

Another word of caution for Sadhaks. 2020 was a catastrophic year from the physical health of the human community. It killed many people which was unprecedented in the human history. 2021 proved to be a year of fear and anxieties leaving a lot many minds to get distorted and lose their sense. 2022 might well be a year of emotional turbulence and breakage of many relationships. Just manage your emotions and reactions if you really want to come out with flying colours. The path thereafter is smooth for a pleasant ride. Beware of your reactions. Do not react unless it is absolutely essential. Be alert and aware consistently. Do not risk your relationships at the behest of your ego. Take a deep breath and welcome 2022. This may be a year of silence (mouna) and meditation. Read more scriptures and ancient wisdom. Be wise, do not try to be smart.

*Ajit Sir*  
November 24<sup>th</sup>, 2021

**When a Master loves  
a particular disciple,  
others should not  
be jealous.**

*by Ajit Sir*



In one of the episodes of the serial on Shree Swami Samarth which is making a great impact on TV audience, Swami makes the above statement addressed to his Sadhaks. The story goes like this. A wife of a barber Sadashiv, who used to cut nails of Swami periodically started collecting these nails and started selling them with tall promises to people. Swami did not like this a bit when he came to know about that. When things are done without Swami's consent or without his blessings the designs do not work. The things backfire as the charms made with Swami's nails do not deliver the promised results. The business of Sadashiv's wife Tilottama backfires and people started demanding their money and start protesting violently against that family. This lady threatens to end her life by taking a poison which was a fake one. Swami knowing everything fully, decided to send her a poison so that she is exposed and her threat can be seen as a hoax. He assigns this activity of delivering a

poison in a closed packet to his beloved Cholappa who was in total surrender to Swami. Every other disciple gets disturbed at the idea of sending someone a poison and wonder whether Cholappa will agree to Swami's orders. Cholappa did without even a slightest flinching. He just delivers that to Tilottama conveying verbatim every word what Swami wanted him to say. Other disciples of Swami who actually are feeling jealous of Cholappa- he is being closer and dearer to Swami- are flabbergasted. Swami then says that you should not feel jealous about someone being close to a Master. Master knows who is in surrender and who is not. Master also knows who has attained the level of consciousness closer to his own. One has to win that love and trust of a Master. The more one feels jealous, the further one goes away from the Master. Jealousy comes from the half-hearted knowledge of a situation. One as a Sadhak, has to understand the situation on a larger canvas.

## Perception: How successful we are in not seeing reality!

by Vivek Pandey

Perception, the way we see things. The ability to analyze, understand and opionate about people and events. Humans are born with eyes; most people on earth can see. The way they see things, events, or people differs from person to person. There is some deviation in the way we perceive things. The same reality is looked at not just from different angles of the two-dimensional world but also from different conditions of the mind. Every human born on this planet carries a different DNA and hence the structure of eyes (both inner and outer); the speed with which it processes information from outside to inside is undoubtedly different. The physical parameters or sensory devices make us see differently, and the learning and training gathered over some tenure that we are alive.

In support of our ego and the whole race that human life has become, we end up supporting our own perception most of the time. In terms of satiating our egos, we proclaim our perception as the only correct view of the due course of events. Again, ego is based on all the information, knowledge, and learning one has gathered in due course of time. In this whole mad race of maintaining a polished ego, we end up looking at things exactly the way they were not meant to be. Reality is veiled on most occasions due to a lack of clear perception. The eyes see primarily the way the eyes are and not the actual turnout of things happening. Life happens within us. The noticing or perceiving of things also happens within us. Hence, an essential work that any individual can do is witness the one who sees.

A young person will always be pardoned for lack of perception. A middle-aged or older man should necessarily be blamed for a skewed perception. During youth, the minds operate with excitement or ignorance. A rush of blood keeps the young people thinking they are just bodies. However, as they age, every individual has both the responsibility and duty to enhance and figure out things independently. Any growth borrowed from another source will only be repetitive and cannot be classified as knowledge. Looking at things with their own amassed experience, carrying the essence of life and not leftovers of worldly knowledge, should be the way of the adults.

The tendency to keep our pride low decides how an individual precisely perceives things in front of them. People move towards the

soul while they keep their pride low. The soul, away from the conditioning of the mind, combined with the essence of an experience, can only see things the way they are. Learning and training can become a pitfall. Even spiritual knowledge has the potential to take one down. Life can be a dicey game until one realizes the art of keeping one's ego low and better the human factor within us every day.

Most people gather facts that are correlated with reality. Reality itself cannot perceive what is happening around with precision. Reality is always time-bound. It changes with time and space. Truth, however, is subject to no change. In order to perceive reality the way it is, it becomes imperative that the person has merged with the truth. The static truth will automatically make a person perceive the dynamic reality. To stay firm with the truth within and also at the same time to remain grounded with the reality should be the sole stretching exercise for most humans on earth. The frequency of the eyes can make or mar any life on earth. Eyes looking at reality with prior-stale knowledge cannot create a better world. The eyes need to shine with the light of truth. Such eyes will surely change the world for the better. Once again, the world need not perceive things correctly. The world needs to go beyond the correct-incorrect for the truth to reveal itself in all its magnanimity.

The machines with all the emojis are slowly moving towards being self-aware. Soon we will be living in an even comfortable world. The artificial intelligence industry will overtake the automobile industry. The robots would make their own decisions and not allow humans to interfere. With all such possibilities lurking in the dark, the only thing waiting to happen is the inner growth of humans. Technological advancement and other comforts are all good, lest we must not forget the fundamental purpose that every human soul carries. To realize the essence of who we are. To make machines move and be in command rather than the machines trying to keep our bodies intact.

See more and more in life, but also keep an eye on those eyes that are watching.

# Carving is fun!

by Anand

In 2002, I was working as a Creative director for gulf region in Dubai. My job involved traveling to other group offices. I was entitled for 5star hotels while traveling. My work was mostly on the computer. I was living the unhealthiest routine those days. At times I would be working till 2am and start working at 8 next morning with maximum of four hours sleep. The weekends would be mostly sleeping all day to catch up lost sleep and lazily watching movies on TV. Within just three months I realized that I was not fitting in my clothes easily. One day, I was breathless after taking a staircase to just first floor. I immediately realized that my body is trying to tell me something. My office Physician asked me to run few blood tests.

I was feeling miserable now in my expensive hotel room. I didn't want to live with medicines for life. I checked my Hba1C report again that was not at all motivating. I had to do something. Ignorance could not be an excuse now. I had seen compromised lives of people having diabetes or blood pressure. I literally cried for some time with helplessness but then I realized that nobody else could rescue me from this situation, it's totally my responsibility.

I remember, Dr Srikant Jichkar's speech, which I had attended sometime in 1999. I remember him saying ***Diabetes is reversable*** and ***'High level of insulin in our body causes evil, it makes us overweight first and then contributes diabetes'***. In India, today, there are 68% population having lifestyle related issues and they are overweight and 30% are having diabetes. They are having little or no knowledge about diabetes and they think medicines for life is only solution.



According to science unused, excess Insulin increases blood fat levels. We call it cholesterol. High level of Insulin creates arteries thinner. Gives us high blood pressure and finally diabetes. People think because their body produces less insulin, they are having diabetes but that's not true. **Only 10% people are having type1 diabetes that because body produces less insulin and 80% with type2, because excess insulin, which is surely curable.** Whatever we eat, gets converted into glucose and our cells use it for the energy. But glucose on its own can't enter the cell. Insulin helps unlocking the cell, and makes a way for glucose to go inside, then process it and converts it into energy. Body cells stops reacting to insulin when insulin is over produced. Then glucose could not be converted into energy and just remain in the blood, that's we call blood sugar. **Every 60minutes after we eat our pancreas secrete insulin.** We eat one small biscuit or a complete meal that doesn't matter, our body doesn't understand quantities. Therefore, we need to restrict our eating to lesser number of meals than just quantity of food. In Sanskrit there is no word for breakfast. It's a western practice and our forefathers knew the bad effects of eating too many times. That's why scripture says, **the person who have one meal is 'Yogi', two meals make him 'Bhogi' and more meals make 'Rogi'.**

Sunlight appears by 5:30 in Dubai, I woke up with

are solution and commitment next morning. I went for a jog. I could not run more than few meters and started gasping, so I walked at the waterfront for 30 minutes, even though, I was tired. I stopped eating sweets, oily and Calorie rich food and restricted to just simple low calory diet, mainly raw or boiled vegetables, soups, and easy to digest natural food like salads, sprouts, fruits, therefore fiber was ample. I was born in a non-vegetarian family and I use to eat chicken and eggs before learning Reiki, so protein for the body was enough. I struggled for a month but after three months I could jog without getting tired. I reduced quite a bit as well. I was feeling healthy. After sixth months, I reduced my weight to 68 from 80Kgs without becoming weaker. Now, I could jog 90 minutes without stopping for even rest. And the best was my Hba1C was normal again. That was surly very inspiring. At the office, I could stay alert for the entire day and work efficiently. I remember Dr Jichkar saying one more very important thing, **'our body secretes one more hormone like Insulin, that is called 'Glucagon' but that works exactly opposite. It burns the fats from the blood, liver and other body parts. But that only happens when body stops producing excess insulin.** I guess my secretion of Glucagon was on after correction in my lifestyle.

For the first time, I realized that

**'Carving is really a Fun'.**



## More on Mind Training: Nearly everything may be Psychomatic

By Barry Rathner, Clinical Psychologist

A kind of mantra within a mantra is how we might think of ATMOSPHERE, PRANA, MIND.

Of course, the two mantras that must be said once in order to perform Agnihotra properly are crucial or, shall we say, non-negotiable.

When discussing the mind, it is helpful to reinforce the connection between the mind and daily sunrise/sunset Agnihotra.

In a nutshell, Agnihotra has beneficial effects on atmosphere. One way this is done is through the agency of Prana, life energy, which is attracted and balanced during and after Agnihotra.

And since Prana and mind are inextricably connected, the improvement in Prana is transposed to the mind.

And as we are going to discuss PSYCHOSOMATIC issues, looking at our minds may prove enlightening.

Everything may be psychosomatic. The power of mind is such that.....thinking, willing and feeling—what more is there?

I have quoted the new age healer whosaid, "whatever the question, the answer is love."

Mind and body are usually referred to when a discussion of psychosomatic physical problems and psychological imbalances is undertaken. In some circles psychosomatic implies 'not real,' as in "Your pain is all in your head, not really in your foot." It's not that simple.

If we subscribe to the principle (goal) of training our minds to react with love in all situations or circumstances, certainly our attitudes and perspectives will be optimised.

When reacting, if we speak nicely, truthfully and only when necessary, the closer we will be to love.

If we 'speak' to ourselves using the same guidelines, or 'behave ourselves,' as my generation was told to do when we were children, it follows that we will more likely react to OURSELVES with love.

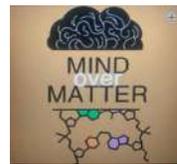
If we can smile at our missteps rather than calling in our army of punishers, self-saboteurs, self-judgments, etc., future missteps likely will be reduced.

For example, many nutritionists encourage their clients not to diet when trying to lose weight. We don't react well to extreme restrictions.

Increased appetite and burning up less calories when resting are unwanted 'collateral damage' when dieting without breaks. The current popularity with intermittent fasting—not eating during or after certain hours—may be

looked at as a kinder, gentler road to weight loss.

If I can train my mind to react with love—or at least with positivity and perspective—avoiding illness or minimising it will be one big reward.



How did Mother Teresa avoid catching leprosy when spending so much time with lepers? She thought, felt and willed with love. Her trained mind protected her.

Yes it is true that past karma to an extent dictates our present and future. The point here is that our reactions are instrumental to using our power of discrimination in the best ways. So it can be said that psychosomatic factors play important roles.

Have you ever willed yourself not to get sick? I was warned while participating in an intense self-development program many years ago not to get sick. Despite physical labor beginning at 4 am in the snow and with subzero temperatures, I didn't dare get sick—and I didn't! Power of the mind.

Reacting with love seems to defuse confrontations or even minor issues with others. Humility is easier to manifest when we lead with love. Feeling humble makes it much easier to choose serenity and peace over being proven right.

And lest we forget, we aren't here to massage or elevate our egos. Being proven right may be an ego-driven action.

Might not it be better to remember that an intense road to enlightenment is via SERVICE? And since service divided by ego is the measure of our DEVOTION, it all gets back to LOVE. Do the math.

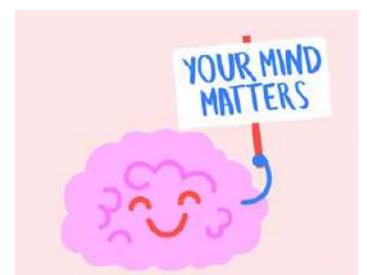
Devotion is love, selfless service is love.

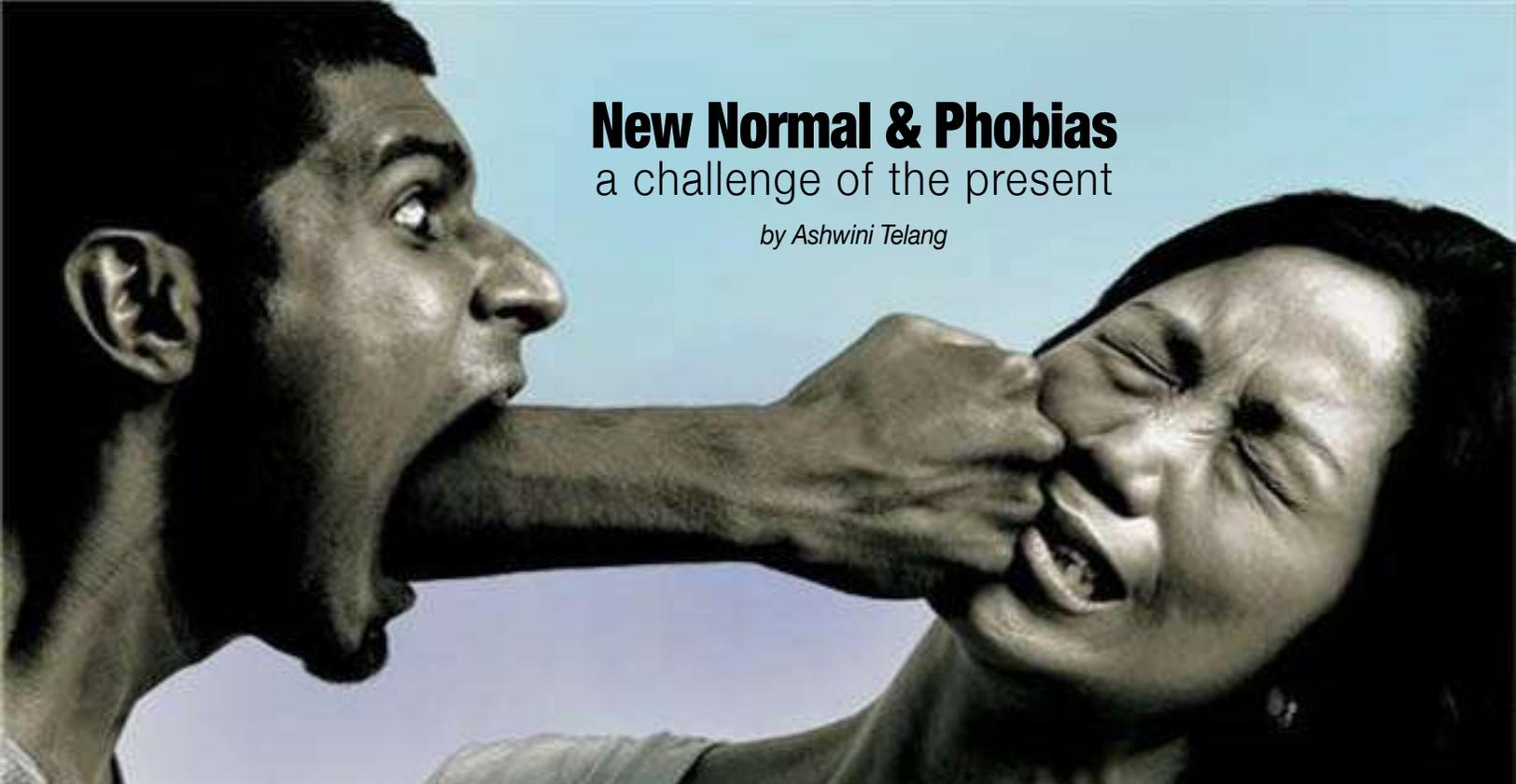
Whatever the question, the answer is love.

If there is any truth to, "Ignorance is bliss," it may be because if, e.g., you are not aware of the Law of Karma, that you reap what you sow, you might 'blissfully' go about your daily tasks without regard to consequences—to yourself as well as others.

Once you know, however, that even thoughts have consequences—not to mention words and deeds—you are no longer able to plead 'ignorance.'

So, returning to our definition of laziness, if 'I have the ability to act or exert' myself' and I choose not to, I am not only lazy, I have deserted my responsibility.





# New Normal & Phobias

## a challenge of the present

by Ashwini Telang

The world all over had been glorifying the fearlessness until the pandemic appeared on the scene and the whole new idea of the “new normal” started popping up. Suddenly everyone’s attention has been drawn to fears and phobias as they play major role in bringing our immunity down. However, fear is the emotion which makes us humans to approach certain situations with precaution. It prevents us from taking any rushing decisions which may lead to huge mistakes. It is the defense mechanism of the mind to protect us from taking inappropriate steps in life. But the moment fear goes overboard i.e., takes control over our own self, it hampers our decision-making process and doesn’t allow us to perform any action. It then we can call it as phobia. For instance, while walking down the street, one sees a snake moving in the same direction may feel fearful about it biting if one goes too close to it (with an idea to harm.) Here feeling fearful is natural. But one’s reaction with fear will decide whether the mind is in control of emotion or emotion of fear has taken control over mind.

Once the fear takes over the control over mind, the things around us start to worsen as everything that we do is out of the fear which in turn enables the situation to happen in reality; due to fear of getting something that you don’t want. For instance, Ramila fears that she will be left all alone. Due to this fearful feeling, she adversely reacts to everyone around her. Her reaction makes people feel they better stay away from her to avoid those reactions.

Here, Ramila is phobic as fear has taken full control over her reactions. If she was merely experiencing the fear, she would have been sensitive to other’s feelings and reactions. The same is true with the fear we all are carrying within us, now a days, due to the onset of Corona Pandemic. Though the challenge is the same for everyone, the reactions towards it differs as per the amount of fear this situation has created. Some have already entered the area of being phobic about germs, some about facing the world again and those who already were afraid of crowded places now justify their fear.

In order to overcome this fear, one needs to create faith and trust, as these are the tools that can counter the emotion of fear. Taking the example of the person walking down the street where he sees the snake moving in the same direction. Here first fear might pop in but now this person has faith in nature and believes in coexistence of different species may not feel that fearful to walk along with the snake or may slightly behind it. The faith that I will not harm the snake neither will it harm me as I respect its existence. The trust in the creator who created both humans, animals and every living being in this world; itself is enough to counter the fear that had aroused in us. You must have heard or seen such experiences of saints and elevated souls do not carry even an iota of fear when it comes to encountering wild animals as they always believe that we are the part of the whole universal design.

# Little Things...

*by Anand*

My life is not perfect  
But I'm very thankful  
For all that I have...

When my life became  
Stormy and turbulent  
I had more to learn...

When I've forgiven those  
Who hurt me the most  
I healed and grew faster...

Today, I understood that  
Life is not good or bad  
It's we, who make it...





# Healing and wholeness from Integral Yoga session

by Aruna Margam

It was a divine blessing that we attended the session on Integral Healing based on the book "Integral Yoga" by Aurobindo. Holistic healing meaning treating the mind and the body as a complete system. Healing is nothing but wholeness. We are whole and complete always. In Isha Vasya Upanishad it starts with the shanti mantra.

OM Poornam - adah Poornam - idam Poornaat Poo nam - Udachyate  
Poornasya Poornam - Adaaya Poornam - Eva - Avashishyate

OM Shanti Shanti Shanti Hi

Meaning: That is complete, this is complete. It implies the macro I am is complete and the micro I am is complete or the individual soul manifesting in every human being. From that whole, self-sufficient God, you the soul, who is also whole, are separated. After being separated only completeness remains.

This takes us to the profound knowledge we are all one. Divinity is there in everyone as we are the speck of the whole light or God. There is no two. During the session Guruji said "if you stay connected to the Sun all the time there is only day. When we connect to the Earth there is duality day and night". It is also an insight that when we connect to the divine the supreme self, there is oneness, when we connect to the individual I then there is duality.

Goal for each one of us is freedom from illness and march towards the truth of existence that is wholeness. Guruji through his experience says initially he thought till 2015 50% of our illness is psychosomatic. Later till 2020 he thought 90% of it is psychosomatic. Now 2021 he says 100% it is psychosomatic. Cause is only in the mind. Our own ignorance and Ego lead to illness. Aurobindo and the Mother once they reached this understanding never fell ill even a signal day for many decades. If we keep our mind away from the body, we too can live like them in this life, free from all illness. This is good news for all of us striving to live free from all illness, isn't it?

Guruji reminded us we are all like fire men and we have to be alerted every moment to keep us in balance. We should be equipped all the time. A few ways to be so are

- Get Empowered. We are divine beings and divine is supporting us every moment.

- Every action be expression of our joy, today we do activity to lead to joy.
- Be an asset to yourself, you in turn will be an asset to the world.
- World has become a place for completion, no action will complete you as we are always complete.
- What are we carrying within ourselves? Are we connected to the core of us Love and Compassion?
- Kill our ego and ignorance so that we will have peace and in turn create peace in our space too.
- We are a spy of God. Let us play our role with the constant thought that divine has sent us here.

We all knowingly or unknowingly suffer all the time in the life. How to not to suffer anymore?

By dropping desire, expectations. If we are a witness to our own life, flow of life becomes easy. We obstruct the flow many times with logical thinking. Let our every thought be divine. If we gain God we may lose life, if we turn to conquer life then we are in danger of losing God. Life is measurable and God is Immeasurable. Guruji says "Measurable leads to miseries in life". He also says "When Logic ends Magic happens". So, our whole being should surrender to the divinity the God existence and only way is surrendering the Ego.

We are ready to start our new journey towards health, happiness and harmony.

What are we supposed to do to get started?

- We need to be conscious. Be in Awareness. Siddhas are living like that. Bruce Lipton Scientist says "We have two minds the conscious and the subconscious. We live our lives with 5% conscious mind and 95% with the unconscious mind. Conscious mind is connected to you. Its creative. Subconscious stores all our experiences good or bad. Its recording all that it sees or hears or experiences. This doesn't allow our transformation so easily. We unknowingly become

slaves to our subconscious mind. Conscious mind helps us to distinguish and shift ourselves. Patience, Persistence and Vigilance is the key for this to happen.

- We should find our own way not to cling to our beliefs and conditioning. Undo the ties, let us not have any bonds. We should be ready for the change to happen. The transformation will happen eventually.

What is the connection between the Integral yoga and the body?

Matter is also the manifestation of the spirit. So, our body is also the manifestation of the divine. Gurujii beautifully said "Full body reiki is Deha Pooja. Body is the temple of God. This statement has more meaning once we understand this. Aurobindo says Supramental power of the divine consciousness manifests as divine and helps in raising the divine consciousness within us. What are the effects of the descending of higher consciousness?

We feel light and every activity becomes a cosmic dance. Flow is beautiful and the experience is divine, conscious means in awareness all the time. When we are in awareness we can be in the conscious mind and move towards transformation. Happiness is there in each cell of the body. Our 50,000 trillion cells are always happy. This is the first step towards wholeness. Body becomes vigilant. Its immunity is high at this moment. We never feel fatigue due to the positive messages given to the cell. We create a new relation with the spirit and the body. We invite health, strength, perfection in physical level, happiness into our lives and into our whole existence. Feeling of completeness.

Body, mind and the true nature of matter is, it stores past memories which become obstacles to transformation. This stops the progress towards health. Cells are fluid and vibrant. But these are added to the cells as thickness, inertia, immobility. Thus, physical body resists the transformation. Illness is not because of microbes or vital force is less. It is because cells resist the change and so we do not change. Disharmony is created due to doubt, gloominess, lack of confidence, a selfish idea cuts us from the divine light and divine energy. Every illness is an opportunity to know what had gone wrong and to correct it so that the harmony is restored.

Psychological causes of illness is nothing but disequilibrium of the being. In first degree seminars we learn that we attract what we are. If we are in equilibrium our cells are also in that state. If we are in disharmony then the organs also are in imbalance and make us ill. Restoring to equilibrium is with Will of the body, keeping ourselves from hate, spite and despair. If our Aura is strong then we are protected from all illness. Spreading of Corona in the community and not affecting us so much within our reiki family is the testimony

for all of us. Our own thoughts weaken the aura and we are inviting illness or even accidents as our aura weakens.

A few guidelines for us to be in balance.

- Be straight, don't be rigid. When we are rigid then again, we are not open to the changes and in turn we invite trouble to our own lives in the form of illness.
- Gurujii gave a wonderful analogy, In Bungee jumping we tie ourselves with ropes and experience the fall from heights. Same way we should be always be tied by the ropes of divine energy to experience the life and be protected.
- Stay connected to nature all the time we will be always connected to the naturalness of life.
- As a sadhak always remember what will be the result of our action?
- We should select our company based on the core vibrations.
- If we are connected to the soul unconditional bliss. Stay connected.
- Beauty comes with light, have that light with you always.
- Insight decides the outlook. Wrong attitude creates friction.
- Life is only a hide and seek game between ego and soul. Reduce anxiety.
- We need to talk to our cells all the time. Replace fear with faith. Wave of Faith changed our lives.
- Grow divine grace as essence of this universe is divine. Then nothing can harm us.

Finally, Gurujii's profound statement. Division leads to Rejections, Rejections leads to Conflicts, Conflicts leads to Disease. We are coming back to the same point we are all the same divine consciousness and we are all one. Once we live based on this one principle our lives will be free from illness or disease. This is the journey from ignorance to reality which is wholeness. This makes us realize we are already complete.

I have shared the details from the first two days of the session. There is much more to it. It was like the Supramental force was descending into all of us and in turn we all connected to our very core the divine self. There was oneness, bliss in the space which also entered our existence. Thankful to Aurobindo and the mother for their deep research to bring the light into all our lives. Very grateful to Gurujii and his team members for this initiative. The transformation has begun in all of us. With swami's grace and Gurujii's blessings we all will be marching towards health, happiness and harmony.

# Ashtavakra Geeta

## Chapter VI



### Verse 6.01

आकाशवदनन्तोऽहं घटवत्प्राकृतं जगत् ।  
इति ज्ञानं तथैतस्य न त्यागो न ग्रहो लयः ॥1॥

**Meaning:** I know by ow that I am like an infinite space and this phenomenal world is just like a Jar. Hence it can be neither to be renounced nor accepted nor destroyed.

In the previous chapter Ashtavakra spoke of laya, dissolution of the need and methods of merging the relative consciousness to the absolute consciousness. Janaka in reply speaks here of a higher outlook in which the attempt to dissolve arises out of the vestige of ignorance for the pure self was never incomplete at any time, neither was it limited.

Here he has given an example of the jar and the space. The way a space inside the jar is not different than the infinite space outside it, so the universe exists in and through the one, infinite self. Universe is a mere illusion. Its existence is only in the name and form.

### Verse 6.02

महोदधिरिवाहं स प्रपन्चो वीचिसन्निभः ।  
इति ज्ञानं तथैतस्य न त्यागो न ग्रहो लयः ॥2॥

**Meaning:** I am like the Ocean and the universe is like the wave. This is knowledge. Hence it can be neither to be renounced nor accepted nor destroyed.

Here Janaka is saying that this universe is just like the waves on the surface of the ocean. That is knowledge. In the first example, Space and a Jar can be seen as separate existence and may not drive the point home. Hence Janaka is elaborating even more in this verse and saying that he has known that he is like a vast ocean and the universe is only the waves emerging from that and will merge with the same at the end of an illusion. Hence there is nothing that is renounceable , that is acceptable or even destroyable.



### Verse 6.03

अहं स शक्ति संकाशो रूप्यवद्विश्वकल्पना ।  
इति ज्ञानं तथैतस्य न त्यागो न ग्रहो लयः ॥3॥

**Meaning:** I know that I am like a Mother of the Pearl and the illusion of the universe is like a silver. Hence it can be neither to be renounced nor accepted nor destroyed.

Earlier example still lacked that authenticity and hence Janaka improves further on this and says in this verse that even the waves merge into the ocean and still there is a glimpse of duality. But if I am a mother of a Pearl, the silver is purely an illusion. Hence it can be neither to be renounced nor accepted nor destroyed.

### Verse 6.04

अहं वा सर्वभूतेषु सर्वभूतान्यथो मयि ।  
इति ज्ञानं तथैतस्य न त्यागो न ग्रहो लयः ॥4॥

**Meaning:** I am indeed in all living beings, and all beings are in me. This is a knowledge. Hence it can be neither to be renounced nor accepted nor destroyed.

The definition of Advaita still requires to be explored further as Janaka feels here and adds this fourth verse. Now he says that though all beings look different in shapes and forms and names, they are all my manifestations. I am the one who is in all of those. I know for sure now that there is no difference between a form and formless, between the subtle and the gross, shape or shapeless.. Even the moisture is a water and a water is a moisture. Hence it can be neither to be renounced nor accepted nor destroyed.



# Agnihotra



## *A divine Experience*

*By Avinash Raut*

Dear Guruji,

Jai Gurudev.

It has been a few years that we learned to perform Agnihotra through our RVN and that we have continuously been practicing it on a regular basis since then. Over a period of time, Agnihotra has helped us as well as those who live around us on various levels.

To mention an important effect in brief is that during this covid pandemic, there was not a single covid patient found in our residential building and I give that credit majorly to Agnihotra and reiki.

During this challenging period of lockdown and social distancing, we decided to bring in an additional Agnihotra pyramid, so that 2 of the family members can perform Agnihotra simultaneously. The whole purpose behind doing so is that every family member gets to do Agnihotra at least once in a day and every day.

Since last one and a half year, we have been following this. My daughter performs Agnihotra in the morning, and my wife and I simultaneously perform Agnihotra in 2 different pyramids during evenings on daily basis. This has helped us a lot on various fronts to keep us healthy in all aspects. I remember you mentioned once about pujjya Mr. Paranjape saying that there are going to be times when each and every member in a house will have to perform Agnihotra simultaneously both the times on daily basis.

I feel that Agnihotra is a consciousness that communicates and expands itself constantly. I would like to share an experience

where I feel that Agnihotra has its way of signaling that it is meant to expand and heal the entire world.

Almost a week back, it was one fine early morning I had a wonderful dream, which feels like more than a dream. I saw myself perform Agnihotra in my dream. It was very much lively as if I could feel the heat of the rising soft healing flames of Agnihotra. The aahuti was offered through me and I sat there looking at the flames. And suddenly to my own surprise in my dream, I saw myself placing both my palms below the Agnihotra pyramid while it was still in process and lift it. As I lifted it above the height of my solar plexus, it automatically started floating in the air and started rising up above at the same time the whole Agnihotra assembly started growing larger and larger.

It reached the sky, and I could see that the base of this gigantic Agnihotra pyramid was transparent and I could see 5 separate Agnihotra happenings within that single huge pyramid. 4 in all corners and one in the Centre. It was an amazing sight as I saw it and so could others around me. They were surprised looking at the Tej of it as it was shining brighter than the sun. It was a wonderful feeling looking at that view.

I feel it was more than a dream where Agnihotra as a consciousness had its way of conveying that it is meant to expand and heal the entire existence. As Pujjya Mr. Paranjape said that it can never be stopped. It can only grow and heal further through various ways and means like us.

I feel it's a privilege to be able to perform Agnihotra and I pray and hope that majority of our society realizes that and can relate to it sooner for the greater good.

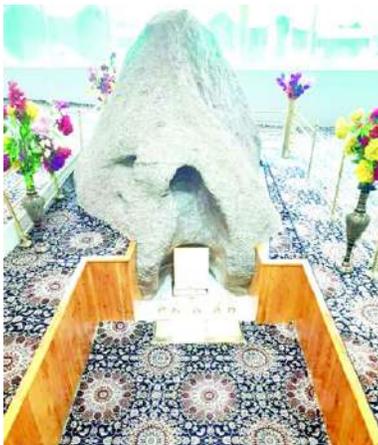
# LDEMO DUK-LEY LADAKH

(Very Beautiful Ladakh Part3)

By Yamini Kutumbale



**Day 10 Leh to Kargil :** Today we visited hall of fame , a museum in Leh dedicated to Indian soldiers. I felt proud seeing all the achievements , they were and are no less than super heroes for me . next destination was the magnetic hill, another wonder of nature. Our vehicles were moving in



Stone with Imprint of Guru Nanak

opposite direction of the slope of hill automatically. Then we visited one of the most revered place Gurudwara Patthar Sahib. Legend has that , during his stay in Ladakh Guru Nanak Sahib was attacked by a demon. The demon threw a large boulder on Guru, while he was meditating . But Guru Nanak was unhurt. Angrily demon tried to

push the boulder by his foot. But soon, realised that, the boulder had turned as soft as wax. Further realising the man in front of him was no ordinary soul, The demon asked for forgiveness and left the place. This legend was forgotten till late 1970's' when Leh Nimu road was to be constructed. Despite of all the efforts done by construction workers the boulder didn't move. The local lama's arrived at the site and told about the rock and Nanak lama. Also it is said that Nanak lama appeared in the dream of the head of construction site and told him not to move the boulder. Thus, Gurudwara Patthar Sahib was constructed. While sitting in the **sanctum** we had a calming experience. It felt like there were no thought processes running in my mind. **Seeing the foot imprint and the imprint of the body of Guru Nanak**, we all had only one thought just how powerful can 'Daivam' be. Feeling all the vibrations and energies we felt like we were meditating automatically.

After this wonderful experiences we reached to our castle in Kargil. We stayed at rooftop rooms in hotel white castle, with wonderful view of sunrise and sunset. Somehow increase in energies was notable after visit to Patthar sahib, as we were enjoying our Yoga class at our stay. Here we concluded our day with a bright crimson sunset.

**Day 11** Kargil to Srinagar : 1st sunrise of the new month started with yog class, we stretched exercise, did Surya Namaskar and marched from our castle. On the way to Srinagar, we visited Kargil war museum, where we were shown documentary



*Kargil War Memorial*

on Kargil war . we saw tiger hill, and other peaks, arms and ammunition captured during the war. National Highway No1 between Srinagar and Leh consists of one of the world's most dangerous mountain roads, named as Zojilla. Zoji pass is 25 k.m. long approx. this strip of road is not a place for your Sunday drive. This zone experiences high winds and heavy snow fall, as the name Zoji means blizzard, making this pass as "pass of blizzards". We reached Sonmarg where we enjoyed horse riding and our lunch. After reaching Srinagar we checked into our personal house boat in Dal lake.

We were enjoying our time on waters unaware of what "Daivam" has kept for us in near future. Around 10 p.m. all the tele-communication and internet networks, except BSNL, stopped working suddenly. So after enquiring about it, we got to know that Kashmir's separatists leader Saiyed Ali Gilani died due to illness. A sudden wave of tension was clearly visible on everyone's face as we were completely cut-off from our families and our tour-operator. Only options was to wait till next morning.

**Day 12** Srinagar : We had 'Shikara ride' scheduled today , but the excitement was gone. Still we visited some shops , and suddenly in one shop we got wi-fi connectivity working properly . Even the shop keeper was astonished by the connectivity. So we communicated with our family and tour operator. Getting updated with further instructions from our tour operator we transferred to hotel allocated to us. And decided to stay at the hotel only. Seeing all the troops deployed in the city through the hotel windows we were getting a little concerned about our departure from Srinagar. At 10 p.m. our driver came to meet us and gave a mobile to contact with our family.

**Day 13** Srinagar to Vadodara : This was the most hectic morning in the whole trip. As soon as we reached the airport , we saw chaos everywhere. Due to lack of communication many tourists failed to board their respective flights. Even we were not sure about our flights. On not seeing our flight information on the screen , we were taken aback bit. Somehow we found information window confirmed with our booking and flight. Then we boarded our respective flight after completing the security check. All this time I was asking help from the Daivam ". The happiness of boarding didn't last long as my flight got delayed. I had to catch my connecting flight in 45 minutes instead of one and half our at Mumbai airport. Thus calling my one and only support 'Reiki' I successfully boarded my connecting flight. I contacted my family after exact 24 hours, when I reached home.

During these 24 hours we had a roller-coaster ride of emotions even though we didn't travel much. Somehow we were quite stable in this chaos. I could feel that grace was constantly shown upon us through various mediums. E.g. only my and my sister's flight was not rescheduled, airline ground force helping us all the time, kittens coming out of nowhere and playing with me.

This whole trip I felt like a feather slowly and steadily falling to the ground it belongs. As I was reading the book "Management Wisdom from the Bhagavad-Gita" by Swami Viditatmanandaji , I was able to relate his concept of effort, time and grace on each and every step I took during this trip.

Jullay ( Bye)

# Reiki Experience



Respected Madam,  
Jai Garudev!

My name is Praveen Marla. I have attended the 1st Level Reiki Seminar conducted at Masab Tank, Hyderabad on the 18th & 19th September 2021 conducted by yourself, Ms. Aruna Margam.

Madam, I am writing this mail with HEARTFELT GRATITUDE towards you and Ajit Telang Guruji for being responsible for getting positive changes in my life.

Madam, i wish to inform you about some miraculous changes in my life after doing Reiki.

1) I have been a smoker since last 32 years. My family used to hate my habit. i always wanted to leave the habit but i was helpless. Only a person stuck in a bad habit will understand the helplessness.

On the 30th September 2021, about 10 days after my Reiki 1st level got completed, very dramatically and suddenly i quit smoking that afternoon. Since then, surprisingly, i am not even getting the pangs / withdrawal symptoms to smoke. Finally, what i was desperately trying to do for many many years and it happened within 10 days of starting Reiki.

2) I have a very rare condition called DISH (Diffuse Idiopathic Skeletal Hyperostosis). My C1, C2 & C3 in the neck got fused together and I was unable to turn my neck. Since i started practicing Reiki, there are significant improvements and my neck movements are improving. The group Reiki by you, Madhaviji & Sonaji really helped. Please note that this condition does not have a cure and is progressive in nature. The modern medicine can only help in pain management sometimes with the need of Morphine. Luckily, Reiki came into my life...

Madam, i can never thank you, Madhaviji, Sonaji, Chaitanyaji & family enough. You have changed my life.

You may refer my experience in any of your Seminars and i will be happy to narrate my experience to anyone in need.

Jai Gurudev!

With best regards

*Praveen Marla* Hyderabad Reiki Family

# Some things, Sometimes, Someway

by Pooja Solanki



Some things are better read than said,  
Some things are better felt than seen,  
Some things are better understood than heard,  
Some things are better unseen than never,  
Some things are better written than off-stricken, Or Rather,  
Some things are better off-stricken than written,  
Some things must be spoken out, rather than, let dwell within,  
Some things are meant to be done, when thought of or reminded of  
Not be silenced, by ifs and buts,  
Some things mustn't be forced through,  
But unconditionally trusted,  
Some things are better shared and cared for,  
Rather than, grown, nurtured and accustomed for,  
Sometimes the fire must cool down and controlled inside, than burn around,  
Some things rather remain the same, than ever-change,  
While change will remain the same,  
Some things are better twisted, than straight,  
To be easy enough, to go through their head,  
Some things are better not known, than to be frightened of,  
Nope, not at all, I don't think this as per,  
Some things are better not known, to dig deeper.



## Deepavali at Devrukh Ashram

Deepavali has always been a special festival at Devrukh ashram. Last year this festival of light came under the dark shadows of Corona and lost its luster to a great extent. This year however, Deepavali was celebrated by ashramites with a lot of pomp and bliss. It started right from the day of Vasubaras and ended on Bhaibeej. Vasubaras of course was clouded under the sorrowful memories of the last year when on this day we lost Kalindi and Shambhu on this fateful day. Mitra carried the values which his mother Kalindi stood for. The same compassionate nature and that divine love. Laxmi puja was celebrated with even more enthusiasm thanks to the divine energy of a goddess Kamakshi which is blessing the ashram space this year onwards. Bhaibeej is one ceremony which is a signature of our ashram persona as it represents the comradery among our Sadhaks and sadhikas as brothers and sisters which is so uncommon and alien to the modern world outside. The ashram as usual was fully lit with 1000 lamps on all four days of Deepavali and gave impression that a light of the heaven has descended on the earth.

## A course of Integral Healing at Devrukh Ashram

Guruji has decided to raise the levels of consciousness of his Sadhaks to greater heights in the times to come. He conducted a 5 days workshop spread over 10 sessions to discuss the philosophy and practice of Supramental force and how the same can be put into practice of a sadhaks' lives. This was attended by almost 40-45 sadhaks from different centres.



## Tulsi Vivaha in the Ashram

The goddess Kamakshi inspired our Sadhaks to perform a Tulsi Vivaha (a marriage of Tulsi with lord Vishnu/Krishna) on 12th day of kartik month. This time it fell on 15th November. This was the first time our ashram saw this wonderful event. Our Sadhaks had elaborately and meticulously worked out the marriage ceremony which was presided over by a professional priest Mr Bhave. The ashram looked very festive and like a marriage place on that day.



मेरी तरफ तुम  
ध्यान से देखो,  
इम्तिहान तुम  
लेके देखो ॥

14

## Concentrate on Me, Meditate on Me and Just See What Happens When You Test Me..

Here Swami is challenging anyone who would like to test him. However the very important words here are that you concentrate on me. Here Dhyan word is very important and vital. To test the God one needs to be qualified to do that. Concentration on consistently thinking about him is a criterion. One needs to be connected to him so that one can test him. And then He is willing to pass any test. Call him with all earnestness and without ego and he will respond. Concentration is a key word. Most of the time we worship God not with a single

pointed mind. When the mind is all scattered it just can't experience the God. We need to be focused. Here Swami is emphasizing on that total earnestness towards him. You need to look to him consistently to get his experiences. It is the mind which experiences. But the mind can only experience one event at a time. It does not have the ability to multiple experiencing. So just focus on Swami and ask for anything. He will always be there as he has invariably said, do not be fearful, I am always there with you.