

# REIKI VIDYA NIKETAN

VOLUME 13

ISSUE 2

FEBRUARY 2021

EDITORIAL

*Let the  
lighting  
lamps light..*

The last year of 2020 has left some deep scars within us. This year will not be able to come out of these scars and scare as the influence is left much deeper within the human existence. This year will be a test of our endurance and perseverance. The biggest challenge will be maintaining one's goodness. It is the good nature of human which may get challenged.





This means that the good people in this world may not only have to keep up their inner goodness but may also have to create a situation that all good people remain good. When the darkness is descending on you with all fierceness one may have to hold to the candle in the hand intact. Keep it burning, no matter what happens to you and around you. The time to create new candles may just not be there. There may not be enough time to cleanse the old lamps. Let those lamps which have burnt themselves out be lying like that. That is not the human activity in any way. Let us leave that to the almighty.

Our job as wonderful human is only to see that those who are burning do not get extinguished. Our job is to maintain your own lamp and keep it burning the way Lord Buddha said years ago, "Atma deepo Bhava (Let my lamp light). A light of goodness, a light of kindness, a light of compassion! We also need to ensure that keep creating conditions which are conducive for a goodness to prosper, for a kindness to blossom. Be careful that even by remotest way you do not hurt the goodness in any form. Never ever doubt a good person. That hurts. Never ever doubt a good intent. That hurts even further. No allegations based on assumption.

No malice towards good people. You need to do that for the sake of a good world.

Believe in your own goodness and never doubt it even if the situations are adverse and not to your liking. To pass through this tunnel of darkness the lamp in your hand is very vital. Even one light of goodness goes away the darkness gets power to grow. You have to remember the Butterfly effect. One flutter of wings can create a cyclone somewhere at a distance. One act of human will make a huge difference to the cause of humanity. Be careful and not carefree. The path to freedom will open up. That is for certain. Never ever lose a hope. That should be the resolve at the moment.

With lots of love, light & Reiki

Ajit Siv

# Decoding the mind before coding

by Vivek Pandey

The New education policy 2020 was announced recently last year. Although most of the points enunciated in the policy are hugely appreciated by one and all. There is one particular subject which should concern most. The inclusion of coding as a subject and its compulsion thereof. Coding is a language of learning how to make computer software. However, we need to look at the age from which the subject has been made mandatory. Coding has been included as a part of the curriculum from as early as class 6. Should we include coding as a subject in order to make our kids competitive? Yes, we should. But, should we make it mandatory for all kids at an early age of 12? No, we shouldn't.

The debate is about the subject of coding coming up as a compulsion and not an option. Specific other issues/suggestions are also there apart from the one mentioned earlier in this article. A humble request to you and all the readers to pay due diligence to a teacher's observations. The observations are as under:

1) Personally, none should have any objection to the inclusion of 'Coding' as a subject. However, the fact that it is mandatory from as early an age as 12 is annoying. Yes, we want our children to compete with the world, and maybe coding is essential and will be useful to them in the future. Nevertheless, it cannot come as a compulsion as most children may or may not be interested in learning programming at such an early age. They may have a natural knack in doing other things.

2) The amount of time spent in front of screens needs to be reduced and not vice versa. Definitely for the young children, the lesser the exposure to screens, the better it will be for their health.

3) The fundamental idea of the introduction of coding is to be with the world and not lag in any manner. However, it also breeds a feeling of insecurity amongst the parents regarding the child's future. Right now, coding is depicted as the only thing that can make a child compete in their near future. The whole concept of education should be to enhance the belief system positively and remove the insecurity part. This may refuel the old ways of running a race rather than extracting the best out of an individual. The whole idea of our way of education is to make a person "Vidwaan" (Knowledgeable) and not make the parents dream of a child who will be a billionaire in his future. Let us not look at our children as some investment that will yield future results. The goal should be to make them efficient, success in terms of money or otherwise will follow.

4) The British system of education has left an enormous impact on generations of Indians. The traditional Indian system of education was more interested in **decoding the mind** rather than coding. At the tender age of 12, kids need to understand the way their minds and emotions work. To learn coding without decoding your existence may not be a wise thing to do. We need to make them

aware, **THEY ARE NOT JUST BODIES** and also teach them ways to manage their enormous beings. Sharp intellects, balanced emotions, righteous mindsets are the things to be worked at.

5) The kids at a young age should be closer to nature. They should be taught about plants and animals and be made to experience life amidst these. A couple of nature camps may be made mandatory to develop a human who has a balanced perspective about all forms of life. Some lessons we all have learned during the lockdown.

6) The claims made by some of the websites like WhiteHat Jr. and Byjus's appear to be an exaggeration. Also, if needed, we should request the authorities to ban their advertisements.

7) The New Education Policy also uses terms like "Special Education Zone," "Chetna kendra," and some useful ideas related to the two. However, a detailed plan needs to be made to implement the same as this can easily be the next big thing coming from India. We should not just look forward to reviving old heritage universities like "Nalanda," but we should look to create systems that make humans with the same caliber, emanating from the whole of India. The potential in providing real knowledge lies with India only.

8) Private tuition classes are a slap on human intelligence. As of now, we have a system where kids are taught twice. We need to inculcate a belief system that makes them understand things in one go. Parents end up paying double the amount for one thing to be learned, which again does not guarantee that the learning process has been effective. The New education policy needs to look at this in all seriousness. Again, the New education policy needs to relook at this whole thing of private classes. The government can give accreditation to classes that can accommodate as many students as we have in schools. This parallel system of education in private coaching is equivalent to double taxation for the guardians. Indeed, we can relook at the whole thing.

9) In order to ensure quality education, the Pupil-Teacher Ratio should be kept at 20:1. Private coaching classes are given due accreditation should be ensured once their performance matches the schools. The process of identifying a school as a building should need to be scrapped. The procedural part for filling exam forms for classes 10 and 12 should be liberalized.

10) Last, we need a system where every child gets due attention in the class. Every individual is born with specific skills that need to be identified. Such things go for a toss in an overpopulated country like ours.

Once again I reiterate that there is nothing wrong in including coding as a subject. All we need is the subject be chosen by the children and not made a compulsion.



## Guru a Guide to reach God

by Aruna Margam

This December 27th happily travelling to Devrukh with Amol from Bangalore to Kolhapur. Very excited and at the same time a little new experience in an aircraft with mask and shield for protection. We were going for the training at Devrukh for Mukhya Sewakaris. Along with this Datta Jayanthi Celebrations were also there. I have been waiting for this opportunity. Four days ago I did “Guru Charitra Parayan” for the first time at home. Had a beautiful time reading. Specially after Guruji’s Thursday sessions the chapters and stories were more meaningful. A couple of days ago my father developed a little fever with shivering. We all were thinking it is just a normal infection and he will be alright with Reiki healing, distance healing from the Reiki family.

After I reached Devrukh on Monday 28th he was admitted in hospital. Still the whole day all sadhaks, Guruji, Mayi everyone was sending Reiki. I wasn’t too worried. Next day was Datta Jayanthi. Training was on full swing. In between I was getting feedback. Everyone was sending Reiki. By evening it seemed he will need a small treatment for an infection and he will be alright. By night aarti I felt a little uneasy and I called my brother who had reached that evening from Pune. He said late evening he was talking and fine. He told my brother “I am fine”. He told them if there is any requirement for operation don’t go ahead. I have lived my life and I am ready to go back. Between 10 pm and 11 pm he joined swami’s lotus feet. He was at a ripe age of 82, was always ready to leave when swami called. He always said “I am ready to go.” Whatever I am getting is bonus. His only wish was that due to COVID his children should not face problem reaching him. Swami fulfilled that wish.

Datta Jayanthi celebrations were in full swing. All the sadhaks were very supportive. When I went to take “tika” (Dot of Ash on my forehead) I found swami’s face was glowing and happy. I felt he is saying “**My child has come back home.** He was exuberant”. My family thought I won’t make it before 4 pm. **Swami made impossible possible.** Amol played a very important role in my trip back home. Bhava (Sanjay Gite) our sadhak, who decided to drive me down at mid night reached

me safely at the Pune airport. I was sitting behind Bhava (Sanjay Gite). Couple of times I felt swami sitting next to Bhava (Sanjay Gite) in the front seat. Such a difficult moment but I was full of courage, completeness, happy for my father as he did not suffer much and very contented. All this was possible only because of Guruji, Reiki, Reiki family, Swami and the space. **Grateful to Guruji** to have helped me to reach Pune Airport by morning and Chennai by afternoon.

Gurucharitra Parayan, my one day trip to Devrukh, the sewa I could do that day, Reiki space, Swami’s grace, Guruji’s and Mayi’s blessings, Reiki families support everything helped me to face this situation very courageously. At home there was shock and sadness. My mother felt before any treatment itself he passed away. She too showed a lot of courage and strength though it was too sudden. We were missing him a lot. With all this there was also a sense of satisfaction, happiness in everyone’s face. Every God’s picture at home had an extra smile for the next three days as it was with swami in Devrukh. Felt every God is happy to have my father’s soul back. This experience is so beautiful and a learning for our life time. I remembered Guruji telling us in first degree seminar that **God like a mother waiting for each one of us to come back to him.** Death is part of life. Soul is immortal. Thank you Guruji for these knowledge which helped us to sail through this situation so smoothly.

He was a noble soul, was very helpful, spent last 25 to 30 years in Sewa, very positive and believed that **everything is His will.** He never remembered the help he did to others. Never complained or blamed anyone. Lived life king size by sharing and caring all the time. Above all he introduced me to Reiki. He has connected me to a beautiful and a pure family and I am sure my journey will be meaningful holding hands of swami with Guruji’s blessings. Very grateful to my parents to have shown this spiritual path which is the biggest asset any parent can give their children. This asset no one can steal, it only grows more and fills your life with joy, happiness, fearlessness, abundance at any time or any at any situation.



# The Boon

by Telangan

What will you choose, if Swami gives you an opportunity to remove one of your unwanted Samskara today? Something that you know is not really helping you for long but still it's there within and keeps popping up on and off without your command.

I will instinctively remove a samskara of fear from me. Whenever I sit quietly and think about it, I realize that I've carried it possibly from many of my past births. I don't know why but my first few memories of fear even at the age of five are like I was scared of the darkness or water. These fears exist in me till today. When I grew older, I feared for different reasons. I feared before exam and later before the results. I feared for the failure in later life. It's not that I've not received achievements at all but after every achievement there was a constant fear of losing it. Maybe I had trained my mind to sense the fear all the time. Fear ruined my relationships as well. I would fear of losing every close friend. One day that fear would make it happen into reality for whatever reason. Every loss helped building new fear.

Everybody in the world is suffering by this one samskara predominantly, specially they all don't like it. There are different fears for everyone. Parents have fears for children and children have fear for their parents. Healthy person fear of bad health and sick person fear of death. Jobless fear of future and a landlord fear of his wealth. Youngsters fear of aging and older fear of wrinkles... this list is endless.

Fear is a huge hurdle in the path of spirituality also. It deviates us from the final destination and therefore, we all need to work on

it. Fear will not let us surrender totally and we would never trust even the power of God. *One man started walking blindfolded on a rope tied between two twenty storied towers with his five years old son on shoulders. People below were stunt and watching this drama with immense terror filled in eyes. One wrong step could kill both of them and they were scared. Every second was passing with tremendous stress. Finally, the stuntman safely reached on the other side. Everybody cheered and clapped with total heart in it. The man removed his blindfold and asked the crowd... "Do you believe that I can walk back on this rope to the other side again"? And wholeheartedly everybody said yes, yes you can... "Do you trust me? He asked... They said yes, we can bet on you surely... He smiled and said can one of you give your child to sit on my shoulder and I promise its safety... The crowd was silent totally... All of them were ready to bet on him few seconds back but the sudden fear shattered their trust.*

My goal in 2021 is this and I've decided to train my mind with the help of alertness as Guruji says. I've realized that everybody has an even share of accomplishments and losses in life. Some have it little more and some have it little less. Nobody is living with only success or only failures. It has a proper balance. Otherwise we will not be able to repay our Karmas. Every achievement gives us strength to face next failure and every failure teaches us a new lesson. There is no reason to possess fear in life anymore. I guess being fearless is real freedom... I pray Swami every night to make me fearless...



## A Black Dot

Recently I came across a wonderful story on the internet. It was really eye opening and so I thought of sharing with you all. I am sure it will change your perception towards life.

One day, a professor entered the classroom and announced a surprise test. Hearing this, all students got anxious and started thinking about what would come up in the test. The professor distributed the question paper, with the front side facing down. After handing over the papers to all the students, he asked them to turn the page and start the test. To everyone's surprise, there were no questions in the test paper. There was just a black dot in the center of the page. Everyone was startled and looked at the professor in awe. The professor told the students:

*"I want you to write a few lines about what you see on the paper."*

All the students were stupefied but since they didn't have a choice, they started writing the answer.

Once everyone was through with the test, the professor collected all the answer sheets, and started reading out each answer aloud in front of the whole class. Without an exception, all the students had written about the black dot, mentioning about its position, size etc. After reading out all the answers, the professor addressed the students and told them:

*"None of you will be graded on this test. I just wanted you to ponder over something. All of you wrote about the black dot. No one wrote about the white part of the paper. The same thing happens in our lives too. We all have a white paper to observe and learn from, yet we always focus on the dark spots. We have so many reasons to celebrate – our parents, co-workers, friends, good health, a satisfactory job, a child's smile, the miracles we witness every day, and so on.*

*However, we simply limit our horizons by focusing on just the dark spots – our disappointments, our frustrations, our fears and anxieties, things that bother us, people that wronged us, etc. In our day-to-day lives, we tend to take so many good things for granted, and focus our energy on insignificant dot-like failures and disappointments."*

***Though these dark spots are quite small as compared to the good things that we have in our lives, yet they perturb our minds and do not let us think positively.***

***Take your eyes away from the black dots of your life. Try and focus on the brighter side of life and let positivity govern your thoughts.***

We need to see positive side in each and every situation which will gradually make our perception positive. Every time before judging anyone, we should think about the possibility of our perception being wrong. When we do this, we will become non judgmental. We do not know truth in totality. When a person is behaving wrongly according to us, we do not know his/her life in totality. We are seeing him/ her from one angle or in one situation, and we judge him/her. But when we know the truth behind a person's behavior, we will have compassion towards them and we will be able to forgive them.

Besides this, every failure makes us strong and makes us wiser. We get to through each failure what not to do. And that leads us towards perfection. It is said that the experience is the best teacher. So do not get bogged down by your failure. It is a stepping stone to success. Do not give up by becoming disappointed on getting failure. Remember that all successful people did not succeed in one go. They had to face the struggle and overcome their fears, anxieties and disappointments. Every time when you get a failure, remember the quote, "God helps those who help themselves."

When we observe our thoughts daily we will see the most of the time we think of the things we do not have in our life. Instead of that we should count our blessings and be positive. This is how we will cultivate attitude of gratitude in our life. And if every moment is of attitude of gratitude towards everyone and everything which God has given to us, then we will be always blissful and life will celebration all the time.



# Be A Yogi...!!!

*by Riddhi Patel*

Here Elephant represents Past Karma

Snake represents Future Karma

Tree Branch is Present Life

White and Black Rats represent Day & Night eating away Present Life

Honey Comb is Maya (Material Life)

Maha Vishnu Bhagwan (Guru) extends his hands to the Human to give him Moksha and release him from this Cycle of Misery of Re-birth.


But the Human is so engrossed in the dripping Honey that he fails to see the extended hand of Guru called Maha Vishnu Bhagwan.

We are way too engrossed with the worldly pleasures, depicted as the honey drops, and so we miss divine helping us.

The elephant & snakes depicting our past karmas & future karmas are either holding us down or ready to bite for our actions, if we continue to indulge only in pleasures and wrong doings.

As Guruji always say that "Just for Today"...Focus & Live in the Present. We should develop the Habit of being in Discipline to be "Disciple" so that by way of Sadhana we can shift our energies from Bhogi to Yogi.

As it is truly said in Bhagwad Gita, "Be Yogi in all Circumstance".



# To the path of Bliss...

## The Source of all is one and one is all

*Amara Vasunatra*

All things depend on all other things for their existence. All beings, organic and inorganic, rely on the law that everything arises in dependence upon multiple causes and conditions; nothing exists as a single independent entity. The source of one thing is all things.

Take for example, the tree. The seed is required to form a tree. The earth supports the seed. The Sun gives the plant the light energy to photosynthesize, the plant converts that light energy into a storable form (glucose). Water is one of the important requirements of plant growth. It comes from clouds. The time and space have enabled the tree to come into existence. The tree will not exist if any of these elements are missing.

For a table to exist, it needs wood, a carpenter, time, skillfulness and many other causes. Each of these causes needs the other causes. The wood needs the earth, the sunshine, the rain and so on. And each of these conditions has to be brought about by other conditions. If you continue to look in this way, you will see that nothing has been left out. Everything in the cosmos collectively brings us the table. When you observe deeply at the sunshine, the tree, the clouds you can see the table, the one can be seen in the all, and the all can be seen in the one. One cause is never enough to bring about some effect and every effect must be the cause of something else.

An earthen pot needs the skill of the potter, clay, water, fire etc. The potter mixes water with clay, uses fire to mold it. For the fire to exist it depends on air. Woods are essential to produce fire. Woods come from trees. Trees need earth, sun rain without which it cannot grow. Hence the five elements air, earth, fire, water and space is within the earthen pot.

When water is poured into the pot it is filled with water. When you empty the pot, the pot is not really empty. All the five elements are within the pot. They are present without the pot also. A pot has to be present for it to be empty or full. Without a pot no emptiness or fullness can exist. The pot can be substituted for human beings. Five elements are present within you and also present without you.

The understanding that you are a part of something larger than yourself is the greatest treasure of mine (Mother Earth). Every human body is made of five elements which are Earth, Water, Fire, Air and Space. The physical body with muscles and bones is the

Earth. Water is blood and other fluids. In human body the temperature, is the fire. The Air is the oxygen and carbon dioxide you breathe in and out. The Athma (Soul) is the Space. The elements, namely the sky, air, fire, water and earth, are present in everything in the material world, whether in an earthen pot or in a mountain or in the trees. These elements nurture your body, mind and soul.

When you think about this, that human beings cannot exist independently, your sense of identity expands, so does the compassion for everything will increase. Compassion, leads to proper understanding. When there is Proper understanding, tolerance and love prevails. When one understands each other, there will be less suffering in the world. When there is love, acceptance comes naturally, the world will be free from hatred, jealousy, anger and greed. Practice mindfulness, to deepen your understanding. Understanding and love are the two most beautiful fruits of the path of bliss.

The following extract from the two beautiful poems are for your contemplation.

### **"The Empty Bowl " written by Ella Wheeler,**

I held the golden vessel of my soul,

And prayed that God would fill it from on high,

..... A voice, as one love - authorised by Him,

"Who wants the waters must the bowl prepare,

Pour out the self, that chokes it to the brim

But emptied vessels, from the source are filled"

### **"Gitanjali" by Rabindranath Tagore.**

Thou hast made me endless, such is thy pleasure,

this frail vessel thou emptiest again and again,

and fillest it ever with fresh life. Let's stroll...





# Be Patient

by Telangan

It is a truth I have learnt by now  
That everything comes to you  
At the appropriate time...  
Stop expecting... start accepting  
Life becomes much simpler...  
Be patient... it is happening in  
The divine time with divine plan...  
Just when the caterpillar thinks  
The life is over... It begins to fly...

# Astavakra Geeta - Part 5

by Ajitsir

## Sutra 6:

dharmādharmau sukham dukham mānasāni na te vibho  
na kartāsi na bhoktāsi mukta evāsi sarvadā

**Meaning:** Oh, all encompassing! Joy and sorrow are only the derivatives of mind. They are not for you. You are neither a doer nor a relisher. You are always free (from all that)

This soul is all encompassing. He was always free. Never bonded. The body, mind, intellect etc are all limited entities. Soul is not bonded to on body or a mind. It always experiences the freedom. This is the reason Ashtavakra is calling Janaka as “all encompassing”. “Vibho” is the word which depicts the nature of an infinite existence. Freedom or liberation is your nature. That which is a part of your nature can never be found outside you. Any efforts to get what you already have would be a futile exercise. All that you need to do is look within and realize. We are all enveloped by that cover of ignorance. We have forgotten our own nature. If you search for your own self outside you, you will be lost on the path. Soul is not a thing to be lost. He is always with us All that you need to do is to remove that cloud of ignorance between you and the existence of the soul. Only because of our Ego, we think that we are the doers and the relishers. That ego itself is that cloud of ignorance that prevents the experience of the self.

## Verse 7:

eko drastāsi sarvasya muktaprāyo'si sarvadā  
ayameva hi te bandho drastāram paśyasitaram

**Meaning:** You are the one who is seeing everything and is free. Brother, the problem is that you think everybody else is a seer and you are not.

In this verse, Ashtavakra is saying that the sense of duality is a cause of our ignorance. He is justifying the principle of union-ness here. Your soul and the Supreme soul are only one. That Supreme self (the God) is a real seer. Obviously you are the seer in every sense. But the problem is that you think the seer is someone else and not you. You can experience the reality only when you shift from the sense of duality to the sense of oneness.

## Verse 8:

aham kartetyahammānamahākṛsnāhidamśītah  
nāham karteti viśvāsāmṛtam pītva sukḥī bhava

**Meaning:** “A black cobra called “I am the doer” has bitten you. Just be happy by drinking nectar by saying that “I am not a doer”

Ego is a major problem here. Your entire existence is blotted by your own ego. The only way you can cleanse yourself is to believe that you are not the “doer” but are acting on behalf of

the soul. Have that consistence feeling as your driving force. I am a medium, just a trustee not the owner of my karma. This is what Lord Krishna talks about in Geeta when he promotes the idea of Nishakam karma. Obviously never take the fruit of such a karma as your right, We always have a choice - whether to experience the poison of that black serpent called Ego or to experience that divine bliss by seating in the lap of that supreme entity. Follow this path and be blissful all the time.

#### Verse 9:

eko víuddhabodho'ham iti níscayavahninā  
prajvālyājñānagahanam vítaśokah sukhī bhava

**Meaning:** Understand that you are a pure existence and with that fire of resolve, burn out the ignorance. This is the only way one can free oneself from sorrow and walk on the path of bliss.

Ego is a huge block in the path of knowledge. The moment you remove that the door of joy opens. We do not reach anywhere by renunciation of the family or wealth. Sacrificing anything does not lead to happiness. All that we need to drop is our wrong belief about our own self. All that we need to drop is our ignorance. All that we need to leave is our illusion about our doing-ness. By doing this we get everything. The feeling that I do not own anything in this world frees you from the doing-ness and ego gets dropped. Ego thrives in the cover of ownership. It is our duty to free ourselves from the experience of a poison to move towards nectar.

#### Verse10:

yatra vísvamidam bhāti kalpitam rajjusarpavat  
ānandaparamānandah sa bodhastvam sukham bhava

**Meaning:** This world is only an illusion just like we feel that a rope lying on the road to be a snake. Realize this and be happy all the time.

In this verse Ashtavakra says that the whole world is only an illusion and not a reality. If one realizes this and lives then there is nothing but a bliss that you can experience. If one considers a dream to be a reality, we may be pleased for small time till we realize that it was only a dream when you wake up. While walking on the road you see the rope lying on the road at some distance away, it creates a fear in your mind. But the moment you realize that it was only a rope you are freed from the fear. Similar thing happens on realizing that this world is only an illusion. The moment this realization happens the gates of a great joy open for you.





## Memorial Statue of Kalindi in our Ashram:

A very renowned Artist and our sadhak Shri Avdhoot Potphode has sculpted the Memorial statue of “Kalindi and Shambhu” which is kept at the entrance of the Math. This memorial statue of Kalindi and her calf Shambhu has turned out to be major attraction in Devrukh Math. Very Loving Kalindi and her innocent calf is depiction of the love and care which is expressed in the math all the time

## Sage takes seat in the Ashram

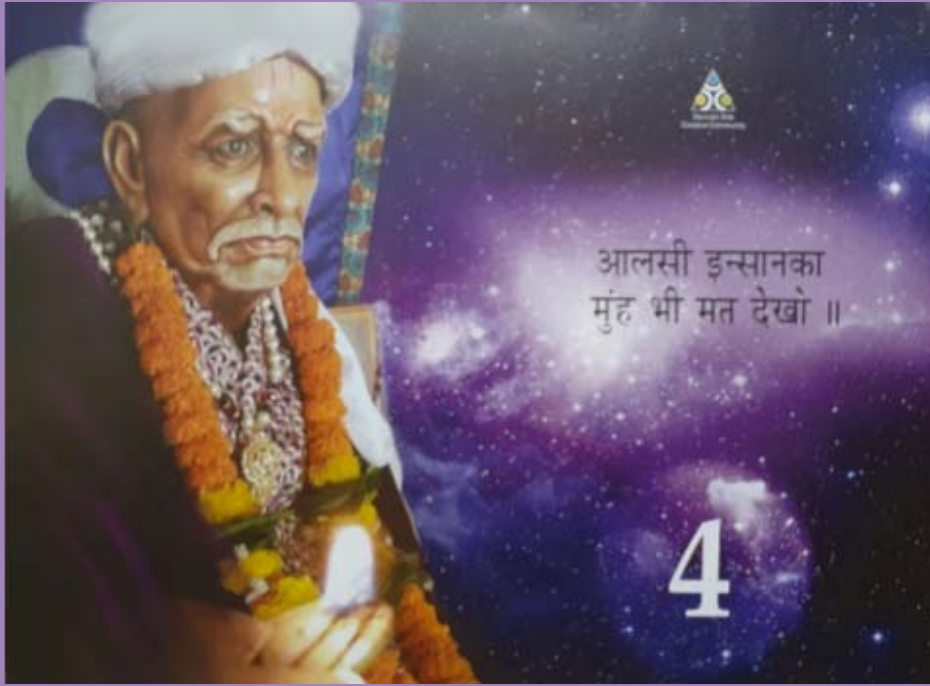
Just opposite to the Gyansabha in the Ashram, a loving and peaceful statue of sage which is sculpted by Shri Avdhoot Potphode is kept. It seems like he is giving blessings to all those programs which are conducted in the Gyansabha and his raised eyes indicates that he is watching his disciples all the time



## Yoga Classes for Senior Citizens organized by DSPPL

Devrukh Spiritual Prowess Pvt. Ltd., an organization inspired by Guruji and initiated by our sadhaks, had conducted an online Yoga Class for specially Senior citizens above the age of 55 years on Zoom platform from 1st January to 10th January, 2021. DSPPL welcomed this new year by organizing this program. This also gave a glimpse of what kinds of program we can expect in this year from DSPPL. This program was conducted by a Yoga Expert, Ms. Ajitha Soman. The program was attended by 12 participants and it was very well received and appreciated by the participants.





## DO NOT SEE THE FACE OF LAZY PERSON...

Shree Swami Samarth was an epitome of energy. One can't even imagine what could be the age of Swamiji. Even then no one saw Swamiji tired, listless at any point of time in his life. Swami was always like a bubbly stream of a fountain spring, always flowing with energy. Even at the mid noon Swami used to travel all around. He was always busy. Rest was possibly not a word in Swami's dictionary. He never like people being lazy. He never liked his sevaks to just delay things and wasting time.

Those who walk the path of sadhana should at least know the importance of work and body as a means to do the work. We are all here to perform Karmas and create good sanskaras to negate all those bad sanskaras we have created throughout our past lives as well as during the earlier part of this life itself.

The other interesting thing that many sadhaks are missing is that whether it is a work or the laziness it is not about doing something or doing nothing. Doing something without an intent is also laziness equivalent to doing nothing. Only because someone is found seating idly does not mean that he/she is lazy. Neither it is that someone who is looking busy all the time but doing meaningless work is not busy. There are many seating quietly in the Himalayan caves without much of physical movements but they are not idle or lazy. They are doing a supreme work of managing this entire universe with their strong and powerful intent in the service of

humanity. Their inactions have a direction, a purpose. Their pace is in perfect tune with that of the universe.

Some people keep on repeating their activities with an idea to look busy. They are doing nothing meaningful and there is no positive intent. Lord Buddha who probably never worked physically truly did a great service to humanity and no wonder that there are more idols of him than any other busy looking person in the world.

If not body, the mind and intellect should be working all the time. The work does not have to be physical all the time. I remember having read about a great author in Marathi language who when resting in the afternoon lying on his bed would put a notice outside his room saying "I am not sleeping, the next novel is under progress" That's some business after all.

Laziness is very contagious and spreads very fast around you. It is a disease of some kind. It's just as bad as yawning when it comes to spreading around. We all need to perform duties assigned to us and be responsible to our tasks. Working meaningfully means working with an understanding of your role and a contribution in the environment that we have chosen. This means he/she knows the purpose of life. That is what Swami wanted each one to have-a purpose of life.

# Reiki Seminar

## SCHEDULE

February 2021

<b>Date</b>	<b>Master</b>	<b>Center</b>	<b>Degree</b>	<b>Contact Person</b>
6th & 7th Feb	Krupa	Rajkot	1st	Jyoti Saraiya 9824299153
13th & 14th Feb	Rakesh/Jairam	Dadar Mumbai	1st	Sharada Gurav 9819215650
13th & 14th Feb	Sangita	Baroda	1st	Chandresh Parmar 9974701200
13th & 14th Feb	Ajit Sir	Nashik	1st	Monali Rakshe 9420692136
20th & 21st Feb	Vishal	Pune	1st	Amrut Kirpekar 9960101018
20th & 21st Feb	Ajit Sir / Rakesh	Mumbai	2nd	Jairam Athlekar 9867384039