

REIKI VIDYA NIKETAN

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Your Past is the Foundation of Your Present...

Dear Sadhaks

Jai Gurudev

One of our Sadhaks sent me a story which is so apt in the current times of crisis and chaos. The minds today are lost and confused. The directions are lost, and the goals & ambitions look to be far and as diffused and illusory as the mirage. The story of Lord Buddha time goes like this.

There was a King and he had one elephant who was huge and very strong. The king loved him for his skills on battlegrounds and his obedient nature. This elephant had practically won every battle that he was made to fight. With the time however, he became old and the King who loved him thought that he needed rest and he was no longer fit enough to be sent to the battlegrounds. The elephant however was retained in the army unit and was looked after well.

editorial



Once this elephant was thirsty and went around to a lake to quench his thirst, which was not very far from the palace. While drinking water, his leg just slipped and his leg got stuck in the marshy part of the pool. He tried to pull his leg out but could not do that and in fact he started getting deeper and deeper as he tried to pull himself out. His weight was rather too much. He became desperate and started howling. People came around realizing that the elephant is in problem. Everyone who assembled there, started doing something to help the elephant. But none were successful. Even the King who came there by that time, was desperate to bring him out of this turmoil and pulled all his resources to do so. Nothing worked. People including a King resigned to fate.

At the same time, Lord Buddha was going by the road in procession. Suddenly he realized that there was some chaos around and he sent his disciple to find out what happened. Buddha came to know that it is the famous elephant who is trapped in mud and now sinking to his death. Buddha knew this elephant well. He also knew about his accomplishments in battles. He smiled and told the King, "Play the battle drums loudly and create an environment of a war" People listening around could not understand how playing the battle drums is going to help elephant to come out. But they decided to keep quiet as the suggestion had come from Lord Buddha and not a lesser man. King heeded to Buddha's advice and asked his soldiers to beat the battle drums. The moment this happened, the elephant's body language changed. His ears flared, his trunk was raised, he gathered himself and stood straight and within no time he pulled himself out of the sticky muddle absolutely intact. What he could not do for almost 3 hours, happened in a few minutes. Buddha then explained the King, "There was nothing wrong with his physical strength. He had lost his will to fight out the situation. His motivation was all gone. The battle drums took him to his past accomplishments and reconnected to his strengths. That helped" Everyone was happy. We are all happy to hear the pleasant end to the story. But how many learn

the gist of the story? This is not a story of an elephant. It is your and my story.

Currently we have lost our confidence. We do not know what direction the life is moving. We are puzzled as our known formulae of life do not work. We have no reference to what is happening as we never faced this before. We feel helpless and fearful. We are disconnected from our past. Do not lose your heart. Remember those wonderful things from your past. And I am sure there are many. Somewhere we have disconnected with the past as the past means only those failures and wound which are sticking to our mind. Go and revisit your life from the past. Look at all those things which made you feel good at those olden times. Do not avoid the past fearing that you may reopen your wounds which you have tried hard to forget. There is so much in your life which is not painful. Look at that. No matter how small or how big these wonderful moments could be. They are nostalgic moments of your life and they still hold tremendous energies. These energies are required to buck up your present challenges. Do not look to your past as a spent force. It is not your liability. Treat it as your asset. But be careful while doing that. Do not activate those negativities of the past. Pick up those moments of joy. That is the skill which your spirituality will help you to develop. Then the past is productive. The present is reinforced by the positivity of your past. Don't brood over the dark shadows of the crisis today. Light a candle of brilliance of your past.

With lots of love, light & Reiki

Ajit Siv
May 30th, 2021

Galaxies and Gurus

by Vivek Pandye



The universe is constantly at war with itself. The nature of the universe is fundamentally violent. There is a constant slaughter happening some billion light-years away from us all the time. No emotions involved. The same is the story with our Milky Way that has emerged victorious for eons. The birth of our planet earth did not happen peacefully. Can any birth happen with peace? There is some breaking of the old walls to create a new form. With the earth's formation, too, many collisions and amassing much material resulted in what we have today.

Humans these days have become fond of protests. Bringing religion or rights onto the streets is the new fashion. While some get involved, others get highly perturbed by the violent pictures on their screens. The emotionally weak cannot handle extreme behaviors. However, looking at how the universe works, one should at least practice not to get disturbed by scenes of violence. It is a play, and it is a drama. Only the form changes, the substance never dies. These are the principles to be kept in mind.

Still, the critical thing to be noticed is how the earth is bound to the Sun and the solar system to our own Milky Way. The one binding material which keeps the stars and planets moving yet not getting farther away is gravity. Force pushes and power pulls. The Sun keeps many huge pieces of a planet in its orbit with a principle behind it. It does not force the planets; it just keeps them attracted to all the light, fire, and energy that it possesses. It rotates and revolves, but it is more of a rhythmic movement than a random hazardous one. Humans need to move, socialize, and spread light and positivity without going astray. Stay and perform with all the firepower that one has is the way to go. Of all the planets around the Sun, life nourishes on earth. The reason being it is neither too far nor too near. The ones who wish their loved ones to grow keep them away deliberately.

Entities big and small in the universe all have some pulling factor. The substance, the size, they all matter in making things

pull and keep intact with them. The big question to be asked is whether gravity and the law of attraction carry the same principle. The same thing can be observed with humans, some amass a crowd of lakhs, and a few others fail to hold on to their relatives. The way human body-mind mechanics work needs to be explored by one and all. The ability of both the conscious and the subconscious mind should be unleashed. The Yogis of the world knew the inner working of the mind-body mechanism. Some of them were able to gather a crowd and also stop people from coming near at will. Some of the Yogis even knew how to recreate their bodies. This complete knowledge of human existence is meant for humans, and no other body of animals can experience such states of consciousness. Medication is pointless after a pandemic has occurred. Emergency wards are of no use once destruction has occurred in the name of riots.

A real Guru would never limit one to his body consciousness. To connect and teach the mind-body mechanism. To bring the necessary amount of awareness within the individual to lead a life above the ordinary realm. The west has only taught us to use the mind at the peripheral. The entertainment of wants has resulted in creating more and more cravings of the human mind. The mind, when reduced to zero, can measure the infinite. The mind can fathom the universe, and an entity can become universal. The potential for every human is unlimited. Exploration is the fundamental nature of the mind. Humans should rather be interested in developing more and more inner awareness rather than creating outside comforts. Technological revolutions, ease of transport, ease of living all is okay. Silence of the mind, a vision of the intellect, overwhelming love in the heart should be another culture along with agriculture. The human race should shift to another level and learn to play at another level. Only the form has changed; the game remains the same. The words should not come out from the words or research of another book; they need to come from the depths of the human mind piercing the curtain of ignorance and doubt.

Veer Hanuman an embodiment of Faith

by Aruna Margam



Guruji shifted all our attention from fear to faith but also whole heartedly opened the gates of love, faith and compassion to the whole world. A true Guru who has guided us with three golden rules and out of which one rule is “In every situation you have a role, play it positively”. He stood testimony to this golden rule and also took all of us along to do the same. Wave of Faith is the only thing in the minds of all RVN’s family. Our humble pranams Guruji.

When this Wave started with different groups for chanting mantras, performing homa and sending reiki through distance healing, we all got engrossed in our allotted work, chanting through and through. In the meantime one day I saw a picture of Hanuman flying across the sky with Dronagiri mountain in his hand which had medicinal herbs known as Sanjeevani. Then this image reminded me that “Aren’t we all also doing the same”? We all became the Hanuman of our beloved Lord Rama none other than Guruji. As Guruji says RAM is an epitome of patience, compassion and love in his heart. As reiki sadhaks we all should have RAM in our hearts. Our RAM is Guruji and he is there for all the people of this universe who need healing. His fellow brothers and sisters are falling unconscious by this Weapon called corona, like Lashman fell unconscious because of the weapon from Indrajit the Rakshas son of Ravana.

Guruji proactively Sanjeevani to all of them through Reiki distance healing, Ramaraksha chanting, Digambara chanting, Mrutyunjayhoma, Rudrahoma, DattaBhavani chanting, Taraka Mantra chanting and theerth(holy water), Yativarastavan chanting and Rudra chanting. Hanuman brought the whole mountain likewise the Wave of Faith was

as good as a Dronagiri mountain in the hands of the sadhaks who travelled all over the world in the form of energy, vibrations or sound to heal the Lakshmans who were affected and unconscious in hospitals. We have heard Guruji telling us in seminars Lakshman is the mind and Corona affects the mind and in turn the whole immune system.

Many of us are a witness to these healing miracles we are hearing during the Sathsang every evening, through emails and whatsapp messages or telephone calls. This has also additionally helped all the sadhaks to hold on to the RAM in the heart and continue the divine healing. Like Guruji said we all were the chosen ones to use the knowledge we received at the appropriate time when the humanity needs the most. We sadhaks also understood what faith can do We all heard the famous proverb “ Faith can move mountains”. This time Faith not only removed fear in us but also moved us with mountain of faith by helping us to travel far and near and carry the sanjeevanibhooti as a healing medicine.

This also reminded me of one of the wonders of nature the fireflies. As a child or as an adult all of us got attracted to these twinkling beauties which are noticed during twilight times. These fire flies carry their own light and gives all of us a visual retreat. Same way we sadhaks due to the sadhana schedule we all “Lamped Unto Ourselves” and spread the light not only in our families but to our whole existence. Spreading love, light and reiki is our Guruji’s mission and this pandemic has helped us to become aware of our responsibilities for our life time and join Guruji’s vision to make this world filled with health, happiness and harmony.



Classroom called Life

by Telangan

There was a time when at home, we would get a healthy Tulasi plant and it would not last even for a week. No matter what safety measures we would take, it would die. Our mind would be filled with sadness and fear because it is said that dying Tulasi is a sign of absorbing the evil conditions. Then the time came and I was blessed with Reiki. My first Reiki experiment was the same Tulasi plant which was then remaining just a dry stick. First few days nothing happened but I was not discouraged. Later I noticed a small green shoot protruding out from a dark brown stick.



And soon that turned into green bushy plant. Since then our Tulasi plant never died. This one great learning I received that day. ***When bad time comes, most people cry, feel helpless and finally give up. They don't fight back. Even if they fight back, they can't change situation. If you are powerful than the wicked, then you can control the result.*** When you study and practice Reiki you become powerful. You are able to create a change because swami is with you.



Until age of seven I was a very weak child. I would be constantly unwell. In school, stronger kids harassed me often. After my thread ceremony I practiced Surya Namaskars and became stronger. I realized that ***stronger person is not the one who doesn't cry, S\HE may cry for a moment but gets up and fights back again.*** Soon I realized strong body is not enough...

When I was blessed with Reiki, I realized the truth, that ***when I'm mentally stronger, I will not search for someone who will solve all my problems. I will look for one who won't let me face my problems alone.*** I will be able to take my own care. Reiki is the one that make us stronger both ways and Swami will never leave us ever alone. Trust me, at times when I thought I could never survive... I did... and that happened only because of the path shown by Swami every moment. He didn't leave my hand in the dark. We just have to be patient in the divine timing and the design. As Gururji says ***'Swami has an ability to change anything in a fraction of second'***. I had experienced it. We need to have just faith in it.

In the classroom called life we can learn new things every moment from new teachers. And whatever we learn will never go waste. In fact, the nature will make sure and teach us only what is required. There is a unique spotless syllabus planned for every student and the best part is nobody will ever fail in this classroom, instead you will be taught endlessly until you perfect in your learning. There are no grades, mark sheets, rewards or punishments. Nature patiently teaches you as much as you could hold. There is no time limit. Every crisis is an exam. If our response is not appropriate, we will have another crisis waiting but if our response is accurate... we get a chance to upgrade with a larger crisis. Therefore, whenever we have a larger crisis, we must accept it as our development program and enjoy the classroom called Life.

To the Path of Bliss...

Basic Code of Ethics

Buddha taught Five Precepts which formed the foundation of practice or the basic code of ethics created to help people to act morally in their day to day lives and help one to reach enlightenment

Respect for Life :

Buddha said, "Life is dear to all beings. We should respect all life and not kill anything" One must have an attitude of loving-kindness towards all beings, wishing them to be happy and free from harm.

Respect for other's property:

Refrain from taking what is not given to you instead, one should learn to give and take care of things that belong to your family or to the public.

Refrain from sexual misconduct

This is usually applied to things like adultery and being unfaithful. Always remain faithful to your spouse.

Refrain from wrong speech

Being honest brings peace into the world. When there is a misunderstanding, the best thing is to talk it over. No gossip, no back-biting, no harsh words and no idle speech.

No intoxicants

Refrain from using any intoxicants that cloud the mind. Do not use drugs, alcohol and other intoxicants, as they can hinder your journey towards enlightenment, and cause suffering.

Suffering is not the true nature of the universe, it is the result of the way you live and your erroneous understanding of life. If you live by the spirit of these precepts, you will avoid suffering and will be in harmony with your family and friends. Happiness in life will be multiplied many times over. When each person becomes more accountable and conscious of their thought, word, and deed, life will be more peaceful.

Let's stroll...

DESIRE:

The eerie siren of the ambulance now and then makes my heart skip it's beat. They say virus has walloped the land ferociously and gulped many lives. This did not happen even in the country, in which the virus is supposed to be originated. India's traditional medicinal system has a very rich history of their effectiveness. India is known to be a rich repository of medicinal plants and an history of reviving the dead. Where have we gone wrong? With hope in our mind and faith in our heart let us look forward to a day when India succeeds the invisible pathogens by our Traditional medicines and is accessible to all at an affordable rate.



Mother's Day

by Pooja Solanki

Happy Mother's Day ,
Now you would tell me ,
As I assume,
'I have given birth to none.'

But Sir, my dear Sir,
You have given birth to the
The eternal faith and Reiki in our hearts

You nurtured both ,
Gave them warmth, love ,respect
Everything that mother gives,
Saw them grow accompanied with white hairs.

If I may say so,
They both are matured adults ,
or atleast are in their tweens,
To whose mother we all bow.

Correct me if I am wrong,
Their mother must be very proud, I guess,
To raise such a type of eternalness.

Happy Mother's Day ,
To the two of yous
Just like Lord Shiva and
Goddess Parvati are One,
So are you two

Wave of Faith

by Preeti Khanna

Storming Dark clouds had overcast
Tornadoes and hurricanes set their cast,
Engulfing the innocent in their arms so vast
Oh lord what will happen to the sinless with mask!

The young the old, the rich , the pauper
All lay at the mercy of God,
Whirlpool of the invisible virus pulled the souls like a witch
From the shores ,submerging the sick
Into the seas of pandemic.
Oh Lord what will happen to the sinless with mask!

The distressed longed for a ripple of breath
The kindred lay at the mercy of cylinders and hospitals that
had wrecked.
Sirens buzzed the streets in the storms of breathless,
Only to see their dears in the depths of death
Oh Lord what will happen to the sinless with the mask!

Waves of wailing and crying washed houses
Tears rolled to have a glimpse of mothers, father's, children,
and spouses
Oh Lord what will happen to the sinless with the mask!!

Desperate hands rose in prayers, lips rippled mantras,
fingers counted rosary,
With a ray of hope for their wish be granted
by the almighty,

Leaving their apple eyes at God's mercy
Oh Lord what will happen to the sinless with the mask!!

A divine Wave of Faith descended from Swami
Giving ghastly dark clouds a silver lining
Guruji's divine waves into the saddened hearts came rolling
Lofty waves of Reiki, swahakars, mantras, and Digambara in
every corner began resounding.
Came down Swami's shroud for the sinless with the mask!!

The ocean of cries turned into smiles
When the waves of Faith rolled miles and miles.
When surge of requests of ailing ebbed into
joyful homecoming
Peace in the seas of welling eyes started reigning,
Serenity and calmness began its dwelling
Saviour has descended for the sinless with the mask!

Wave of Faith is Swami's grace
For it hath trampled wave of fear in every race,
The moistened eyes now breathe tranquility and solace
As it pulls the drowning from the jaws of death ,
From the horizons of sea to the shore with a breath.
Swami is there, with 'nishantkta and nirbhayata' for the
sinless with mask to rest!

Delved in Gratitude we join hands Guruji



Recap

by Telangan

Sometimes I remind myself
Stop doing things which
Everyone else is doing....

Sometime I remind myself
Keep walking through the storm
Rainbow is waiting at the other end...

Sometime I remind myself
To heal a wound, and
Stop touching it constantly...

Sometime I remind myself
Life changes every moment
Be kind to those who are unkind...



मूलपुरुष... वड का पेड़

Oxygen (O₂)

An indispensable element for survival, with practically no other substitute

by Chandresh Parmar

(Translated from Gujarati by Ashish Muley, Vadodara.)

Guruji Shri Ajit Telang Sir always says that the atmosphere contains 21% oxygen, 78% nitrogen gas and 1% other gases. Even though there is such a large amount of nitrogen, why don't we inhale it or why doesn't it go inside us? So beautiful is the nature's creation, that we do not have to go in search of oxygen. As Guruji says, all gases are spread across all of the environment; but the life force within us knows how to inhale the life force from outside. Better the body's capacity of absorbing oxygen, better is the flow of life force within us. When efficiency of the lungs decreases, we face breathing issues.

In the same way, we can say that trees are lungs of the earth ; when they draw the clouds, it rains. So, it implies that where there are more trees, there is more rain.

During this 2nd wave of Corona (so-called and which is in fact not so much because of the virus but the fear of the virus), we can see panic among people, hospitals and even governments to manage the deficiency of oxygen. Instead we need to understand that there is a need to focus on the root cause of the issue. It always is. All saintly figures, right from Swami Samarth to our Guruji, all of them have advised that resolution to any and all issues can be found, only if we find out and work on the 'root cause'. There is actually no deficiency of oxygen. It is in sufficient quantity in the environment. That is the reason so many billion people are still living. How, on earth, will they have been able to survive if there was any shortage of oxygen. So why is that only a small proportion of people, who fall ill, are facing this problem? The reason is that their internal organ – lungs have become weak and they are unable to inhale oxygen, with required efficiency. Hence, it becomes pertinent to inject oxygen through artificial means.

However, if one works towards improving the patient's lungs condition, then maybe he or she will not be able to required to go to hospital. Nowadays, taking just the name of 'hospital' imbibes fear ; one's oxygen is bound to dip automatically looking at the ambience inside the hospital, looking at all the misery, looking at people dying. And as the fear grows, one ends up giving up hope.

The main topic of discussion here is that we are supposed to collectively work towards resolving the root cause of the problem. But are the government, the hospitals, media and the pharma lobby actually interested in doing that? Do they wish to actually find a cure for the disease, by working on the root cause? To put efforts to remove the fear of the disease. Because, in most cases, it is the fear which leads a person to his death, rather than the disease itself.

To counter the so-called the Corona 2nd wave, which is also the wave of Fear, Guruji has initiated a counter wave called the Wave of Faith, in which many reikiSadhaks& their families have joined and are giving their contribution. Under the aegis of this mission, nine methods of prayers i.e. healing waves have been included – Distance Reiki, Yagnas - Om TrayambakamHavan and RudraSwa-hakar, Chanting of - Rudradhyay, DigambaraDhun, DattBavni, YativarStavan, Shri Swami Samarth Tarak Mantra and Ram RakshaStotra.

As part of the mission, details of patients in need of healing are received and maintained in a central data list. For these nine methods of spiritual healing, separate groups of Sadhaks have been formed. Time slots of 30 minutes are allotted to these groups (4-5 such time slots in the day, for each spiritual healing method). The Sadhaks perform chanting/yagnas daily as per their desig-

nated slots. The central list of patients is shared with each group before the start of their chanting/yagna time and all Sadhaks declare intention (a positive affirmation) that 'All patients under the central list of Mission of Faith have been healed fully and this chanting/yagna is being done for their benefit'. There are also SOS groups created, in which Sadhaks are ready for any emergencies, to perform chanting at any odd hours of the night.

We are observing wonderful results of the mission. From the experience of many, we came to know that chanting of digambara-digambaradhun has shown increase in their oxygen levels. One may believe this or not, but those have felt the effect of it first-hand, they certainly do not have any iota of doubt that this works. If this dhun chanting is taken up as an experimentation and carried out with patients, irrespective of their religion or faith, may be patients won't be required to go to hospital for the want of oxygen. As Guruji says, that one's fears are reduced by manifolds if he/she is treated at home only and is made to avoid going to hospital; what is the issue if the person can perform chanting of this digambaradhun at home only and observe increase in their oxygen level ? And to add to it, there is no side-effect of doing this (compared to using oxygen mask and using artificial means)

Many centuries ago, in ancient China, there was a tradition that salaries of doctors were dependent on healthiness of the population they are serving to. If somebody fell ill, then the salary of doctor used to be deducted. So, it was responsibility of the doctor to ensure everybody remains healthy, nobody fell sick and his efforts were concentrated towards the same. Current situation is exactly opposite to this. Is it not possible to have that old tradition again, now?



Around mind, revolves everything!

by Ashish Muley

In our history, as mankind, we have always tried to dissect what is unknown, gone to great lengths to understand, to expand our knowledge, and then define it or classify it within the limitations of a law or a theory. Modern Science – whether Newtonian or post-Newtonian (i.e. general theory of relativity) has been successful in knowing about existence of the tiniest of atom to the huge celestial planets & stars of the universe. Everything of the physical world, as much as visible to us, has been deduced mathematically in the last century– muons, fermions, protons, neutrons, electrons etc ; the 4 forces of nature – strong, weak, electromagnetic and gravitational ; the big bang, the gravitational waves, the black holes etc.

However, what we have been successful in, is to describe their behaviour by assigning basic properties like Velocity, Position, Spin, Charge, Mass to them and then do the calculations and predictions. But the fundamental question as to why all this exists and why they behave as they do, still remains an unanswered question to modern Science. We accept the laws of physics; we accept them as it seems to bring a closure or a sense of achievement, but the very intrinsic nature of the physical world still remains unknown.

Mind, it seems, is at the centre of this mystery. The clandestine secrets of mind still remain unresolved. At what speed the thoughts run, how are the feelings

generated and the basic ‘why’ the mind works like it does. All these are majestic and mystifying questions about mind. If we are somehow able to understand our mind – we might start unravelling the fundamentals of nature, a much different view and much more than the mathematical equations what we know of now.

*“Behkaimannkahin, Kahan jaantinahin,
Koi rok le yahin,
Bhaage re mann, Kahinaage re mann,
Chalajaanekidharjaanuna...”*

From a song in Movie ‘Chameli’

If you try to take it in one direction, the mind deviates towards another. If you try to stop its thoughts, your mind churns out more thoughts. One cannot fathom the limits up till where the mind can wander. If we consider that brain is all about logical reasoning and analytical decision making, our mind is known to sway away or influence our response based on senses, emotions, and gut feeling. As wonderful the infinite powers of mind are, much more of a challenge it is to bring it to peace.

COVID-19 and psychology has been a trending topic of discussion since last 1.5 years. People have started talking about mental health more freely. Psychologists and therapists have recorded more footfall at their

clinics, with more people ready to accept it in broader terms, rather than just considering science about mad people. The present pandemic situation is a huge opportunity for future students studying mind, studying the subject psychology academically.

It is clear that mind rules body, mind rules situations, in short mind is definitely over matter. Mind is extremely powerful. And with power comes responsibility. It is now, even more essential to manage our mind, make it calm and bring it in a favourable state to evolve.

Mind, Its Vibrations and Covid-19

Everything in life has vibration. If you've taken a chemistry class you probably remember learning about atoms, and that everything is made up of atoms. These atoms are in a constant state of motion, and depending on the vibrations of these atoms, things appear as solid, liquid, or gas. Our thoughts too have vibrations.

The 2nd wave of Covid-19 in India is more of a wave of fear. When parts of the body become stressed or dis-eased, we stop vibrating at our prime natural frequency. To add to that, when we are in hospital and see all objects there vibrating at lower frequency - containing grief, misery, sorrow etc ; we tend to pick up the vibration of fear, negative thoughts arise and there is a physiological reaction, automatically resulting into dip in oxygen level. That is the reason we are seeing so many people are required to put on oxygen support.

To re-establish or recalibrate our frequency, we need to understand how lower and higher vibrations affect our energy and health. One

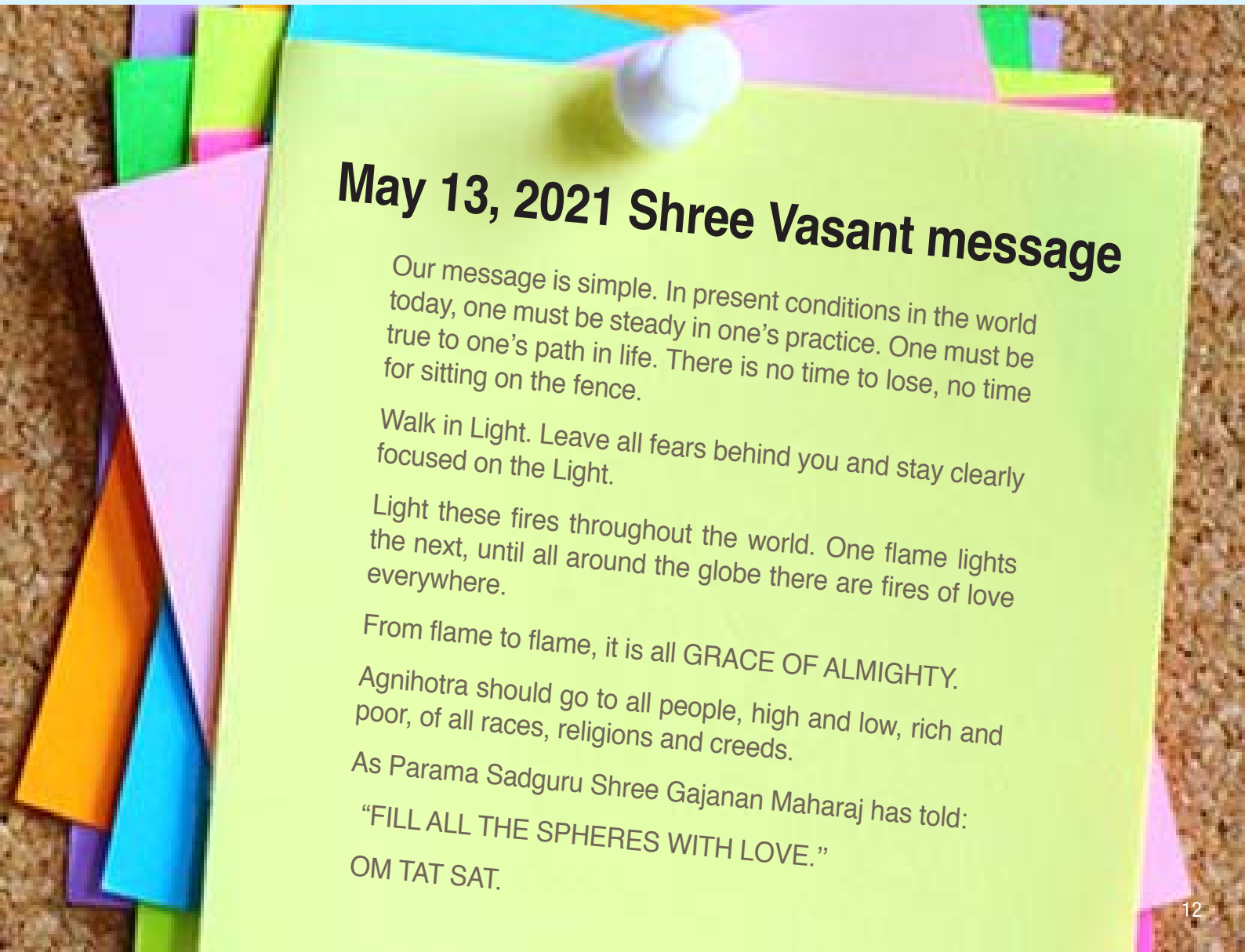
talked above of fear, grief, sadness etc. are lower frequency vibrations. Whereas to be happy, enthusiastic, or blissful are higher frequency vibrations.

Mind, Body and Spirituality

Whether to consider – both mind and body as different entities is also an altogether different topic. However, presently let's just say that, there is a need to achieve a partnership between mind and body, a symbiotic relationship – wherein mind feeds positive energy from good physical health, and body tends to stay fit due to happy thoughts.

COVID-19 will go away one day or another. However, we now know and have become aware that our body and mind have to interact with the physical world on daily basis – professional day-to-day office transactions where we interact with lot of people and different stressful situations, we then run fulfilling expectations of personal relationships, we also love to follow personal ambitions and hobbies – too much chaos, isn't it?

Spirituality in a lot of ways, offers all correct solutions to long term benefit in establishing a healthy relationship between our mind, body, and all the physical world interactions. Some of such spiritual practices imbibed from ancient wisdom are – Yoga, Meditation, Reiki, Chanting Mantras/ Stotras and doing Yagnas. These 5 channels or methods are equipped with tremendous capabilities to increase our efficiency – physical and mental; and take us to great heights of enlightenment.



May 13, 2021 Shree Vasant message

Our message is simple. In present conditions in the world today, one must be steady in one's practice. One must be true to one's path in life. There is no time to lose, no time for sitting on the fence.

Walk in Light. Leave all fears behind you and stay clearly focused on the Light.

Light these fires throughout the world. One flame lights the next, until all around the globe there are fires of love everywhere.

From flame to flame, it is all GRACE OF ALMIGHTY.

Agnihotra should go to all people, high and low, rich and poor, of all races, religions and creeds.

As Parama Sadguru Shree Gajanan Maharaj has told:

"FILL ALL THE SPHERES WITH LOVE."

OM TAT SAT.

Astavakra Geeta - Part 9, Chapter 2

by Ajitsir



Verse Sixth

यथैवक्षुरसे क्लुप्ता तेन व्याप्तैव शर्करा ।
तथा विश्वं मयि क्लुप्तं मया व्याप्तं निरंतरम् ॥ 6 ॥

Meaning: The way sugar created from the Sugarcane is located in the sugarcane similarly this world created from me is located within me and can't be separated.

Here Sage Ashtavakra is trying to explain to Janaka that as though the world and us look to be different they are not different as they have the same stuff which is common. Though different types of sweets may look different though they have the same essence of sweetness. The common man finds them different though the elevated soul should recognize the basic essence. He should be able to appreciate the union-ness even in duality.

Verse Seventh

आत्माऽज्ञानाज्जगद्भाति आत्मज्ञानान्न भासते ।
रज्जवज्ज्ञानदहिर्भाति तद्ज्ञानाद्भासते न हि ॥7॥

Meaning: The knowledge of the soul removes the illusion of the world while the ignorance of the soul leads to the illusion. It is like a rope lying on the road from far looks like a snake but the moment you know it is a rope, you no longer feel that it is a snake.

Commonly it is believed that one gets a knowledge of soul by leaving the mundane world. But that is not the truth. Realization of the soul truly makes one understand that this world is only an illusion. The world remains at its own place even after self-realization, but does not look to be the same way as it looks to a commoner. The viewpoint or position in life changes the view of life. One has to drop the doingness and allow things to happen the way they do. One has to accept everything in life without being a doer oneself. Only be a witness to things happening, As it is everything is happening on its own in the world. Realization of the same is enlightenment.

Verse Eighth

प्रकाशो मे निजं रूपं नातिरिक्तोऽस्म्यहं ततः ।
यदा प्रकाशते विश्वं तदाऽहं भास एव हि ॥8॥

Meaning: Light is my form. I am not separate from that. The whole world comes to light through my light, I am the source.

The soul is self-effulgent. He does not need another light to show itself. The word Deva in Sanskrit is derived from the word "Dhyu" From this word emanated the words Deva, Devata etc. The scriptures talk about Jyotishyam Jyoti. Most of the enlightened souls have got their experience through light only, The Holy Bible starts with the words "And the light happened"

Verse Ninth:

अहो विकल्पितं विश्वमज्ञानान्मयि भासते ।
रूप्यं शुक्तौ फणी वारि सूर्यकरे यथा ॥9॥

Meaning: I am amused that I am having an illusion of the world through my ignorance, just the way one sees the silver in the oyster or a snake in the rope or the mirage on the roads in bright sunlight.

In this verse there are three examples given to prove the point. The Oyster which is valueless appearing like a silver which is valuable, Similarly, in the mundane world, something which shines may just be an illusion of illumination. The way we consider a rope of the road as a snake and get fearful, even in life by considering lot of assumptions to be realities, we create fear and suspicions and keep on struggling with them throughout our life till the realities

are known. Mirage is no different. It gives a false hope which is never a reality. The whole life we keep on running after certain things to complete ourselves and get disillusioned at the end of the life knowing that we were never incomplete.

Verse Tenth:

मत्तौ विनिर्गतं विश्वं मय्येव लयमेष्यति ।
मृदि कुलौ जले वीचिः कनके कटकं यथा ॥10॥

Meaning: The world which emanated from me is going to get merged in myself the way an earthen pot merges with the soil when the time comes, or the way a tide/wave in the ocean goes back into the ocean losing its identity or the way all golden ornaments finally go back to the nature of Gold when melted.

This verse brings out the age old wisdom which has now been accepted by the modern quantum science that everything is made up of waves and particles. Everything else is only a manifestation. Our birth truly gives a birth to our world, our relations, our whole existence. When we die we take the whole world back with us, leaving no relations behind. Similarly everything that originates from whatever ultimately goes back to where it came from. It does not matter whether they are gold ornaments, the tide of the ocean or even an earthen pot.

Verse Eleventh:

अही अहं नमो मह्यं विनाशी यस्य नास्ति मे ।
ब्रह्मादिस्तम्बपर्यंत जगन्नशेऽपि तिष्ठतः ॥11॥

Meaning: I am amazing. I adore myself. Because I am eternal! Even the Brahma will vanish some day and even a small blade of grass has to go, but I am immortal.

Here King Janaka is saying that there is nothing eternal in this world barring the self. Then who will bow to me? Hence I bow to myself. I appreciate myself. My soul is not born out of anything and hence I can't die. Even the Brahma is born and will vanish. Insignificant thing like a small blade of grass also will vanish. But I am eternal. That is my Atmatatva.

Verse Twelfth:

अहो अहं नमो मह्यमेकोऽहं देहवानपि ।
क्वचिन्न गन्ता नागन्ता व्याप्य विश्वमवस्थितः ॥ 12॥

Meaning: I am amazing. I adore myself. I am advaita in spite of having a body. My self does not come from anywhere nor it goes to anywhere. And it encompasses the whole universe.

King Janaka was self-realized. He realized that he is already a complete entity. In a jiffy, he was enlightened. That is why he is so astonished about the fact

that he has a body but still he is infinite. I am beyond duality. Because he realized he is not the body but has a body. I am just wearing the body the way we wear the clothes. (In Ram Raksha stotra, the first principle is that to consider yourself as a body is the biggest sin). A common man considers himself to be separate from the self. But Janaka has realized that he is that pure, infinite soul.

Verse Thirteenth:

अहो अहं नमो मह्यं दक्षो नास्तीह मत्समः ।
असंस्पृश्य शरीरेण येन विश्वं चिरं धृतम् ॥ 13॥

Meaning: I am amazing, I adore myself. There is no one in this world who has the skill to wear the whole universe without even touching the body or what I have worn.

Here King Janaka is saying that even after my death the body will leave my soul but still the soul will be covered by that infinite universe. And that will be an effortless happening. Because that is the nature of the soul! When with the nature we do not need to make any efforts. The way a magnet attracts the iron without effort or the Sun spreads the light and heat without efforts or even the lightening gives out the light without any efforts of any kind. The effulgence of the soul is also no different



Positive Effect of Reiki & Prayers on Cyclone Taukte

By Ashish Muley

As Reiki Sadhaks, we all had initiated sending reiki with Sankalp that Cyclone Taukte had subsided in the sea and that all life and property are safe and healthy. Also, many people from non-reiki channels joined with similar prayers.

Curious to see the effect of reiki and prayers, I had taken screenshots of predicted wind speeds and the spread of the Cyclone of 18th May 2021, a day before at 9.15pm on 17th May (just after its landfall).

Below is the comparison of prediction vs actual. On the left of each set of images, is the image of prediction and on the right is the actual image. There are total 3 image sets of following timings:

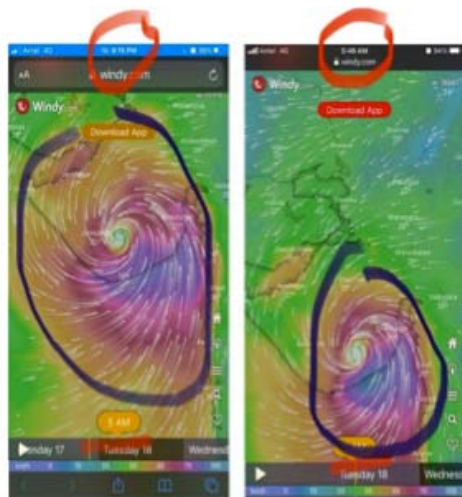
5 am, 18th May; 12 noon, 18th May; 4 pm, 18th May

Colour scale is shown at bottom which represents wind speed in kmph. Red/pink denotes highest wind speeds, brown denotes medium wind speeds and green/blue denotes relatively normal wind speed.

We can definitely see the actual windspeed and spread has reduced considerably than what was predicted just an evening before (few hours before). We can take a positive approach by considering this as a positive effect of Reiki and prayers. Looking forward to doing such study in future too.

5 am, 18th May 2021

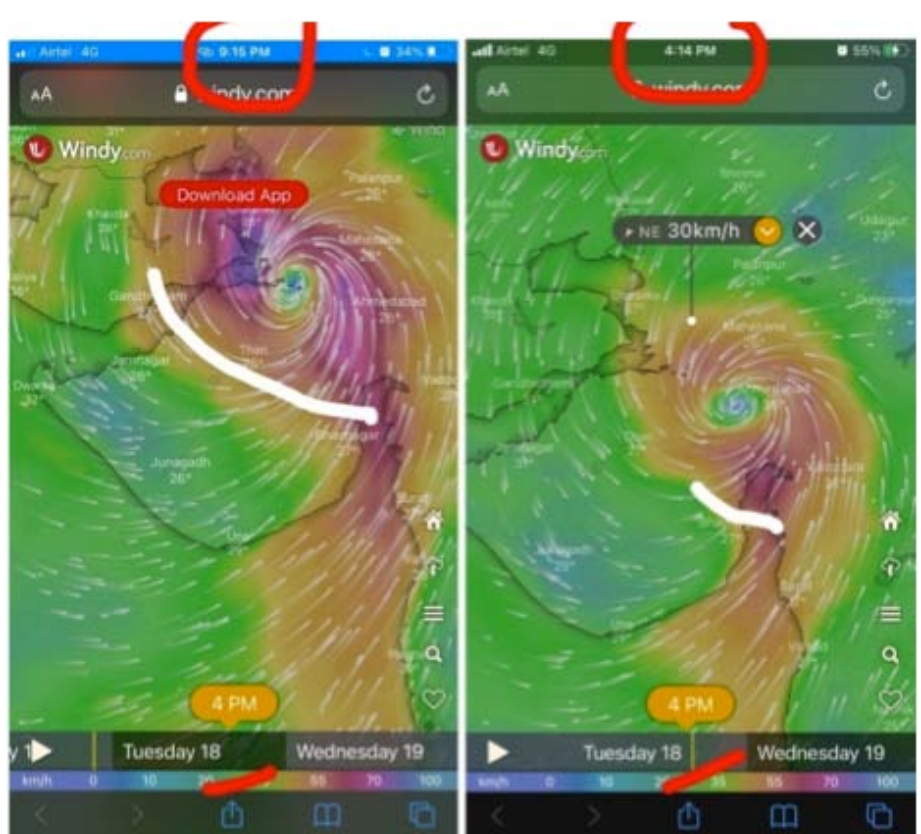
12 Noon, 18th May 2021



Prediction



Actual



Prediction

Actual

DSPPL's Online Children's retreat

DSPPL's online training which started in April this year continued in May with training programs for SOFT 4 and Middle Path 1 as well as Middle Path 2 under the title of Wealth of Wisdom (WOW). These programs were well attended by children aging right from 9 to 14 years between 5th May to 14th May 2021. More than 150 students went through these programs during this summer. Mid way review meetings with parents were the major highlights which helped in a better cooperation between faculties and parents.'



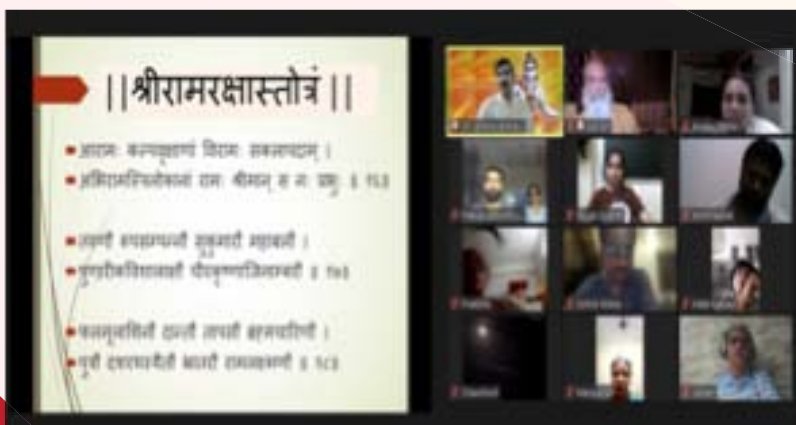
E.P.I.C. Online Parenting Program

DSPPL and Synergetic jointly conducted a program E.P.I.C. (Empowerment for Parenting Initiative and Challenges) which was the first online version of this very popular and successful training program established since 2017. About 25 parents from India, USA and The Netherlands attended this 10 days event between 16th and 25th May 2021.



The Wave of Faith continues..

The Wave of Faith initiative launched by Reiki Vidya Niketan in April 2021 kept on creating larger waves with passing times with many Covid-19 patients taking advantage of the support. Many patients got fully healed thanks to the tireless efforts of RVN sadhaks. The daily meetings of WoF attended by over 300 sadhaks on every evening have become a big source of inspiration and faith for sadhaks and their families as well as friends all over the world. This forum was further blessed by the eminent personalities like Dr Mukund Hanumante (Founder of Swami Samarth Foundation, USA), Dr Aditya Abhyankar, Dr Dheerubhai Joshi (Ex-Trustee of Nareshwar Ranga-vadhoot Maharaj Trust), and Mr Vasudev Nandurbarkar.





SWAMI CAN MAKE IMPOSSIBLE, POSSIBLE

Shree Swami Samarth is considered to be the creator of the whole universe. He is the mentor of the whole universe. He can do anything. Even those supposed to be impossible things he has done possible without any efforts. Enough of his devotees have experienced this phenomenon innumerable times. Swami's healings range from the minor healings to those where his interventions have brought dead back to life. He did not belong to a particular age or era as many other saints are known for. He was sighted right from 1071 A.D. and was not by different names at different times and that too at different locations.

Swami is the Brahma and a creator of the brahma. He is a direct manifestation of energy. Many who consider him to be a human form are highly mistaken. His life has a long span as mentioned earlier though he came to light only when he appeared in form at Akkalkot a small town in Maharashtra. For 22 years that he lived in this place he performed so many miracles that even the skeptics had to believe that he is reincarnation of Lord Dattatreya. When he left his mortal body he said that I am not dying, I am alive. And he proved that as even after 143 years after the event many have experienced his presence even in the physical level.

Normally the words impossible and even possible are used based on our own ideas of our abilities and limitations. For the one who is beyond any limitations these terms are irrelevant. These terms themselves are based on the experience of our own limitations and finiteness. The God has multiple options for a given situation which as humans we can't even imagine would exist. Swami is one of such entities who operate beyond all known possibilities. The only qualification what one needs to experience his infinite grace is to hold his hand and never leave it. That is a sadhana, that is a liberation.