

REIKI VIDYA NIKETAN

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EDITORIAL

The Idea of Justice and Injustice

If you look around, there seems to be a lot of turbulence in the environment. Believe me, I am not talking about the atmosphere in general. It is about human community. No matter which country, which state and which region. There seems to be some method in madness. There is a conflict in the environment. Ask anyone who are on the roads to create anarchy in the name of injustice and I am sure they would not be able to tell you what they really mean by injustice. Obviously, the idea of justice also is hazy and illusive.

Many a times we see people reacting out of the idea of injustice towards them and I wonder what do they really mean by that. Justice and injustice to me has always been perceptive in nature. Perceptions vary as they typically depend on from what angle you are looking towards the event. It is the perspective of a particular position that you have taken. The whole idea of justice and injustice is pretty subjective. The perceptions and the perspectives are based on what you see or what you believe you are seeing. With an angular vision of life which most of us are bestowed with, we hardly see a matter in full perspective. The moment your positions change the perspective changes and so does your perception. Not only that the whole idea of injustice turns over in 180 degrees.

Most of the perceptions are based on our assumptions. Most of us react to these assumptions without realizing how realistic these perceptions are. We do not know everything but react to everything. And that is a huge problem. We have our own yardsticks of justice and injustice based on our idea of truth and falsehood. To fathom to the depth of the ocean of situations to seek the truth we need to dive deeper. We can't be peripheral and pass judgements about the core. In our reiki-

seminars and more so in our training programs designed for women empowerment, I can see this resistance from the women segment. Some or other they are convinced that they have been subjected to torturous experiences of life by the community called males. When I probe deeper into this, I realize that they are not talking about their own lives but refer to something which might have happened in the yore about which we do not have much information. My favourite question to them has always been "with the God being so favorable to them in bestowing on them the blessings of the powers of intellect, the oceans of love and compassion and the infinite source of peace & happiness how can there be an injustice to them?" In the realms of politics when in a coalition governance, a party offered with Defense, Home and Finance ministries can't claim that they have been subjected to injustice.

Somewhere I believe that the whole idea of injustice comes from the sheer ignorance. I am not implying here that the ignorance means having no knowledge. It is about the inability to see the realities or wisdom around. You can't ignore something which does not exist. You cannot ignore even a person in a party or at home when the person is just not there. A person has to be there to be

ignored. A fact has to be there to be ignored. That is for sure. When one decides to close their eyes to what exists there can be nothing but the generation of the idea of injustice. Justice in the real sense is like a perfection, a term very much used but does not exist. Justice is an illusion created by our own ignorance. Dive deeper into the event and suddenly there will be numerous facts sprouting around you to dissolve your ignorance. Spiritualism denying an entry to ladies to a particular shrine may sound like a gross injustice till one understands the solid reasonings behind them. But then one needs someone like Ms Sinu Joseph to dive into the ocean of ignorance to get the pearls of truth. To understand why ladies are denied the right to chant Gayatri mantra during their marital stage, one needs to fathom the science of Gayatri Mantra rather than brood in ignorance nursing the idea of injustice. The new world order should take a plunge into the realities behind the rituals and suddenly every so-called injustice starts making a sense.

Let as Sadhaks elevate ourselves all the time to reach heights from which one can get a larger picture of life. Then the idea of duality becomes hazy and a true picture emerges. Be flexible in life instead of being rigid and then suddenly thousand windows around you open up giving you an enriched experience of life. And the life starts blooming to its full glory.

With love, light & Reiki

Ajit Siv
February 28th, 2021





Divinity is in each one of us

by Aruna Margam

Guruji talks highly about Devon Ka Dev Mahadev. He encourages us to watch it as we can learn a lot of spiritual lessons through it. During the lock down I got to watch a few seasons. It was so impressive that it gave me a lot of insights. Like God's also go through difficult situation due to the Asuras (demons), specially their penance and the boons keep all the Gods busy in solving the situations. Trouble comes, challenges come, fights happen but all for one cause, that is to sustain this Universe.

Mother Parvati like every woman wants to be a mother. Lord shiva says yes it is time to become parents because to be born son has to kill Tarakasur. They became parents to help the Rishis and Munis in the universe. Tarakasur (a demon) had a boon that he can be killed only by Shiva and Parvati's son. This brought Lord Kartikeya to their family. From his young age they face a lot of challenges to bring him up safely. So they give him to Kritikakanyas to be brought up for the first few years. Shiva himself trains him to become a warrior. Finally Tarakasura was killed by Karthikeya. Later also he is given a role of "Senathipathi" to protect the Devas from all kinds of attacks by the asuras.

Similarly one day when shiva Parvathi saw this world very unhappy, as parents to all of us their heart melts and bring their daughter "Ashok Sundari" into the universe to spread love and happiness. As parents they make her do penance and grow into a woman to shoulder her responsibility and fulfill the purpose of her life.

After a few years when there was imbalance in the universe once again the Rishis, Devas and other Demi gods pray to mother Parvathi to help them. Once again Lord Brahma and Narayan feels only Parvathi's Son can help in balancing this universe. So Parvathi brings by herself brings Ganesha into this universe to balance the world and also to remove obstacles in people's lives.

When we see even Lord Narayan's Dasavatars are also for the benefit of this universe. God's every act is for the benefit of the people and the sustainability of this universe. We know the nine planets and the five elements all are always for the benefit of the universe. We as God's children what should be our attitude towards this life and living. We should also find our purpose to serve this world in every way isn't it?

Yes, indeed we in Reiki VidyaNiketan family are all fortunate. As sadhaks, due to Guruji's grace and swami's blessings we do sadhana. In short known as PARTY given by our Guruji, Prananyama, Agnihotra, Reiki, TM and Yoga Nidra. When we do sadhana we too are fighting the vrittis in us which are like asuras and disturb our internal peace. We match the frequency of Lord Kartikeya and keep killing all the vrittis and keep our chitta clean and we live healthily.

With regular practice of reiki as Guruji says we all are connected to the heart energy. We too are filled with love and compassion. When we resonate with heart energy we too become like "AshokaSundari". We are always happy and we spread happiness even during pandemic.

When we are in regular sadhana we are all positive and with symbols given by our beloved Guruji we too remove little obstacles in our lives and in our extended families to maintain the balance of the space like Lord Ganesha. Thus we live in harmony.

Felt very elated that truly we are children of Lord Shiva the father of the universe and Goddess Parvati the mother of the universe. Thank you swami and thank you Guruji for guiding us and giving us rebirth in the form of Deeksha and helping us realize God is in us and resonate the Mahavakhyas "AhamBrahmasmi".

Being Ruthless

by Vivek Pandye



To survive in a world where at times, being good becomes a liability. One ought to have a certain amount of rough attitude to deal with how the world goes about with life. Precisely this is what kids are taught in most families. They are made to look at the world from a competitive perspective, and hence being ruthless becomes a natural fallout for most. Of course, they also do teach their kids to become the right persons, but it is more or less a deal struck in the name of survival. They all want to be good but not at the cost of someone else's gain. Economics becomes the guiding light for most. To chase success is the final objective of most. Does this mean one has to be completely ruthless? Not really. One may choose to pick the battles carefully and wisely.

The extent to which one can be ruthless with others is what becomes the deciding factor. The first thing needed to be understood is that while one is busy moving ahead does not mean one has to push others down necessarily. The feeling of the other should be avoided at all times. Essentially the universe is one without the second. This fundamental fact that every human on earth is an extension of one's own self should never be forgotten. The way one deals and corrects people on the way is another story.

When the police interrogate criminals, they have to be ruthless to that extent. Without this, it won't be possible for them to get the truth out of fallen beings. This is violence for ordinary people, however an appropriate thing from the perspective of people executing their job. A teacher scolding their students for their own good is indeed a welcome step. Once again, the level of ruthlessness in this case varies and reduces from the previous case. In a road rage, most people don't step back and fight fiercely to claim their point of view. The ruthlessness displayed in such cases is exaggerated and can be sorted out with a bit of patience and wisdom. The world has trained most people to find ruthless ways of dealing with situations and justifies the same in many ways.

There comes a time when one realizes and a kind of maturity sets in, which becomes a guiding light. One starts to look inwards and stumbles upon the lacunas lying within. The unending exploration to the core of oneself begins, and one starts to correct one's self more than others. The process of seeking and attempts to reach an ultimate persona that stays unperturbed at all times begins. During this whole exercise of improving, one becomes ruthless with one's own being. The same old attitude of dealing with the world is carried forward to dealing with oneself in spirituality. In order to stay fit, they exercise vigorously to keep their muscles intact. However, they do not allow their minds to become flexible. They introduce concepts of working harder and harder in order to climb the ladder of success. But, they do not understand the importance of choosing the right career to avoid unnecessary stress and struggles. The mind can efficiently work for many hours without having to make it look hard.

These old aggressive ways have undoubtedly emanated and spilled over from the old days of war culture. The human race need not be ruthless unless extremely necessary. The culture of the jungle should be left to the jungle. The animals have only survival issues to take care of. Humans were meant to rise above the survival issues and move towards consciousness. Exploring the intricacies of karmic theory, finding the root cause of pain, and eventually releasing one's own self from the cycle of birth and death is what the fundamental search of human birth is. Wasting unnecessary energy on petty fights with mediocre people is not so intelligent as it may appear to be. Competition demands and compels us to be ruthless, which is stupid. One can always understand that something that is meant for others is theirs, and things someone else is destined to accomplish belong to them. Less competition and more co-habitation should be the way forward. Eventually, being ruthless with our ruthlessness can be a solution. Keep an eye. One might end up adopting more humane ways.



COMPOSTING LIFE

by Telangan

On the day of March 2019 everybody in India experienced what does it mean by word 'locking down'. Life suddenly became motionless. Nobody had ever thought it might happen. Suddenly when every house- help stopped coming, everyone had to rethink a way out. First few days most importantly we had no idea what to do with the garbage. Nobody knew if the garbage truck would come and take it away or it will remain stinking. One morning, I went down to throw dustbin bag into the larger bin. Four-five neighboring building bins were together on the road waiting for pickup and were overflowing. Lots of broken bags with stinking garbage was floating on the road. Few stray dogs were searching food in it and the entire area was foul-smelling. Obviously, the truck had not come on the previous day also and If not Covid, people would fall sick by these unhygienic conditions definitely. I came back home with miserable feeling. Shivani (my daughter) is very much conscious and also informed about the environment issues and she tried to cheer me. She showed me some videos on how we are destroying the environment everyday just because using too much plastic. I was shocked to see an island, half the size of Mumbai in the Pacific Ocean, formed by thrown plastic carried together. The pollution is killing marine life and some of them would be extinct soon. How Iceland is melting so fast that by 2050, many cities including Mumbai and Chennai (30% world land) would sink definitely. Nobody is scared or doing anything but we decided to change ourselves. The data is frightening. Since that day we stopped using plastic bags at home and bags comes with packed food are washed, dried and reused, not thrown in garbage. Shivani is making paper bags for dustbins. But the issue was 'how will paper bag last dry and hold the wet garbage in it'? Therefore, after research we reached on very interesting knowledge of composting.

We started an initiative from same day. All we had required two bins, a quiet corner and lot of discipline with courage. We realized that 90% of the kitchen waste is really very healthy fertilizer. All you have to do is cut them into smaller pieces as possible and throw them into a bin/pit for decomposing. Pour some soil over for odor. We were shocked to see different types, colours of germs, insects eating the garbage every day. We didn't know the outcome yet. It was quite terrifying while decomposing stage. It took four months to form into dry black rich fertilizer. There were many dull uncared plants in the society premises. I poured that rich soil little into each pot and watered them after couple of days. After a week or so everybody noticed the new healthy look of those plants and after many years, suddenly they started even flowering. The compost we made is really great initiative. I was feeling very proud of Shivani. Waste is back to best.

Aren't we doing same thing in our life as well? We have so many habits exactly like garbage, we are holding from childhood. Anger, jealousy, arrogance, dishonesty, list is endless and we don't even realize how big mountain of Karma they are building. When they start overflowing, they too stink and people can't stand by us. If we are little conscious and aware, then we try to remove them with the help of daily Sadhana. Meditation is almost like composting process. We consciously cut annoying samskaras into small pieces and eliminate them slowly one by one. Our daily chanting eats up the malicious part and remaining life is turned into nourishing, joyful and healthy product. We do not throw anything irresponsibly outside. The most important is we accept the dirt; we do not give it others to clean or suffer with it. We responsibly take care of it ourselves and move on with a smile.



“Ahinsa (Non – violence) in real sense”

by Krupa Choksi

In Ashtanga Yoga, which is originally founded by Lord Shiva, there are eight steps to reach the ultimate goal of Self Realisation. These eight steps are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyaan and Samadhi. In this, the first step is “Yama”. The word, yama, originally meant “bridle” or “rein” and refers to the restraining nature of the yamas. These yamas are practices that are considered to be outer observances. They are a way of applying the behavioral codes of yoga to the way the Yogi relates to the world. They are considered to be a valuable and highly relevant guide to help yogis live an ethical life. Practicing the yamas is said to give the yogi the opportunity to live in a way that is healthier and more peaceful. They can improve relationships with others, strengthen character and help the yogi progress on his/her spiritual path. It is also believed to reduce or even prevent the accumulation of bad karma, which can be gathered when one lives without awareness or honesty.

There are five things to be practiced as a part of Yama. They are: Satya (Truth), Ahinsa (Non-violence), Asteya (Non-stealing), Aparigraha (Non-coveting) and Brahmacharya (Chastity/ Celibacy). We all know the meaning of “Ahinsa” as non-violence or non-harming of all creatures, including ourselves. Normally all the books will interpret that Physical, mental and emotional violence are all to be avoided. Ahimsa is often considered to guide yogis to practice compassion and non-judgment as a tool for cultivating nonviolence. By physical harm we understand they we should not hit anyone, kill any creatures. By Mental Ahinsa, we understand that we should refrain from hurting anyone by giving stress and even should not think anything bad about anyone. So the mental Ahinsa means we should have positive thoughts about everyone, everything and every situation that we are facing in our life. And emotional violence means we should not harm anyone by giving emotional stress to anyone i.e. making compulsion for anyone based on the relationship which one is sharing or speaking abusive words which will hurt someone.

In one of the Ray of Hope Session of Yoga, Mr. Sinnarkar had narrated a story of a scholar who had written interpretation of Yoga Sutra. So after completing the work, he gave it to his wife for proof reading with a confidence that no corrections would be required. His wife, who was mere a house-wife, read the book and pointed out that you need to change a sentence in the book where in it was written that “with one stone you can kill two birds”. The scholar asked her why and she explained that you have written about observing non-violence in the book but this statement depicts violence and needs to be changed. The scholar admitted his mistake and changed this sentence. I was overwhelmed to know about this that even in your writing there should not be any violence.

Further to this, yesterday, I got a deeper meaning of Ahinsa in my Yoga class. Ajitha Soman, by Yoga teacher, while explaining about Non-violence, narrated a wonderful incidence of Swami Vivekananda which made me introspect about the greatness of Swami Vivekanada. She said that Swami Vivekananda was once meditating with few of his

students. There was one bird sitting in front of him. When he opened the eyes after meditation, the bird flew away. On seeing this, he said to himself, “Oh, Still there is some violence within me. I need to purify myself.” Swami felt that there was something within me which made this bird uncomfortable and flew away. What an understanding! I was stunned to listen to this incident. So to what extent we need to purify ourselves to reach the state of Samadhi is quite clear.

I realized that what Swami Vivekananda was talking about is violence in his sub conscious mind. It was a big revelation to me. It came in to my memory that I had read in Swami Rama’s book “Living with Himalayan Masters” that when he was once meditating near the lake in a forest so many crocodiles had come out and were resting around him. Similarly once he was meditating, snakes used to sit in front of him. Likewise, we have heard about so many saints with whom everyone is friendly and wild animals become mild on front of them it is due to their piousness and non-violence within them. They understand language of vibrations better than us as they are nearer to nature and mostly they bite to protect themselves. So all these saints are so much free from violence that every animal is comfortable in their presence.

It is for this purpose, Dr. Usui has kept one of the principle in 5 principles of Reiki - “Just for today I will love and respect every living being.” Sometimes some people do not hurt animals but just frighten them to shoo them away. Even this is violence. We have seen/ heard how Saints manage creatures like snakes, tigers and lions, by praying to their soul. They connect from their soul to animals soul and deliver the message. I have seen Guruji also doing that when one dog was troubling everyone in the ashram. He made him stand in front of him and communicated to him by connecting it to his soul and dog went away and never entered Ashram premises.

Another incident which I remember is, once in Ashram Guruji was busy taking Reiki Seminar. Raja Gaikwad had caught a snake and brought it to ashram to show it to us. Everyone saw the snake, handled it and then Raja left it in bushes just opposite to the ashram. Till then Guruji had finished the seminar and we all narrated about snake being brought by Raja. And he said even I wanted to meet him. And believe me, snake came back to the ashram premises from the main gate. Raja caught it again and wondered how it came back. At that time, Guruji laughed and said, I have called him. This is soul to soul communication.

What we should do to reach a state of total Ahinsa – Non violence? We need to correct our behavior and see to it that we do not hurt anyone with our thoughts or words, we do not frighten anyone or make fun of someone which makes other person unhappy. We should always speak positive and think positive as our vibrations make difference to the entire universe. How can we remain positive all the time? By cleansing our existence through Reiki, Agnihotra, TM, Yog Nidra and all the spiritual practices taught by Guruji. And by being in divine space created by Guruji through Aarti, online programs and sewa at ashram.



And.... We Sadhaks were waiting for the next Thursday...

by S Ramakrishnan

Almost the entire year of 2020 for the thousands of Sadhaks was a real blessing despite the Pandemic which created a furors in the entire world. The reason is, with the Blessings of Swami and the presence of Guruji in our midst, either through Zoom programmes or thoughts we were kept alive and busy.

The events of Gurucharitra which kicked off in April 2020 kept each and everyone busy throughout the year. The Sadhaks ensured that they did not miss any of the sessions at 7.00 p.m. in the evening. Other things can afford to wait.

They were tired to the Zoom more than 150 of them and sometimes more than 200 patiently listened to each and every word that the Guruji spoke and actively participated in the interactive sessions.

The sessions themselves were lively, most of them were regular attendees to the sessions which went on and on.

During the sessions Guruji explained to us the importance of the Gurucharitra itself and the manner in which it should be offered to the all mighty following all the "Anushtans."

When anyone asks Guruji "if I do like this what happens" he would never say so no, as there is no word as "no" in his dictionary, and would say you may do it but you will not get the benefits of the same. The person asking the question will get the message and would desist from it.

At times some of the Sadhaks were delighted to share their experience to Guruji which Guruji would in turn spread to the others giving others encouragement to share theirs.

Many unknown facts there were buried in the Gurucharitra,

which one took as it is well explained to the Sadhaks during the sessions and now one understands the very cream of the Gurucharitra and the manner in which he looks at it and deals with it is totally changed.

The Sadhaks at times felt that Thursdays should never end as getting to hear Guruji on the topic is a real time experience which each and every one cherishes and would never like to miss.

The love and commitment with which Guruji imparted the knowledge about the Gurucharitra to us was simply superb and unparalleled and I wonder if anyone else could have done it so very well. The entire Gurucharitra has gone deep into our minds and will remain there with the same reverence till our life.

Also as the extension of the same was Guru Gita which went on some more weeks and the small gap now we are lost and want the sessions to continue on Thursday so that we get the blessings of Swami and learnings from Guruji.

And hence we all Sadhaks are anxiously, keeping aside all our routine work for the entire day, for the next Thursday to be in the midst of Guruji so that the next seven days we do not not think of anything else.

All said and done after the series of sessions by Guruji and the teachings he had given us our lifestyle and the manner in which we see and treat others has changed for the better.

Jai Gurudev Guruji. May we be blessed with many more such sessions so that we forget that there was a demon by the name Covid at all.

To the path of Bliss...

Live in the Present Moment

3

Are you the one who believe the next hour will be better than this hour, tomorrow will be more exciting than today, next year will surely be an improvement than this year? Are you the one, always living with the constantly failing belief that your next acquisition will finally lead you to happiness?. This article is for you

Life exists only in the present moment. If you want to experience life and wish to be in direct contact with life, you have to be in the present moment.

Life can be found only in the present moment. If present moment is not been utilized, then life is lost. Dwell in the present moment, do not allow your mind to chase the past or long for the future. You think you are being yourselves, but you are never in real contact with yourselves. Your minds are too busy chasing after yesterday's memories or tomorrow's dreams. The only way to be in touch with life is to return to the present moment. Once you know how to return to the present moment, you will become awakened, and at that moment, you will find your true self.

The past has entwined you, if your thoughts are lost in the past, thinking about the happiness or sufferings. Worrying about the future, wondering what will happen, whether you will be happy or not entangles you in the future. Do not think your past, neither the future. If you are ruled by worry, frustrations, anxiety, anger or jealousy the chance to make real contact with all the wonders of life is lost

I do not deny that life is filled with sufferings but there are also many wonders. Be aware to see both the sufferings and wonders in life, but do not get bound by it. If you directly encounter life, you will understand its interdependent and impermanent nature. The true source of happiness lies in experiencing the wonders of life and living in ease and with freedom. Experience the suffering but do not get lost in it Happiness is being aware of what is going on in the present moment, free from both the clinging and aversion.

A happy person cherishes the wonders in the present moment- a cool breeze, green leaves, yellow flower, red rose, the blue sky, the smile of a child. He appreciates the things but not being bound by them. He understands that the flower will soon wilt, he is not sad, when it does. He understands the impermanence. Once when one understands the nature of birth and death, his happiness is true happiness. A happy person thus lives in ease, free from all worry and fear.

As you are reading this article, you suddenly remember you have to reply an e-mail you have received yesterday or about the delicious food, you had last week. Again, are you really reading this article. You are missing this moment that is really happening. Each moment in this life comes only once, so take advantage of it and live it fully. The present moment is filled with many gifts if you have the eyes to see, ears to listen. A beautiful story for you...

One day, while walking through the forest, a man encountered a

vicious tiger. He ran for his life, he came to the edge of a cliff, having no choice, he held on to a vine with both hands and climbed down. Halfway down the cliff, the man saw the tiger at the top and saw another tiger at the bottom, waiting for his arrival, roaring at him. He was caught between the two.

Two mice, one white and one black, started gnawing on the vine. He knew that as the mice kept gnawing. It would break and he would fall. He tried to scare the mice away, but of no use.

At that moment, he noticed a strawberry growing on the face of the cliff, not far away from him. It looked plump and ripe. Holding onto the vine with one hand and reaching out with the other, he plucked and tasted the strawberry. He found it to be absolutely delicious.

This story is all about living in the moment. Despite his perilous situation, he was able to seize the moment and savour it. The top of the cliff is your experiences and memories of the past. The tiger at the top represents the danger of dwelling in the past. If you had negative experiences from the past that make you timid and afraid, and let not go then the tiger has taken a painful bite out of you. The tiger also represents the impossibility of going back in time to fix something. Unfortunately, the pathway of time is a one-way street. The bottom of the cliff represents the future. It is the mysterious and uncertain domain of tomorrow. The man's position between the two tigers represents the present.

The present is here and now, and it is yours completely and unconditionally. No one can take it away from you, and you alone have the power to decide how to use it.

The vine represents life in the material world. Just as the man holds on to the vine with both hands, all humans cling to physical life stubbornly. The two mice represent the passage of time, symbolizes, day and night. The strawberry represents the astounding beauty, bliss, energy and vitality of the present moment. It is always there, always available for those who have the ability to see it and experience it.

To taste the strawberry is to fully savour the flavour of reality. When you do so, you begin to appreciate the miracle of existence and notice a beauty that is ever-present no matter where you look. This fills you with gladness and gratitude. When the man saw the strawberry, he held onto the vine with one hand and reached out with the other. This action incorporates three essential elements: holding on; letting go; and reaching out. In order to get the strawberry, a person needs to venture beyond the comfort zone, to probe for a prize that is within sight.

Life is constantly exploring new territories, taking chances, and going places you haven't been before. If you do this you find life is fresh and exciting and full of possibilities. Living in the present is both easy and exhilarating.

- let's stroll...

awaken

by Telangan

I've learnt it hard way that
It's not what we have in life
But who we have matters the most...

The moment we give up
Is the moment we let
Someone else win our game...

All we need to be patient
In the storm and remain Focus
For the sunshine later...

I've learnt it hard way that
Never forget who was there for you
When everyone else was too busy...



Astavakra Geeta - Part 5

by Ajitsir

Verse 11

muktābhimānī mukto hi baddho baddhābhimānyapi
kimvadantiḥa satyeyam yā matih sā gatiḥbhavet || 11||

Meaning: The one who has chosen freedom is free and the one who has chosen bondage is bonded.

In this verse Ashtavakra is saying that the principle of spiritualism is that the pace in life is manifestation of our own mindset. Lord Krishna has also said in Bhagavad Geeta that the one who is not entangled in his karma, such a man can also reach a state of liberation. Even the siddhas like Janaka also reached this state by performing karmas or action without getting entangled into them. (Geeta 3/19-20) Action is never a bondage. The cravings or desires behind those actions are the real bondages. Inaction out of the fear of bondage itself is a sin. This means that Sin and good deeds are not dependent on the actions but the desire behind those actions. Action performed without the desire of fruit can never be a bondage. The cause of Karma is not the body but the mind. The thoughts become actions. This means that behind every karma there are series of thoughts generated by the mind. The body is left by the soul after the death but the mind still stays connected with that divine soul with all its impressions. With the mind move the wishes and wills, lust and desires, ambitions and expectations. In other words, it is the mind which is the cause of bondage as well as a freedom.

If one needs to free from all these, one has to believe and strongly so, that I am free. If one can't even think about the freedom, one can never open the doors of freedom in many lifetimes. All our beliefs originate from the mind. If the mind believes that it is bonded, it is. And if the mind believes that it is free, it is. This unlimited and infinite power of mind is well described in Shiv Sankalp Suktas – a wonderful and powerful document from the ancient scriptures.

Verse 12:

ātmā sākṣī vibhuh pūrṇa eko muktaścidakriyah |
asamgo niḥsprhah śānto bhramātsamsāravāniva || 12 ||

Meaning: The soul is a witness, it is all encompassing, it is complete, it is unique and it is free. He is a manifestation of that divine energy, free from all activities, not related to anything, selfless, peaceful but still he looks to be entangled in a mundane world which is only an illusion.

By nature we are the souls and hence making efforts to obtain the soul is a futile exercise. He is not outside us to obtain. We are THAT already. The whole idea of obtaining IT takes us away from the experience of HIS presence within Our ignorance (Vikshepa) has made us forget about our original form. We need to remember that this soul is a Master of Sakshi Jagat (The witnessed world). He is vast. There is no place and thing in this universe where he does not exist. He is complete. He is already complete and does not depend on any activity for completion. One has to stay in the domain of the soul and play the game of life as a witness and whole heartedly. In fact every Master or Guru worth his salt have always told his disciples to get innate empowerment and play the game of life with absolute power. Once you realize that you are complete, every idea of doing something for completion ceases. Then everything that you do exude that complete nature. Then every action or karma becomes a selfless action. Then you do not expect anything from your life. Obviously, there is no unfulfillment. There is no sadness emanating out of that. The state of depression is left far behind. He is free from selfishness. He does not enter into any conflict and remains free from all entanglement. But our ignorance of this fact makes us feel that he is involved in this material game.

Verse 13:

kūtastham bodhamadvaitamātmānam paribhāvaya |
ābhāso'ham bhramam muktā bhāvam
bāhyamathāntaram || 13 ||

Meaning: Drop all those external and internal ideas that I am an illusion, I am the egotist entity and think about your identity which is an epitome of wisdom and a manifestation of all- encompassing and still divinity.

Humans have two dimensions to life. One is external and a second is internal. The external dimension is always facing the outer world and finds it difficult to meditate. The internal dimension of the human existence has three worlds within. One is the world of thoughts, within that exists a world of emotions and the third is a world of the soul also known as the World of witnessing. Intellectual people soak themselves into the world of thoughts. He can reach the energy body through the route of thoughts. There are three paths to reach our world of soul. They are the Karmayog as prescribed by Lord Krishna, Sankhyayog promoted by the sage Kapilamuni and finally the Bhaktiyog of Narada. Ashtavakra however, suggests entirely a different route to the destination and according to him is the simplest among all paths. He does not believe in any processes or rituals to follow to take the mind to the ultimate stage of experience it's divine soul. He thinks doing all these practices is a waste of time. He profoundly states that even a single intent that I am the soul can take one towards the world of soul.

Here Ashtavakra calls the soul as a Kootastha which means firmly embedded in stillness. Because the soul is steady and still. But it is still powerful. The way the motion of the wheel is truly set by the central axis of the wheel, though the centre does not move at all, similarly the pace of human existence is originating from the soul though the soul is free from any actions. The stiller the centre the wheel the faster the wheel moves. That is universal law. We always have

two options available- either to be in the domain of the soul or to be in the domain of the Ego. In case we choose to be in the domain of the soul, we are thrown into that world of numerous possibilities of happiness and bliss. We can then experience that infinite, unbonded, vast and unlimited human existence.

Verse 14:

dehābhimānapāśena ciram baddho'si putraka |
bodho'ham jñānakhamgena tahnikṛtya sukhī Bhava || 14 ||

Meaning: Oh my son, you have been bound by the bondages of body consciousness for little too long. Cut these bondages by using the sword of thought that "I am the Wisdom" and become free and become happy.

Body is also a manifestation of the soul and that can't be denied. Similarly, the intellect, mind, heart, memories and ego-identity are the manifestations of that divine soul. Body is not different than the body. But the illusion that the body is different from the soul is bothering your own interest. Understand this. Body is the visible soul and a Soul is invisible body. Remember this. The impressions on our chitta are responsible for our wrong understanding. Between the Solar Plexus or Manipura chakra which is a seat of the body consciousness and the Sahasrtrar Chakra- the seat of the soul, lies the chitta – Ajna Chakra (Intellect), Vishuddhi Chakra (Mind) and the Heart chakra (the seat of the Heart). The impurities of chitta do not allow the body to see its own clean image in the form of the soul, the way a dust on the mirror blocks your experience of your own image. The moment the chitta is cleansed and transparent, the body can see its image in the soul and realize I AM THAT. It is as simple. Ashtavakra says one can bypass this process of chitta shuddhi- purification of the chitta just by one realization that I am that immortal soul.



TREASURE OF INDIAN KNOWLEDGE BAAN STAMBH

by Jairam Athalekar

History is always very interesting. In addition, when we follow the tracks of history, we reach such a place where one can get amused with a sense of wonder. Whether it is really possible and such other curious thoughts float across our mind. There is no doubt that this advanced knowledge was with us 1500 years ago. One can have such a situation if he comes to Gujarat's Somnath temple.

There is a pillar in the premises of Somnath temple. This is known as Baan Stambh (Arrow Pillar). It is difficult to say that since what time it is there. Going back by taking history as reference, we reached somewhere in the sixth century, where this Baan Stambh is mentioned. However, that does not prove that it has been built in the sixth century. It is not possible to tell exactly how old this Baan Stambh is. On the Pole it is inscribed that:

"आसमुद्रान्त दक्षिण ध्रुव पर्यंत अबाधति ज्योतिर्मार्ग "



This means - there is no hindrance in the straight line from this point to the south. Of course, there is no piece of land in this path.

This is a wonderful indicator of the ancient Indian wisdom. At that time when world was merely learning how to survive; our ancestors had found unique location? How is it possible? Moreover, if this is really, we have the global heritage of a very rich knowledge.

The meaning of this single line, written in Sanskrit, has many mysterious meanings. This line has a direct meaning that from the point of the Somnath temple to the Antarctic, there is no land or plot in the middle, if one pulls a straight line.

Now what is the fact..? In today's age of this technology, it will be easy to detect. Nevertheless, this is not as easy as that. If you look up the Google Map or Google Earth, you can see this entire concept.



It means if you start travelling from Somnath Temple towards South in sea, you will not meet any land until you reach the South Pole aka Antarctica. The nearest land towards South Pole is about 9936 KM away. In other words, it means that the Sanskrit stanza is genuine.

But the original question remains the same. Even in the 600's, it was said that the arrow was set up, but from where this knowledge came from that the earth is having a Southern Hemisphere. Well, assuming that the southern hemisphere was known, Somnath went straight from the temple to the south side and did not get any plot anywhere, who and how did this mapping? This entire thing is absolutely amazing..!

This means to our ancestors, this knowledge was known that the earth is round, and not only, but the knowledge that the earth is having a South Pole (i.e., the North Pole as well). How did this happen? Is there any way to get Earth's 'Ariel View'? If not, did the Earth's map exist at that time? Did the Somnath Temple was build first and then the fact of single line with no landscape was found or first this single line with no landscape was discovered and then the Somnath Temple was built? And what does the "Jyotirmarg" actually means? There are many such questions. Right now it is all a mystery..!

The Baan Stambh identifying its location as the first point of land to the north of the South Pole is yet another illustration of the knowledge of astronomy, geography, mathematics and indeed maritime sciences of the ancient India and therefore constitutes an element of our rich heritage.

Translated from the Marathi book, (Treasures of Indian knowledge) written by Prashant Pole.

WHERE ARE WE NOW? WHAT DO WE DO NEXT?

By Barry Rathner, Clinical Psychologist



Those of you fortunate enough to be reading this have managed to avoid becoming a death from Covid-19 statistic.

That is no small feat considering the status quo.

It is not in dispute that DANGER is the tagline of today. The best response is not fear, but preparation and carefulness. But to downplay the reality is to bury our heads in the sand.

To a large extent, this is a test of our appreciation for the quality of life.

To survive a pandemic, one needs FAITH, plain and simple. And the greatest faith is that your life matters, that if it is not to your liking presently, yo-u can improve it.

So, quality of life. I will purposely leave a discussion of happiness for later—maybe way later.

If you think or feel your life does not matter much, then why would you expect others or, for that matter, the universe, to care much?

If, on the other hand, you value your life and behave in ways to honor that concept, then it might be said you have more of a right to quality.

This may be a restatement of sorts of the Law of Karma. We reap what we sow. Our thoughts lead to actions compatible with those thoughts. It is said in gambling circles never to bet more than you can afford to lose. Yet millions worldwide continue to roll the dice, make unrealistic decisions of risk vs. benefit, and generally throw caution to the wind. They politicized mask-wearing*, decide that spending a holiday with friends and relatives is more important than the risk of not being alive a year from now when the same holiday comes around again.

Speaking of double-edged swords, I am staring at two empty cigarette packs—one shows an impotent, naked guy, the other a guy (presumably not the same one) with a toe missing and black gunk next to it.

Maybe that is what the pro-mask folks need to do—show photos of the lungs of Covid-19 patients. Seriously!

But the lessons that humans often behave in ways that

- 1) do not reflect an appreciation for the quality and sacredness of life and
- 2) need help out of the miasma are very clear.

I can appreciate an addiction to nicotine as well as the 'benefits' of smoking. But when it comes to wearing masks to be safe during Covid, I find it unbelievable so many do not. Are there negative side effects beyond a temporary mark on our faces?* Is there some addiction to freedom involved (the biggest scam going)? Does it bother me that people keep calling me Zorro? I stopped wearing black masks* and now do not cover my eyes.

And the shade that is being thrown on the truth is literally killing us. Public safety measures that have been known and practiced since the last pandemic-102 YEARS AGO! -are being politicized, sacrificed for the almighty dollar, peso or rupee, and we are left holding the bag, empty as it is.

Forty years ago, Shree Vasant used to say in lectures that one problem with medical schools is that 50% of what is taught is wrong. The second problem, He said, is that we don't know which 50% is right, and which wrong.

So, it seems today. Between media with agendas, online purveyors who measure success by numbers of clicks (which equal dinero-money), and politicians who have either sold their souls to the devil or simply deny they have one, if we are not aware, we will be up shit's creek without a paddle.

Most fortunately, regardless of which creek we find ourselves in, we have several paddles—5 to be exact.

Yajnya, Daan, Tapa, Karma and Swadhyaya, the five aspects of the Fivefold Path of Vedas—and the core of Homa Psychotherapy—have been arrows in our quivers for decades for some of us. For others as well, they represent a way out of the physical, mental, emotional and, yes, spiritual tests that Covid-19 have put on our plates.

Are there reasons for alarm? You betcha. But, as it is said, the Divine does not present us with more than we can handle.

We have been reminded that the predicament faced by today's world was predicted very long ago by texts associated with many religions. And when Shree Vasant taught us Agnihotra in the early 1970s, He spoke of POLLUTION, but He also spoke and wrote of future, unprecedented destruction of the planet, and though He may have not uttered the words, CLIMATE CHANGE, the implications were there, the writing was on the wall.

As this series of articles is meant to focus on Homa Psychotherapy, let us go back and look at our MINDS, that tool that does our thinking, willing and feeling.

Now the double-edged sword aspect of thinking, is that there is rational, realistic thinking and there is what is called in the 12 Step Program of Alcoholics Anonymous STINKING THINKING.

Stinking Thinking comes disguised as rational thinking until it is put to the test of time and experience. For example, if I decide that I shall experiment with recreational marijuana, first of all, best I remember the two 3 1/2-year runs I had with the drug in my youth which resulted in 1) a serious suicide attempt and 2) a second journey into the rabbit hole of clinical depression.

Stinking Thinking, on the other hand, may delude me into a false reality that goes something like this: "My problem with weed was not that I was smoking it; it was the extent to which I was indulging. So perhaps an experiment into disciplined, scheduled smoking might be just the impetus I feel I need now to deal with stress and anxiety and other negative aspects of Covid lockdowns and such. Besides, it can be fun!"

Sounds reasonable doesn't it? So did appeasement of Adolph Hitler sound to Lord Chamberlain in 1939. How'd that work out?

So, it is with stinking thinking. So, it is with the state of the world today. So, it is with the unprecedented challenges we face.

With faith, and with use of the tools at our disposal that we have been gifted, we can not only survive these times, we can indeed thrive.

I hit the golf ball any way I can and laugh if it goes in the lake. That's the breaks. I'm just happy I can still hit that golf ball. I am forwarding this to those on my Seniors e-mail list because it is so well written. Don't delete this one, you'll laugh when you see the return message.

As I've aged, I've become kinder to myself, and less critical of myself. I've become my own friend. I have seen too many dear friends leave this world, too soon; before they understood the great freedom that comes with aging.

Whose business is it, if I choose to read, or play on the computer until 4 AM or sleep until noon? I will dance with myself to those wonderful tunes of the 50, 60 & 70's, and if I, at the same time, wish to weep over a lost love, I will.

I will walk the beach, in a swim suit that is stretched over a bulging body, and will dive into the waves, with abandon if I choose to, despite the pitying glances from the jet set. They too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten. And, I eventually remember the important things.

Sure, over the years, my heart has been broken. How can your heart not break, when you lose a loved one, or when a child suffers, or even when somebody's beloved pet passes? But, broken hearts are what give us strength, and understanding, and compassion. A heart never broken, is pristine, and sterile, and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver.

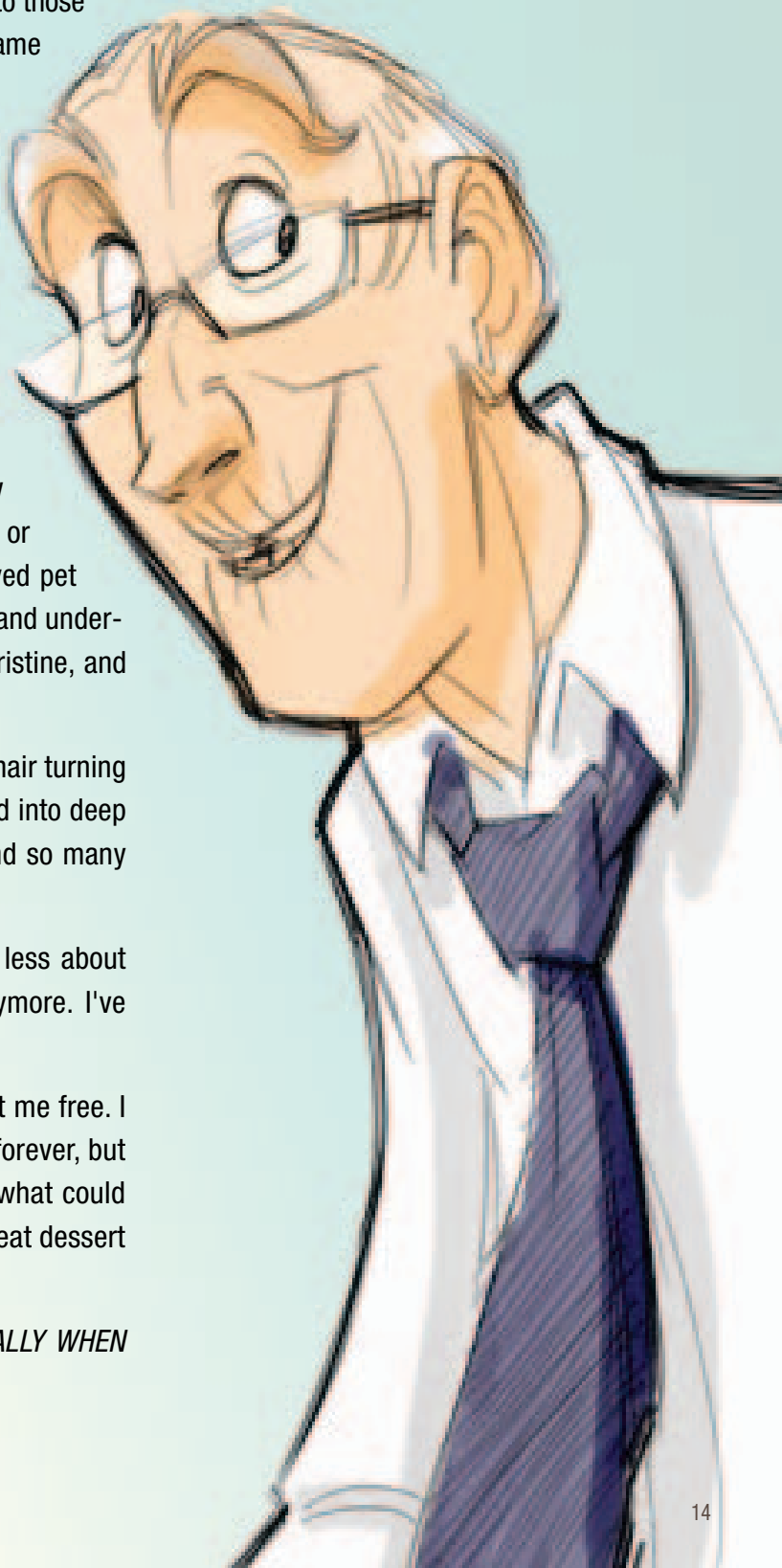
As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day (if I feel like it).

MAY OUR FRIENDSHIP NEVER COME APART, ESPECIALLY WHEN IT'S STRAIGHT FROM THE HEART!

aging

*This was sent to me by my friend
Mr Ray Piagintini from Chicago.*





Guruji's lecture on Women and Stress Management in DRDO – GTRE, Bangalore:

On 18th February, 2021 Guruji was invited to give an online lecture to all lady Scientists in GTRE – DRDO, Bangalore which was followed by question-answer session. Around 100 scientists attended the session. Guruji explained everyone about the causes of stress for ladies and how to handle it. Everyone was overwhelmed by the lecture and found it very interesting and enlightening.



An online Lecture on Reiki and Women in Ladies Club, Rajkot:



On 11th February, 2021, Ms. Krupa Choksi delivered an online lecture on "Reiki and Women". She explained all the participants how Reiki helps to maintain our energy levels and enables ladies to play various roles effortlessly. The lecture was appreciated and very well received by the participants.

Online Yoga classes for Obesity and Weight Management organised by DSPPL

DSPPL had organised an online Yoga classes for Obesity and Weight Management from 15th to 25th February, 2021. Yoga Expert, Ajitha Soman conducted this class. All the participants gave a very positive feedback about the effectiveness of the session. In fact, all the participants expressed their views that they would like to continue the session as Yoga was wonderful and uniquely taught by Ms. Soman in a very effective and scientific manner. The curriculum consisted of Sukshma Kriyas, Asanas and Pranayam. All the benefits of the asanas were ably explained by Ms. Soman.

An online Lecture on Reiki for Life enrichment in Lavanya Club, Rajkot

On 12th February, 2021, an online lecture was organized by Lavanya Club for Ladies in Rajkot. This lecture was delivered by Ms. Krupa Choksi. The lecture was well received by the participants and many of them showed interest in learning and practising Reiki.

Yoga Study Circle

Healing Atmosphere,
Body & Mind in Uncertain Times

The Ashtanga Institute of Yoga and Naturopathy
jointly organizes with
Reiki Vidya Niketan

An Online Lecture
AGNIHOTRA - HOMA THERAPY

Date: 28th February, 2021 Timings: 10 to 12 pm

Speaker : Guruji Shri Ajit Telang

Highlights of the Session:

- Agnihotra - The ancient wisdom to save modern life
- How to perform Agnihotra and its benefits
- Different Dimensions of Agnihotra for Life Enrichment

The Purest wisdom on Science of Agnihotra from Vedas

Guruji's Online Lecture in Ashtanga Institute of Yoga and Naturopathy on 28th February, 2021:



On 28th February, 2021, Guruji was invited for Online lecture on Agnihotra by Ashtanga Institute of yoga and Naturopathy. The lecture was very much appreciated well received by the participants. The lecture was followed by question and answers which was very much enlightening.



HOW LONG ARE YOU GOING TO PLAY WITH THE MUD?

Shree Swami Samarth was always against the meaningless rituals. Doing something in blind faith was a big “no-no” for Swamiji. He never liked his devotees to run after age old, meaningless rituals even when they were in the divine presence of the reincarnation of the God. He used to appreciate that a seeker upto a point in their sadhana path can get engaged into the rituals as that is the first step towards the final samadhi. We all know that the human existence manifests itself through five dimensions of life- physical, emotional, psychological, intellectual and spiritual. This is the hierarchy of human existence. Rituals are necessary for the first stage of physical experience. One can call that as a Karmayog.

This has to give way to Puranas which are more emotional in nature and activate human emotions. Reading Upanishads titillate the human mind with its eternal logic and understanding while the study of Vedas challenges the human intellect. Becoming Vedas is the ultimate experience that lies in the spiritual zone should be the ultimate objective of human efforts. Even after reaching the heights of consciousness, one is reluctant to get disengaged with the toys of the rituals is not proper. It is as bad as a Aero-plane capable of scaling the heights of the enormous sky refusing to get disengaged with the runway on the tarmac.

Reiki Seminar

SCHEDULE

MARCH 2021

Date	Master	Center	Degree	Contact Person
6th & 7th March	Ajit Sir/ Rakesh	Thane	2nd	Girish Karnik -9820260229
6th & 7th March	Kalpita	Goa	1st	Netra Gauns - 9422643106
6th & 7th March	Vishal	Goa	2nd	Netra Gauns - 9422643106
17th & 18th March	Kalpita/Vishal	Karur	1st	Girish Karnik - 9820260229
20th & 21st March	Ajit Sir/Rakesh	Nashik	1st	Monali Rakshe- 9420692136
20th & 21st March	Seema	Rajkot	1st	Jyoti Saraiya - 9824299153
20th & 21st March	Kalpita/Vishal	Kudal	1st	Prakash Bhogte - 8956502039
20th & 21st March	Bharti Zinzuwadia	Ahmedabad	1st	Kinal Pandya - 8320201373
27th & 28th March	Ajit Sir	Baroda	2nd	Chandresh Parmar - 7043992151