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REIKI

VIDYA NIKETAN



श्री
दयावती

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



MEASURABLE MAKES MISERABLE, FIGURES BRING FEARS....

It was a wonderful morning a few days ago as the incessant rains had finally given the way to the golden Sun. These were the indications that the large dark clouds of Corona and the fear had dismantled their formations and a new era was emerging. A right environment to meditate. It took few minutes before the message from Swami was flashed, "Measurable leads to Miserable" followed by another quote "Figures lead to fears". These were the profound messages. And the whole box of insights opened up.

Measurable means something which is limited, something which is finite, something with the beginning and the end well defined. The life can be divided into two phenomena: one the measurable and the other immeasurable. The one which is finite and the other is infinite. Or to borrow the terms from the Quantum science, one which is linear and other non-linear. The best part is that all of us know that non-linear phenomenon truly occupies more than 95% of our life while the other linear, measurable, finite is only 5%. Still when it comes to the modern world, we seem to be more driven by the measurable world.

Lately during the past two years we have been excessively pushed into the zones of measurables. I remember, during my early days as a child, the only measure of health that we had was that innocuous Thermometer, and that too one thermometer possibly shared by 20 families within the vicinity of a Mumbai chawl. Ours was a generation brought up on touching someone and saying whether he/she has a fever or no fever. The measurement hardly mattered. Just imagine how many times one must have fallen ill with some ailment or other. In some case we used to get very weak with burning watery and swollen eyes, difficulty to breathe, aching muscles and joints. But no one measured your Oxygen level. And still we all survived and came out of our illnesses with a smile on the face. No one really died with the falling oxygen levels. Nothing really mattered. When a small child cried and cried, it used to turn bluish to get back to a normal colour when he stopped crying. No one measured his oxygen levels either.

infinite
limitless
powerful
universal phenomenon

Today we are scared with the figures and reports. We have forgotten that a life is a wave, and a wave has a crest and a trough. ECG chart can't be a straight line unless one died. There are bound to be ups and downs. A blood pressure can't be steady for a reasonable time. In fact, a diastolic and systolic pressure would never be at the same level if you are healthy. The little chaos is essential to avoid a larger chaos of life. But if you keep on monitoring the figures all the time, ultimately, they lead to fears. And then the return path of recovery becomes difficult.

I remember being asked for a definition of Reiki in one of early lectures in America about 15 years ago, by one of the scientists in a scientists' forum. I had to remind them about a definition of a word definition which states that only definite things can be defined, and Reiki is infinite source of energy. How can it ever be defined? I also had to ask a counter question to the same gentleman why everything needs to be defined? Can we not be perfectly happy without limitations and definitions of everything in a process of life? Can a motherly love be ever defined? Can your joy and bliss be defined? Can even your pain and sorrow be defined? All these emotions- good or bad- are in that non-linear zone. And we are all driven by them. When

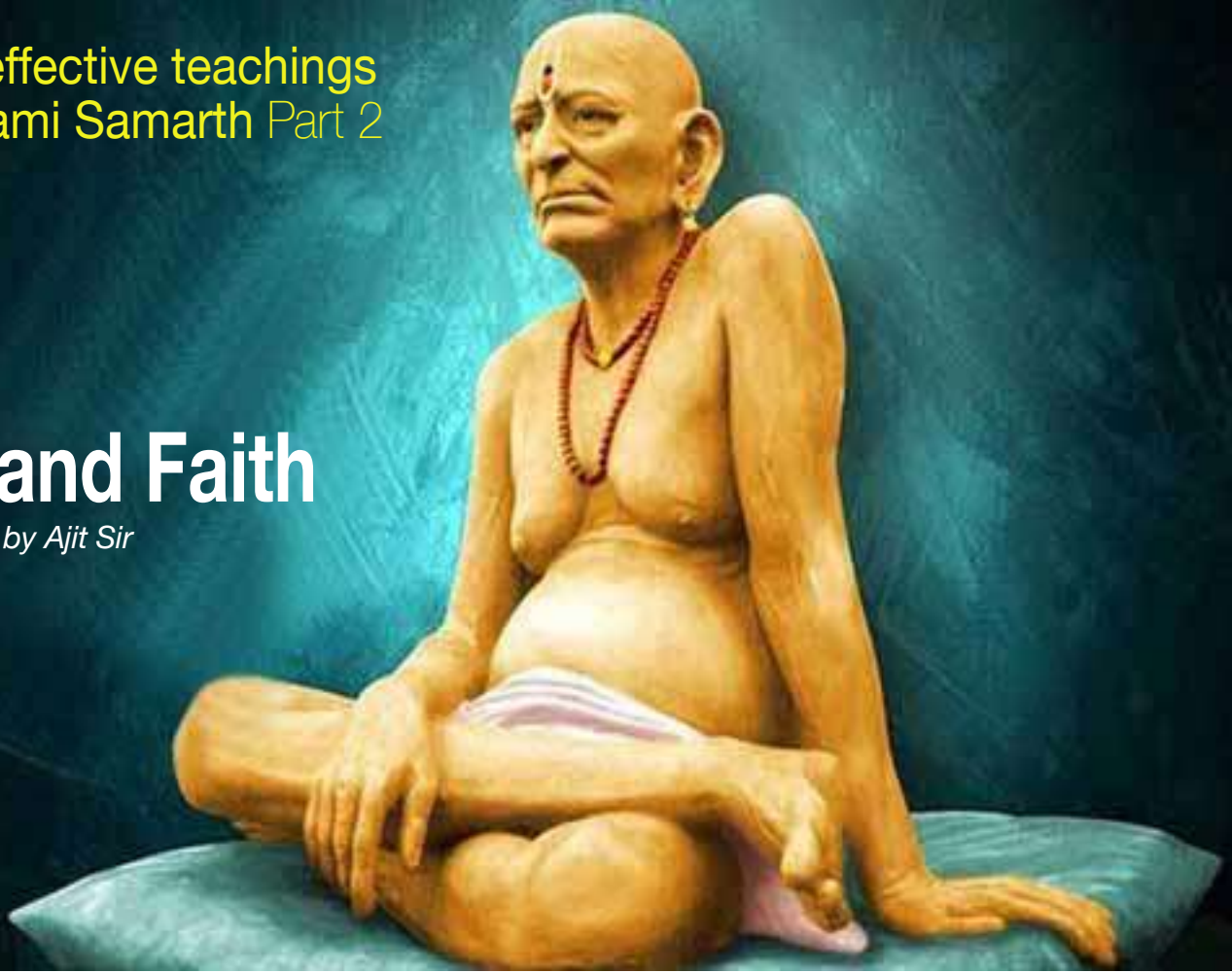
the driving force behind a life is undefined or undefinable, how come everything in life can be definable? Why can't we be perfectly happy to go and plunge ourselves in the lap of Ganga to take a holy dip instead of bringing that divine water of Ganga into the small, sealed pots and expect the same to deliver what a dip in Ganga does?

When the whole cosmic world is expanding all the time, why should human existence shrink into measurable entities? Why not we be enchanted by that infinite, limitless, powerful universal phenomenon? Jonathan Livingstone Seagull from that famous Richard Bach story of the same name was told by his Master on his path to search for liberation that the path to liberation begins only when the mind stops measuring. Where all the figures drop out the gates of heaven open as no matter figure is, it is a limit, a bondage, a shackle. Let us have a breakthrough now and get into the world which is beyond measures. The real life will begin now.

Ajit Sir
October 5th, 2021

Fear and Faith

by Ajit Sir



In Akkalkot there was a barber called Sada. He had a daughter called Nirmala. She was around 15-16 years old and good looking. There was a village goon Sumukh who was in the service of a Subhedar (a village head) who was troubling Nirmala, pestering her to get married with him. Once she was going towards the village well to fetch water. Swami used to sit under a huge banyan tree which was on her way to the well. She saw Swami with two of his disciples sitting under the tree. She bowed to Swami to get his blessings. Swami smiled and asked her where she was going. On knowing that she was going to the well to fetch water, Swami asked her why she is not going alone as one person is enough to get the water. Nirmala was confused and said that she was alone, and no one was accompanying her. Swami laughed and said, "You have a fear walking along with you. How can you say that you are alone?" She realized that Swami knows everything and just bowed to him again.

Swami asked one of his disciples to get a small glass of

metal lying there. And then asked him to get a small stone. He put the stone in the glass and started shaking it in the air. The glass made a lot of noise with a stone hitting the walls of the metallic pot. The noise was too big to disturb everyone around there. Swami told Nirmala. "This glass is a mind and the stone inside is the fear. Look how much noise it creates making you uncomfortable and unsettled." Then he asked another disciple to get a spun cotton which was lying around to bring to him and then filled that in the glass leaving no space inside. Then he again started shaking the glass. This time there was no noise or sound of any kind. Swami smiled and told Nirmala, "Look now the same glass does not make a noise even though it has that stone inside. What happened? The cotton stands for a faith. When you fill up your mind with faith, a fear can't make any impact on your mind. So arouse a faith in me in your mind and there will be not even an iota of fear"



Reiki is Omniscient and Omnipotent

by Aruna Margam

Reiki is mother energy. She is Omniscient and Omnipotent. Means She is all knowing, all powerful, Invincible, wise. Guruji often says even after so many years I cannot fathom what reiki can do? I too feel reiki is the precious gift my parents gave me 21 years ago. Now I know how it is part of my life every minute or even every second.

Recently I came across a question posted to Guruji from our sadhak, what is the connection between reiki and Swami Samarth? Guruji as usual gave a beautiful answer. Reiki is the expression of the divine energy. We can connect it to any God. We may give it any name to reiki mother energy. When reiki fulfills our smallest desires, she is our mother. We all have our own personal experiences when reiki has made it possible for us. She is the universal mother at that moment for us.

When we feel very compassionate and loving

towards our family, filled with the universal love then reiki is like Lord Ram to us. Ram is embodiment of love and compassion. When we get connected to reiki mother's wisdom then reiki is like Lord Krishna. Krishna guides us as an inner wisdom. We have so many life situations where reiki guides us to take wise choices to be in the spiritual path.

When we feel fearless and courageous reiki is like Mother Durga. Reiki empowers us to face our challenges positively. When we are at peace and filled with happiness we are connected to our own self. Connection to our inner nature is nothing but the mother nature. Reiki is in the form of mother nature within and without.

When we feel completely safe and secure, we are connected to Mother earth. Once again reiki is like Bhooma Devi for us and fill us with patience.

HINDUSTAN

'The Land of Snake Charmers'

by Anand



I was watching the movie **'Mission Mangal'** and I felt very proud that Indian scientists did it easily and with precision that even NASA could not achieve after spending million dollars. Then I realized my mistake in believing that NASA knows all **(Sarvadnyani)**. The reason is simple, India's 'Mission Mangal' was successful while rest of the world was failing totally because we knew how to do it from last 10,000 years or more. Sanatan Dharma is the oldest in the world and we had complete knowledge about every field. The foundation of science is spirituality for Sanatan. Ancient Indian scientists were saints. Everything they did was always aligning with the nature and therefore the nature is still protecting it. Whatever the modern world doing today, is all against the nature and obviously it's returning back in form of diseases, floods or famine to us. Land is becoming barren, green-cover is vanishing, The Antarctica is melting. Nature is destroying all but at the same time structures like Kedarnath Temple, are standing firm and intact even after disasters for past thousand years.

We have ignored our ancient knowledge while following western culture blindly. Thankfully Rishis have documented it all in scriptures for us and the best part is it's still relevant. Many **Granth**s (sacred scripts) are stolen by foreigners, invaders and students at the time of crisis. However, lot of knowledge is been secretly preserved by few masters. **'Mission Mangal'**

entire program was written based on the principles described by 'Rishi Varaha Mihir' few thousand years back and it is beyond perfection... I was quite overjoyed to learn this.

Today, few people believe that western education system is a key for the growth and Sanatan Vedic knowledge is just a fairytale. Britishers had recognized it in the beginning that India could become world leader easily with the achievements and the knowledge. They could not accept this fact. They would have failed to even hide this from the entire universe also. Therefore, they deliberately destroyed our Vedic education system first and created groups of so-called intellectuals who will always debate and challenge own people for their achievements. It was suitable for British ideology and then they formed a narrative to make the world believe that India is nothing but **'A land of Snake Charmers'**. They systematically ruined our knowledge and rewrote our history first. They wanted Indians to feel ashamed of own history, heroes, culture and the traditions first. After that we all know how the future generations remained sluggish and indifferent about discovering the true Sanatan culture and Vedic education system. Last few years we are awakening from the deep sleep again. We became aware and started digging the truth about our past. I would love to contribute few examples here, which are miracles to the modern science even today.



It is very surprising that even our tribal were experts at the ancient time. 22 feet tall iron Sthambha (pole) in Vijay Nagar, near Bangalore built 2400 years back by the villagers to welcome Adi Shankaracharya to their village is still rust free after humid and heavy rainy climate of south India.

World doesn't know even today how to make rust proof iron.

India owned the sole knowledge of how to remove Zinc from zinc ore at least 4000 years back. Zinc becomes liquid from the ore at 997° Celsius and vaporizes into gas at 1000° Celsius... therefore, the small window of just 3° Celsius is required to procure it. **India had this knowledge and we could keep it a big secret until Britishers stole it in 1543.** We were the leaders in Metrology.

We were leader in architecture as well. The Kailash temple built in 7th century at Verul is carved in a large stone mountain starting from top to three floors below without any compromise in beauty or proportion. India has over 10,000 temples with different wonders like these without repetitions.



Lepakshi temple in Andhra has 2 feet wide, 10 tons heavy stone pillar hanging erect at least an inch above the ground level... it's a magnetic marvel without modern machinery.

We get amazed by Google map accuracy today but our saints had this knowledge without using technology even 10,000 years back. A pillar (ban-Sthambha) at Sorati Somanatha has



Sanskrit script over it says 'if you draw a straight line from the pillar up to Antarctica, you will not find land in between' and **world required an arial shot to admit the truth.** There are 7 Shiva temples located on 79° longitudes from north to south of India and the distance between each of

them is many hundred kms and they are not even one mm missing from 79° longitudes. Ramsetu, built by wanaras (monkeys) is another example and it's proven again by NASA through an arial shot. We had the total knowledge of Geography, we call it 'Bhugol', Bhu is land and gol is round. **Rishis knew many thousand years back that the earth is round,** check

the Varaha Avatar of Vishnu, the bore is holding round earth on its nose while its sinking but the western world had to see its shape from the space to get this idea.



When 'Vasco de Gama' came to India for the first time, he reached to the sea near Konark Temple. The temple Kalasa (top) was built with the special expertise. It was controlling all magnetic forces of the temple. After keeping in mind with the changes of Uttarayan to Dakshinayan, the first ray of the sun would fall on particular Rashi chakra of that day perfectly. It was a unique combination of the astronomy, astrology, architecture and metrology used in the creation of this temple. One of the ships pulled by the magnetic forces and got sunk in the sea and furious Vasco de Gama destroyed the temple Kalasa using his artilleries. Since then, the magnetic forces are disturbed and no one could correct it again.



There are endless such examples which could prove that India is the only country, which had the complete knowledge of every field from Astronomy, Geography, Mathematics, architecture, Metrology or medicine. It was definitely not the country of snake Charmers and these days world is accepting it slowly and unquestionably.



Faith and Delusion

by Vivek Pandey

Faith is mistaken for religion these days. However, it may or may not have anything to do with religion whatsoever. Faith, in the real sense, is something that every individual can have access to. For some shallow people, faith lies deep within them, and for some real-rare people, it appears like a smile amid a storm. Some people even suggest that faith is something that cannot be defined. Others believe that faith is reflected through people having strong character. Nonetheless, an attempt can be made towards discovering what this age-old phenomenon is to humanity. This can be done by removing things that are commonly taken for faith.

The first word very close to faith is trust. Trust is always used synonymously with faith, but it is miles apart in terms of what it conveys. Trust always concerns some other person. One may say that he or she does not trust some X person. However, none can say that they do not trust God. Trust is operative in the two-dimensional world, drawing a line between two things apart. Faith may not find its place in the 2D world.

Another word that may come close to faith is loyalty. Well, dogs are indeed loyal to one person or family. Humans also become loyal towards some organization or people with the higher power. However, loyalty is again not faith. It is always shown and judged based on the demeanor of the person. The duality of the world is still needed for us to be labeled as loyal. The word trust suits people that are active and in charge of situations. Loyalty, on the other hand, is passive and ready to take instructions rather than dictating terms. Again, neither loyalty nor trust is the same as faith. When faith begins, the duality ends, and one starts addressing the unknown. It is illogical and usually has a calm and unperturbed mind at its base. There is a certain amount of knowledge within the person about the unknown when it comes to faith. They may or may not put things through in words, but they know things will be fine.

Every person inherits some socio-economic environment. Emotional upbringing also plays a pivotal role in defining a person's identity in the future. Whatever reality one is born in becomes the truth for

that person. The more heavily the reality is imposed, the stronger the identity one develops. Along with reality, delusions of many kinds are adopted by almost all across the world. Not just people consuming drugs, but almost all are delusive to some of the other extent. Not being able to see reality the way it is, or when one belief contradicts and is unable to stand the test of reality, is when one knows he or she is delusive. Before one encounter something called faith, one may have to go through many mind traps created by his or her mind.

The English word "delude" comes from Latin and implies playing or mocking, defrauding, or cheating. The German equivalent Wahn is a whim, false opinion, or fancy and makes no more comment than the English upon the subjective experience. The French equivalent, *delire* is more empathic; it implies the plowshare jumping out of the furrow (*lira*), perhaps a similar metaphor to the ironical 'unhinged.' Since time immemorial, delusion has been taken as the basic characteristic of madness. To be mad was to be deluded.

Delusions are characterized by an unshakable belief in things that are not true, and often, there is a continued belief in the delusion despite contrary evidence. Not all delusions are the same. Some might involve non-bizarre beliefs that could theoretically occur in real life. Others may be bizarre, fantastical, or impossible. The way one has experienced life eventually starts telling on how they perceive life.

For the seeker of truth, he or she must come out of all delusions. The thin line of difference between reality and truth must also be realized. Reality belongs to the world, just like trust and delusion. Reality is temporary and can also be attributed as delusional in front of the truth. There is one vibrational Truth (Param Satya) on which everything rests. Truth is the same as the unknown faith, which, however difficult it may be, is a possibility that can be attained and gives bliss. The effort one needs to make is to become aware and more and more inclusive in order to become faithful and then eventually realize the truth.



‘FREEDOM’S JUST ANOTHER WORD FOR NOTHING LEFT TO LOSE’

By Barry Rathner, Clinical Psychologist

It is interesting to take note of how the world reacts to the dangers and inconveniences resulting from this pandemic.

To the vast majority of the planet, living with serious threats to health, material welfare, and decent quality of life unfortunately are “all in a day’s work.” Because the quality of life for so many leaves much to be desired, pandemic or no pandemic is virtually the same,

To others residing in what used to be called the ‘civilized world,’ today’s challenges are unprecedented in their lifetimes, and require not only physical restrictions, but bring up mindset issues.

Janis Joplin famously sang, “Freedom’s just another word for ‘nothing left to lose’.”

I always had trouble figuring out what she meant—still do, actually—but those who cry, “mask mandates threaten my freedom,” may have different feelings about freedom.

The right to bear arms vs. gun control advocates in USA similarly pits a kind of freedom vs. loss of life debate not too different than those related to masks and vaccinations.

“Freedom’s just another word for nothing left to lose”—indeed, if life is to be so undervalued as to confuse “freedom” with Whatever the action, basically discipline is discipline. The rewards are similar.

So in many ways, our lives in the past 1 1/2 years have been transformed into a vast experience or experiment with discipline. As tapa, the third aspect of Fivefold Path—self-discipline—however requires full cooperation of our minds and intellects, and many of us are not especially cooperative with pandemic restrictions, the self-imposed aspect of true Tapa at first glance, seems to be missing,

The restrictions and changes in our daily lives brought on by the pandemic are more forced rather than voluntary.

So “tapa by decree” might more accurately describe the status quo.

Past excursions into Tapa experiences, it might be argued, may have made us less disturbed by Tapa by Decree.

And certainly, we retain the freedom to follow or not follow mandates and decrees.

So, in reality not much has changed. The reasons we choose to engage in self-discipline may be more dramatic than pre-pandemic days, but the mind training that is needed and enhanced is the same.

So even though many aspects of our lives have changed since 2020, the mind training many of us aspire to remains a constant. life and death.

Unless we are talking about residents of the US state of New Hampshire whose mantra/motto is, “Live free or die,” many of the rest of us would rather compromise in return for longer life spans.

Relevant behaviors may include:

- giving up a favorite food or restaurant
- ending a relationship which, though pleasurable, had turned toxic
- valuing sobriety over use of your preferred mind-altering substance
- Avoiding super spreader events for a while longer



Just Let it be...

by Anand



It's very common to get
Knocked down by life but
Getting up & moving ahead
Is a choice I have to take...

It's very usual to have
Turbulent & stormy life
Calming myself & standing firm
Is a Free will I have to take...

It's very typical to have
People walking away from life
If they're fine with losing me
Be calm & just let it be...

+ Teaching Reiki to the Doctors +

by Krupa Choksi



Guruji has always been sharing a dream of creating a viable and effective option for the world to heal. He has been advocating the idea that a patient honestly does not care for any medical pathies. He is looking for a solution to become and remain healthy, happy and harmonious. We all sadhaks are a part of his dream for the past many years. I have been a lucky one to have witnessed his dream taking first few steps towards its fulfillment. This October, we had an opportunity to teach the divine healing methods to number of Medical Doctors under the Ayushman Bharat scheme of the Government of India, Gujarat sector.

Recently from 28th September 2021 to 5th October 2021 we got a chance to teach Reiki to 129 Doctors of Ayushman Bharat. This great initiative was taken in 2019 by Dr. Jayanti Ravi, the then Principal Secretary of Govt. of Gujarat which helped us to reach so many medical Doctors. In that year we had pleasure of teaching about 317 participants from Health fraternity. The disastrous Corona virus struck thereafter challenging the modern medicines and practically outing it on the mat. The experiences of those who learnt in 2019 and rose to the challenging occasion possibly were taken into consideration when State Institute of Health and Family Welfare took the initiative and approached us in August to restart the training for the doctors of Ayushman Bharat. Our first seminar started on 28th September 2021.

It was a mixed batch of Allopathy, Homeopathy and Ayurvedic doctors who were medical officers of Ayushman Bharat. The batch also included Community Health Officers. The participants came from all over Gujarat. This training was voluntary for the participants and the State Institute of Health and Family Welfare when issued their order, they got overwhelming response. Within no time they got more than 240 registrations. We conducted totally 4 seminars in a row. Initial two seminars were taken by me, thereafter the subsequent seminars were taken by my colleague Masters -Mrs. Bharati Zinzuwadia and Mrs. Sangita Kulkarni respectively. We were supported by Mrs. Seema Trivedi, Ms. Meena Bhav, Ms. Mrunal Kutumbale and Mr. Jairam Athalekar. Everyone did a wonderful job which contributed to the success of all the seminars. We give the entire credit to Guruji whose inspiration, guidance and constant support made these event successful. We were thrilled to conduct these seminars as it was a dream of Guruji that medical practitioners should learn Reiki. He always believes that there should not be any fight about which practice is best whether Homeopathy or Allopathy or Naturopathy. Patient is only interested in healing and all the practices should come together to provide a healing solution to the patient. And today we could see our dream coming true.

We started our training with Yoganidra and discussion thereafter which was enjoyed by everyone. When we took the introduction, we came to know that doctors had come from different regions of Gujarat. Some had travelled the whole night and are here to learn Reiki. They took lot of interest in learning Reiki. Initially we thought that there might be some resistance about learning a new science, but we could see that only in one or two doctors and that too because they had not experienced Reiki yet. But everyone took lot of interest and sincerely learnt it. Some of the doctors also mentioned in the introduction that we do not know anything about Reiki but since it is a new science and it is about healing, we thought that we should know this. We appreciated their willingness to learn new science from the bottom of our heart.

The participants went through the entire course comprising of Inner Journey, Principles of Reiki, the process and the history, treating a patient, points one should remember while experiencing reiki as a healer or a recipient, the self -awareness exercise, five principles of Reiki and chakras etc. It is a very comprehensive program that these Doctors went through.

Thereafter, everyone started requesting us that since they have to leave early tomorrow, please finish the seminar at 4.30 pm. So, I asked them that since we have started late and wanted to finish tomorrow early, we need to take a session after dinner or start early in the morning. What was surprising was that they responded very positively and to everyone's wonder, everyone remained very fresh even after so many hours of learning. Not feeling tired at all. They said that in any other training we get tired by 5 pm but in this training in spite of sitting for long hours till 10 pm we are fresh and energetic. This speaks volumes about the magical powers of Reiki.

The next day when the sharing of Mirror exercise was taken, many of them confessed that they had not given time for themselves, many were uncomfortable seeing them in mirror. Then we explained them about science behind mirror exercise and meditation. It gave a new angle to them in life. After 2nd attunement, they started getting more feel of vibrations and were convinced that energy is flowing from their hands. We showed them Aura, levitation experiment and flower experiment which they did it themselves and were fully convinced that Reiki is a holistic system of healing. Thereafter the centering meditation gave them direct and powerful experience of the peace within us. Everyone confessed that they have never experienced such peace in their lifetime.

For us this entire journey of four seminars in a row was kind of a celebration where we felt that Mother Reiki is cuddling us in her arms. We were in the ocean of Reiki – the divine energy. We are witness of the transformation which happened in this

two-day seminar of the doctors. Those doctors who argued and were skeptical about this science, the very next day they came and apologized for disbelieving in this science. The doctors who disbelieved in our healing experiences, the next day started thinking about how to use this science in their field so that more and more people get the benefit of Reiki. I could see that divinity had touched all of them and I am sure if they practice it regularly, they will be the best doctors. As usual the end of the seminar was most touching where everyone was speechless. They all expressed their gratitude and promised that they will practice it regularly. Everyone showed their excitement and willingness to learn 2nd degree.

At the end of eight divine days where for us every moment was a moment of joy and bliss, we were in attitude of gratitude towards Swamiji and Guruji for choosing us for this task. We felt that after a long vacation during COVID time, we are doing our work in full swing, and it gave us lot of satisfaction and sense of fulfillment. We are looking forward to such seminars again and again so that we can take a dip in the ocean of Reiki and experience our divinity.

After completion of the seminar when I was travelling back to Rajkot, I got a call from one Doctor in Surat. He said that *"he enjoyed the seminar and felt the power of Reiki but after returning back home, he could not practice for 2 days, and he felt that the power of Reiki is gone. Thereafter on the third day he got acidity and gastric trouble so practiced Reiki on his stomach and immediately he felt better, his pain vanished, and he was alright. He had to take a lecture and he took that also. He said that I have this problem of acidity and whenever I get it I have to take tablet but this time due to Reiki I was healed within no time and I did not take any tablet. So now I believe in the power of Reiki."*

We are really happy that this doctor practiced it on himself and now he is convinced how Reiki heals. May Reiki guide all the doctors in their life.

Guruji always has been telling us that the modern medical science is not complete as they just do not believe in the vibrational or energy existence of the human being. The medical books still talk about human existence being formed by Chemicals, Cells, Tissues, Organs, Body and Organisms missing the most vital part of the Pranas which are so vital for human life. Reiki will help them get that holistic view of life and once they recognize that spirit behind life, they may start doing a great job on healing. Somewhere I have started getting a glimpse of that happening. As and when it happens, I will feel so fulfilled that I could contribute in my little way to the fulfilment of my Guru's dream.

Ashtavakra Geeta

Chapter 4



Verse 5.1

अष्टावक्र उवाच
न ते सन्नोऽस्ति किं शुद्धस्त्यक्तुमिच्छसि ।
सन्नातविलयं कुर्वन्नेवमेव लयं ब्रज ॥1॥

Meaning: Ashtavakra says,” You are already free from all these things. Then what are you going to sacrifice? Destroy your body consciousness and get liberated.

In this chapter, Ashtavakra shows Janaka the four ways to destroy his body consciousness and become liberated soul. In this liberated state, the consciousness of mind and senses also get dissolved. Here Ashtavakra is asking Janaka about what he has to sacrifice when he is holding to nothing? He tells him that you are a pure soul. And the pure soul never gets entangled with the process of material world. The ignorant about the self-consciousness can possibly relate with intellect, mind, ego and sense organs and tries to identify himself through these. But the moment he is enlightened, he loses that identity created earlier by him and becomes liberated.

Verse 5.2

उदेति भवतो विश्वं वारिधेरिव बुदबुदः ।
इति ज्ञात्वैकमात्मानमेवमेव लयं ब्रज ॥2॥

Meaning: The way bubbles, the foam and tides keep on coming in the waters of ocean because of that ocean, similarly the whole universe is the manifestation of your own self. Realize that and dissolve your separated-ness. Get ready for liberation

Here, Ashtavakra is explaining to Janaka that the bubbles, foam and tides are only the illusions and have no separate existence. Similarly, the whole universe is only an illusion coming from your own self and its manifestation. Whenever we are born, our world is born with us. Just the way when one stands in front of the mirror an image is born. The moment we die we gather the same world around us and go away. The world gets dissolved. Our relations, our wealth, our properties...everything goes with us. The basic essence is our self. Everything is because He is. It is just like thousand images of the Sun appear under a tree when the Sun rises and they go away with the setting of the Sun. They have no separate existence on



their own. This universe is also a creation of your own soul and will dissolve in the self when the soul leaves. Let the dissolution happen.

now. You think that the universe is a reality while it is only an illusion. Oh, this is just an illusion. Realize that.

Verse 5.3

प्रत्यक्षमप्यवस्तुत्वाद्विश्वं नास्त्यमले त्वयि ।
रज्जुसर्प इव व्यक्तमेवमेव लयं ब्रज ॥3॥

Meaning: The way the rope lying on the road, appears to be a snake from distance and one becomes fearful. Similarly the world appears in your pure soul. You allow the illusion to dissolve and get ready for liberation.

In this verse, Ashtavakra is quoting a very popular model of teaching called as Sarpa-RajjuNyaya (the snake and rope syndrome). This is very common syndrome. When one sees the rope lying on the road, from the distance you feel it is a snake and the chill in the spine is felt. We start sweating. Our body parameters change. Our blood pressure changes, the heartbeats grow. But the moment one reaches close to that the reality dawns and then the fear is dissolved. Our set of reactions changes. Same thing happens to you

Verse 5.4

समदुःखसुखः पूर्ण आशनैराश्ययोः समः ।
समजीवितमृत्युः सन्नेवमेव लयं ब्रज ॥4॥

Meaning: For the one who looks to happiness and sorrow as the same, the one who is complete, who considers the hope and despair in the same level, the one who believes that the birth and the death is the same, that you should now be prepared to get liberated.

Ashtavakra is telling Janaka in this verse that you are beyond all divisions. You are experiencing the eternal union-ness. Then you need to move towards the liberation.

Ashtavakra thus offers his advice to Janaka in four principles. They are 1) Surrendering the body consciousness 2) Understanding the soul 3) sacrificing the illusion of world and 4) shading off the equality of duality. These four traits make a liberation possible for the elevated.



**If you are quite enough, you will hear the flow of the Universe.
You will feel its rhythm. Go with the flow.
Happiness lies ahead. Meditation is the key - BUDDHA**

Buddhas teachings are crystal pure and flawless, His teachings are like a diamond, shining and emanating beams of brilliant light. He radiated those rays of splendid light so that everyone utilizes it and is enlightened. May all of you activate the delicate conscious within you that is waiting for you to activate and attain Buddhahood

Buddha brought peace and well-being to situations when no one else can. When others fail to resolve by force and violence, he resolved it by his great virtue. Buddha taught that everyone has the capacity to awaken and find peace and joy. He wants everyone to get rid of their ignorance and worries and reach the ultimate transcendence.

When you hear the birds chirping in the morning, see the beautiful flowers, feel the gentle breeze, a moment with nature or helping someone- these will stir something within you. You will feel a momentary experience of bliss

If this moment of bliss lasts forever in our life that is the moment of awakening. When this happens, your life is transformed completely. Awakening is the situation when a Buddha is born. This is the wisdom which is buried deep in all of you. Every person is born with this potential to realize this wisdom. Nature provides so many possibilities to transcend to Buddhahood but you are pulled into your mundane world. You are enslaved and conditioned to logic, living life with calculations.

The Four Reliance's -(Rton pa bzhi – Tibetan)

Rely on the truth the teacher teaches, not on his personality.

Rely on what he means, not on the words he speaks.

Rely on the real meaning, not on a partial provisional understanding.

Rely on your wisdom mind, not on judgemental intellect.

Do not accept any of my words on faith,

Believing them just because I said them.

Be like an analyst buying gold, who cuts, burns,

And critically examines his product for authenticity.

Only accept what passes the test

By proving useful and beneficial in your life,

The Buddha

Always we hope, someone else has the answer,

No other place will be better, and it has already turned out

at the center of your being, you have the answer,

You know who you are, and you know what you want

there is no need to run outside

Lao Tsu

As Kabir says: "Atamanubhavsejsukh, tahannaadujaajaye. The inner experience, the penetration within is the only possible way for meeting God."

Godliness is the very essential core of your being and it is not something that is going to happen in the future, but is already present within you at this very moment. You have to recognize the source and look within yourselves.

The seed is there and it can bloom any moment. You just need to make a little effort to help the seed to grow. The very effort will reveal, the absolute, hidden truth. And then you will realize there is no path to bliss, Bliss is the path...**End**

Writing an article is harder than I thought, The experience is both internally challenging and rewarding. I especially want to thank Guruji who made this to happen. My thanks to my dear Sister for encouraging me to write and infusing spirituality in me. I am happy to reach unknown faces through my articles, if you have any criticisms and suggestions do mail me at dr.amara@rediffmail.com that will help me to improve my writings in future.

LDEMO DUK-LEY LADAKH

(Very Beautiful Ladakh Part2)

By Yamini Kutumbale



Day - 6 - Leh local sight seeing. On day 6th we explored the capital of Ladakh, Leh city. Our tour captain for Ladakh was 'Morup' bhaiya. We visited shey palace, Leh palace & collected information about history of Ladakh. Ladakh was mostly ruled by the "Namgyal" Dynasty, which was founded by Bhagah, Prince of Maryul Kindgdom. "Sengge Namgyal" the "Lion king" expanded and glorified Ladakh kingdom. We also visited "Hemis Gompa" & "Thiksey Gompa". Hemis monastery is Hima-layan gompa of "Drukpa" lineage. It has statue of



Shanti Stupa

"padmasambhava" (Guru Rinpoche) installed in its sanctum. Thiksey monastery belongs to "yelug" seat of Tibetan Buddhism. It has resemblance to the Patola Palace in Lhasa,

Tibet. Thiksey monastery is the largest gompa in central Ladakh. Shanti Stupa is situated on a hilltop in Chanspa, Leh District, Ladakh. It was built by

Japanese Buddhist bhikshu "Yomyo Nakamura". The shanti stupa hold relics of buddha enshrined by 14th Dalai Lama. A central golden Buddha image sits on a platform depicting "Dharmachakra" on the first level of stupa. The second level depicts "Birth and death" (Nirvaan) of buddha, and buddha defeating evils in meditation.

While visiting gompa's and stupa we felt like we came home. We were at peace, in meditation hall we didn't need to consciously concentrate. We never felt difference of religions all we felt there were the heavenly vibrations and energies which levitated our consciousness to higher levels. We were feeling the subtle energies, cheering us up for further expedition of Ladakh. As if were wishing us for having more such incredible experiences during the trip. It never felt like we were travelling far from our hometown. Just a visit and we were rejuvenated. All the travel fatigue was gone in an instant.

Day 7 - Leh to Nubra Valley- Next day we started our journey to Nubra (western) valley. Its original name in Ladakhi is “Ldumra” means “valley of flowers.” Here river Shyok meets river Nubra creating a valley which separates Ladakh and Karakoram Himalayan ranges. To reach Nubra valley we need to pass through “Khar-dung-la”. Khardung pass is the third highest motorable pass in the world, situated at more than 17000 ft. Khardung la can truly be said as gateway to paradise. As we were reaching khardung pass nature suddenly showered us with its most beautiful flowers. We were enjoying fresh snowfall during the season of rains. Even our driver said that it is quite unexpected to snow at this time of year. Nature always reacts to its visitors. So it is very safe to say that nature welcomed us warmly with snow crystals for visiting here. The third factor “grace” was showed upon us by “Daivam”. Today we enjoyed activities like double humped camel rides in the vast cold desert “Hunder”. Enjoying the world we returned to our nest to ‘wooden-nest cottage’s. After quick dinner it was time to play games by the bon-fire.

Day 8- Nubra to Pangong Lake - Today we prepared ourselves for the pinnacle of our journey. We started our journey to “Pangong Tso”. We also visited “Diskit Gompa”, which is also the oldest and biggest Buddhist monastery in Nubra region.



Diskit Monastery – Maitreya Buddha

It was founded by Changzen Tserabe Zangpo in 14th century. The monastery has a 32 meter tall statue of “maitreya Buddha” installed near it. By evening we reached the

mighty Pangong Tso. The vast area of green – blue water with small calm waves were seen from quite a distance. One vast lake group of 134km, named as “Tsomo Nganglha Ringpo” is divided into five sub lakes. The five sub lakes are pangong Tso (high grassland lake) , Nyak Tso (middle lake), Rum Tso

(twin lakes), Nyak Tso (Middle lake 2). One factor that makes this so popular is the fact that it keeps changing colours during the day.

Day 9 - Pangong lake – Leh - We woke up around 5.30 a.m. to watch the sunrise at Pangong Tso.



Sunrise at Pangong Tso

The winds were rough & cold still we were waiting for the golden moments of sunrise. Due to cloudy weather we were unsure of actual sight but nevertheless time & efforts were invested. Thus

grace was showered and beautiful sunrise, which turned the water of lake to golden colour was witnessed by us. It was so calming & serene, that we were lost in its beauty. After sometime we did Centering Meditation at the same spot we were standing. As soon as golden ball reached Manipur Chakra we suddenly felt the sun shine and warmth of light was spreading in the cold winds. After completing the meditation no one wanted to speak or move from that place. All the energies and vibrations that were felt from within & surrounding captivated us for quite a time. This kind of experience cannot be explained in words it can only be felt.

Our Stay was at the cottages of “Lotus Bhaiya” in Impressions Cottage. We were very much comfortable with the hospitality of people. They were so welcoming and warm that we were not feeling homesick at all.

After quick “Chai-Biskut” we headed towards Leh. The road from pangong to Leh has ‘Chang la’ connecting them. This pass is named after famous saint ‘Chang la baba’. Situated at more than 17500 ft., this pass is also world’s second highest motorable pass. We took rest after reaching our hotel, still mesmerized by the beauty of Pangong & Ladakh.

To be continued ...

Consecration of the idol of Devi Kamakshi Mata at Devrukh ashram

The consecration of the idol of Devi Kamakshi Mata was performed on the second day of Navratri festival, 8th October 2021 with Hindu rituals. RVN Sadhaks and all those connected to the Devrukh ashram have been waiting for this great event for more than a year as the Covid-19 situation made it difficult to transport the idol. The idol has been sculpted in Karnataka state by the artist specialized in sculpting the Devi idols. The initiative was taken by our Sadhaks family of Dr Rajan Kunkolienkar from Goa centre. With this consecration event a dream of our Sadhaks to create a Shaktipeeth (a centre of Spiritual Power) in the ashram. The place for this idol was created right since the inception of the ashram in March 2000.

The temple for this goddess was made ready just before the challenging times of Covid-19 in February 2020. A consecration ceremony was performed by a team of local priests in Devrukh under the guidance of the priests from Kamakshi Temple in Ramanathi Math of Goa. The event lasted for about 4 hours and the consecration happened at the stroke of noon on 8th October. The event was attended by many Sadhaks from Devrukh as well as those who came from other centres.



Ayushman Bharat and Reiki Vidya Niketan collaboration going strong



After the conclusion of the first phase of 4 Reiki seminars by the first week of October which trained around 239 Medical professionals under the Ayushman Bharat initiative of the Health Ministry of state of Gujarat, our team of Reiki Masters under the leadership of Ms Krupa Choksi got busy again – this time with our Masters from Maharashtra chipping in. As more and more Medical professionals of the Government health departments are getting acquainted with the magical powers of Reiki healing, the traditional Usui System of Reiki healing has started making inroads in the conventional medical practices and opening up the new vistas of healing possibilities of many disorders hitherto untapped. With the Government getting convinced about the efficacy of Reiki

in holistic healing the number of doctors exploring Reiki science should be crossing a thousand mark by the end of this year.

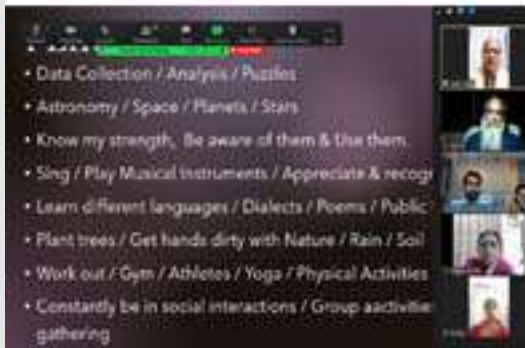
Reiki Vidya Niketan now affiliated to Sri Swami Samarth Chaitanya Trust from 1st April 2021

The Government of India's new directives on the charitable trust matters effective from 1st April 2021, Reiki Vidya Niketan activity is now switching over its affiliation to Sri Swami Samarth Chaitanya Trust from the existing Shree Swami Samarth Sevak Pratisthan from the said date. Both these trusts will continue to extend their help in charitable causes in India.



Ashram Events

DSPPL Event on 25th October 2021: Education as a pleasant and natural experience (Sharing thoughts from last 25 years of practices)



DSPPL organized a lecture by Mrs Aditi Natu (known popularly as Prachitai) from Pune on the zoom platform for all the parents and teachers connected to DSPPL mission. The lecture also invited a general public to get the benefits of the experience and knowledge of over 25 years by Mrs Aditi Natu who is well known senior educationist from Maharashtra. Mrs. Natu was also associated with Gram Mangal movement for many years and is an authority in the field. The event was attended by many People online.



Installation of Sanitary Napkins Incinerator at Devrukh Ashram

Female Sadhaks of Reiki Vidya Niketan and those who visit Devrukh ashram regularly would be happy to know that the ashram administration has now installed a Sanitary Napkin Incinerator Machine in Ladies Toilet. This will help our sisters to maintain hygiene in more efficient way and also keep the ashram environment clean and tidy

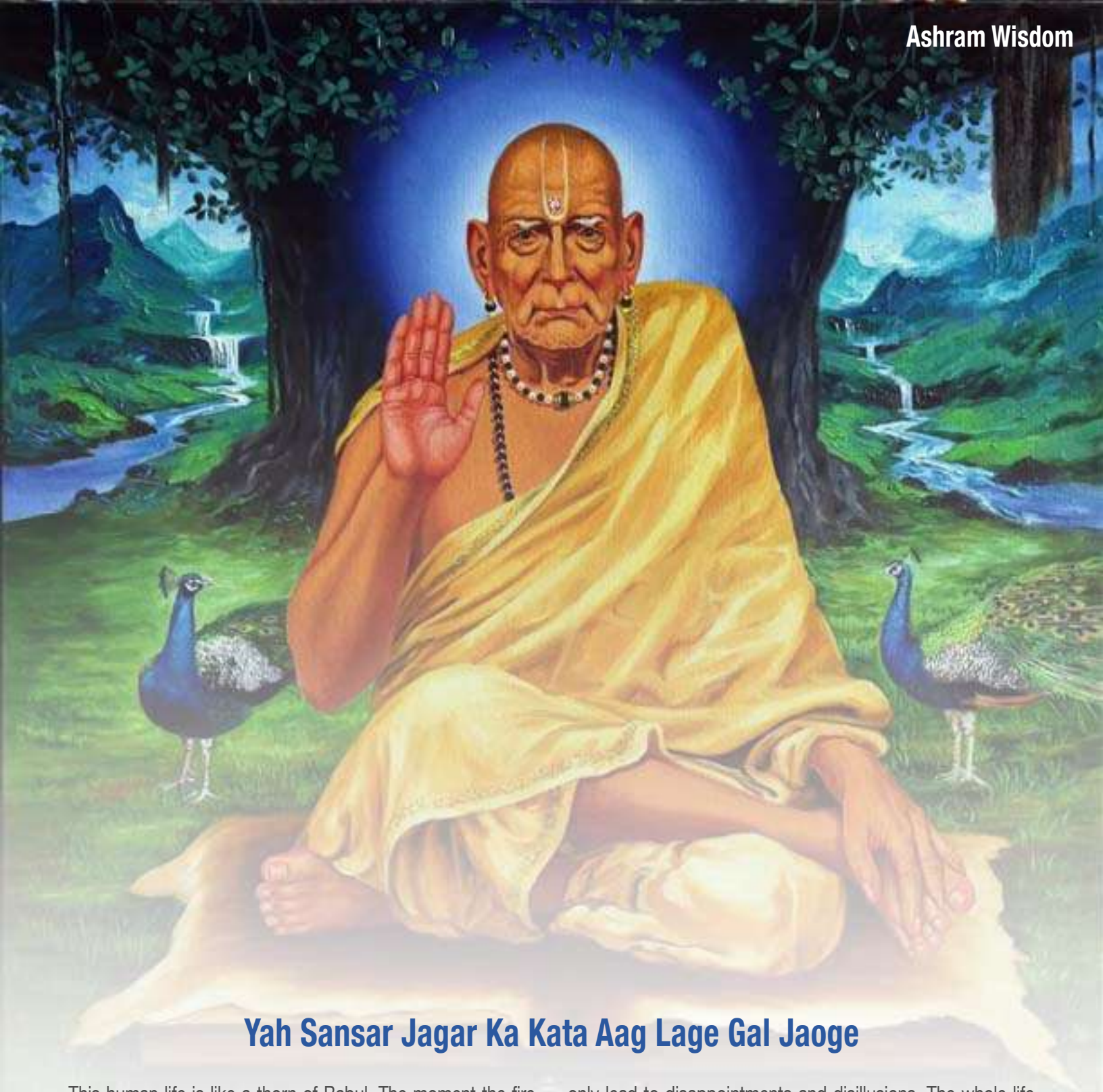


Engineering Excellence Award to Dr. Balamurali Krishnan, Bengaluru



Our sadhak from Bengaluru Dr. N. Balamurali Krishnan, Scientist H in DRDO has received Engineering Excellence Award from The Institution of Engineers

Rajasthan chapter on 75th Independence Day August 15th 2021.



Yah Sansar Jagar Ka Kata Aag Lage Gal Jaoge

This human life is like a thorn of Babul. The moment the fire touches it, that will become an ash in no moment. This is a third consecutive quote of Swami after the last two stating that the life is nothing but a doll of paper and subsequently, the life is nothing but a dew drop. They are momentary and have no long life. A small incidence in life will just make one vanish from the world scene.

Here again Swamiji is telling us about how temporary the life is. How fragile the life is. He emphasizes on his devotees not to get entangled in this world which is just an illusion like a bubble. It is not a reality and hence chasing the illusions may

only lead to disappointments and disillusion. The whole life will be wasted in running behind something which does not exist neither worth chasing and getting. The Babul thorn is just like that. It has the fire element within that which will get ignited even by a small presence of a fire around. It will lose its existence even without any resistance. It is there at this moment and gone the next one. Corona experiences of the past two years have proved that in numerous occasions around the world. The invincible persons have gone beyond the scene with no traces behind. One needs to learn the impermanence of life.