

# REIKI

VIDYA NIKETAN



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

*Happy  
Navratri*

Dear Sadhaks,  
Jai Gurudev

Here is a small insight which I got yesterday.

I was waiting at a railway platform a few days ago, waiting for one of our sadhaks to be received. His train was to come on a particular platform which was not in clear sight as there were couple of trains waiting in between. So only part of that particular platform was seen. It looked at one point that the train had arrived. But I could just see a blank panel there. As the train moved, I could see the gap between the two bogies and realized that it was the train and not the blank panels that I was looking at. Suddenly it dawned on me that if there was no gap between the two bogies, the arrival of train was difficult to notice. It requires a contradiction to realize the realities.

Our five senses related to the body are limited in nature. That limitation demands that there be a contrast so that the realities can be understood. If you look at only a huge white wall, you will never realise that it is white unless there is some other colour besides that. You will not notice a trough of the wave unless you notice a crest. As we all know our whole purpose of the life is the understanding of realities by the human consciousness. Understanding requires contradictions or contrasts. Hence possibly God created such contradictions in life like happiness and sadness. If there was no sadness, we could possibly never sense happiness with our limitedness of our 5 senses. That is where you find duality in everything that we see around. If an accountant does not encounter debit he will never appreciate a concept of credit. If there is no change, the perception of life will be incomplete. Change denotes the movement of life.

Ishavasya Upanishad, the first in the series of 10 upanishads termed as Primary and blessed by Adi Shankaracharya, says this loud and clear. The ninth verse of this divine literature says

अन्धतमःप्रविशन्ति येऽविद्यामुपासते

ततोभूयइवतेतमोयउविद्यारताः॥९॥

This divine scripture states that a combination of Avidya (ignorance) and Vidya (Wisdom) a must. Like intense hunger and food both are required to satiation. You can't have only a hunger and no food or the vice versa. You need both to experience a satiation. Karma creates hunger and worship or Upasana fulfills that. Combining meditation with action is important for the enrichment of life. If one needs to sleep deep one needs to get tired so that you go to sleep the moment you hit the bed. Human brain too works with the network of neurons and the synaptic gaps. With gaps missing the brain can never function. Those gaps is a life.

But again, this is for a common man. For a realized sadhak, he/she is beyond all limitations of five senses. Hence the question of contradictions also does not come into picture. A sadhak can be perennially happy if he /she chooses it that way. He/She does not need reference of sadness to have an understanding of happiness. He/She is used to the union-ness of spirit and does not have to look for duality for better understanding.

Ajit Sir  
September 15<sup>th</sup>, 2021





## Simple and effective teachings of Shree Swami Samarth

*by Ajit Sir*

Shree Swami Samarth as we all know was a third reincarnation of Lord Dattatreya was active during 1856 and 1878 in Akkalkot village of Maharashtra. During his stay there he rendered a lot of teachings for his disciples and devotees in a simple way. From this issue we are trying to bring them out in a serial way. Here is the first such episode.

### **Part 1: The origin of a Circle**

Swami one was sitting with his devotees like Cholappa and family members like wife Yesu, son Krishnappa, mother-in-law Radhakka and one of his devotees Chanda. Swami as you know used to say many things which the devotees found difficult to know and difficult to relate to. They always thought it was beyond their understanding. In that context Swami was explaining them something. He took a stick in hand and drew a circle on the ground. Then he asked them all one by one about at what point the circle originates. He gave them some time to think and each of them pointed out a different point on that

figure where he/ she felt the circle starts. Everyone's point was different.

Then Swami explained, "Look each one of you have shown a different point on the circle as its origin. It can't be like that as there cannot be so many origins. So, all can't be right. In this case none of you are right as the point where circle originates is its centre point. If there is not centre, there is no circle. Circle is always with respect to the centre. Centre is the core and the circle is a periphery. You all made a mistake. The same mistake you all do when it comes to my sayings and my behaviour. You are all trying to find out the meanings on the periphery and hence get confused. You should always see where they are coming from. And invariably it would be the core. If you know the core of my teachings through words and behaviour, you will understand those. And you will even understand and recognize me. So look at the origin and root of everything before you pass judgments.



# Renaissance of Indian Culture

## Yajnyas and Misinterpretations

by Ajit Sir

Yajnyas or holy fires are the core of Indian culture from the time immemorial. Indian culture which has a long history spread over 12000 to 15000 years is based on a holistic wisdom and had a strong foundation of practicality and human welfare. Unfortunately, the cultures which came up in the last few hundred years based on the materialism of a high degree could not appreciate the greatness and the contribution of this culture in the human evolution but even denounced and maligned this culture by spreading a wrong information and distorted interpretations to take hold of world leadership with their selfish agenda. Yajnya was no exception.

As late Shri Vasantaoji Paranjape says in his book "Grace alone" "It was the saddest day in the history of mankind when animal flesh and blood came to be associated with Yajnya offerings. Vedas strictly forbid killing of any animal in the name of offerings to sacrificial fire during the performance of a Yajnya." He narrates some verses directly from Vedas to prove his point. Shukla Yajurved verses 13-43:47-50 says "गं मा हसीः। इमं मा हसीर्द्विपिदं पशुं। इमं मा हसीरेकशफं पशुं कनकिरदं वाजनिं वाजनिषु। घृतं दुहानांदति जनयाग्ने मा हसी गवयमारण्यम्। इममूर्णायुं नाभित्वचं पशूनां द्विपिदां चतुष्पदां मा हसीः। उष्टमारण्यं।" which means you shall not kill the cow; you shall not kill the bipeds. You shall not kill one hoofed animal as you need horses for warfare. Oh Agni, do not kill the cow as she yields milk, butter and ghee, not even other animals. Do not kill the sheep that yields wool, camels from the forest, the bipeds and the quadrupeds and do not inflict any injury to their skin.

One can see it clear that Vedas totally prohibit killing of animals and even Agni is invoked for protecting bipeds and quadrupeds.

To understand Yajnyas, one has to understand that the word has originated from the Sanskrit root YAJ, the meaning of this word is given as:

यज देवपूजा, संगतक्रिण दानेषु। देवपूजा: वद्विंशो हृदिवा: (शतपथ ब्राह्मण ३.७)।

देवो दानाद्वा घोतेनाद्वा घुस्थानो वा भवति। (नरुिक्त १.१)

This truly means to show the respect to the learned and wise, and to cultivate friendship with such people and offer them the gifts as daan. Where is the question of violence here? The following mantra from Yajurveda was always sung at the time of the yajnya. Look at this mantra which means Oh, Medicine, protect it. Oh, Weapons do not kill it. In spite of chanting this mantra the act of killing the animals as offering was done, people lost the faith in the mantra and thought it was without any power. This was done as the priests became the stooges of the ruling kings somewhere in the historical times who

wanted the animal meat in the name of prasad.

ओषधे त्रायस्वैनम् स्वधति मैनं हसीः। (शुक्ल यजुर्वेद ४.१)

Ever since then the things started deteriorating on the cultural front. Yajnya has fifteen different names as given below and none of these names suggest any violent nature.

यज्जः वेनः अध्वरः मेघः वदिथः नारयः सवनम् होत्रा इष्टः देवताता मखः  
वषिणुः इन्दुः प्रजातः धर्मः इति पंचदशघ यज्जनामानानि (निघंटु ३.१७)

As you can read here one of the names is "Adhwara" which means lack of killing or violence as Dhwara means Violent act. The leader of the Yajnya is called as "Adhvaryu" which means a leader of non-violence. Even the word Medh (remember Ashwamedh = the killing of a horse in Yajnya?) was highly misinterpreted as a killing. According to Nirukta, Medh means Intellect or destroyer of ignorance or evil deeds. Another word which created havoc with the understanding of Yajnya is AJA. It was interpreted as a Goat by those who wanted to make Yajnyas a violent act of sacrificing the animals and birds so that they could satisfy their distorted taste buds. Aja, according to Atharva Veda means Fire, means flame, means sunrays removing darkness from the Earth. Atharva Vedas proclaimed that Before creation Aja pervaded everything. (Atharva Veda 9.5.20) Here Aja means a supreme power. Mahabharat's Shanti Parva says it so beautifully saying Aja means Cereals, offer it to the Yajnya fire. Kill not the goat, The wise never approve of animal killing.

अजो अग्नरिजमु ज्योतरिहुरजं .....

अजस्तमांस्यप हन्तति दुरमस्मलिलोके .....(अथर्व वेद ९.५.७)

अजो वा इदमग्रे व्यक्रमत (अथर्व वेद ९.५.२०)

Pashu is another term highly misunderstood and misinterpreted. Taitirya Sanhita 5-7-26 says that Agni was Pashu, Vayu was Pashu, Sun was Pashu, offer worship.

अग्निः पशुरासीत्तेनायजन्त। वायुः पशुरासीत्तेनायजन्त। आदित्यः  
पशुरासीत्तेनायजन्त ॥ (तैत्तरीय संहिता ५-७-२६)

Pashyate iti Pashu means the one sees everything or is a witness to everything is Pashu. According to Shaiva Siddhanta, Pashu means Jiva. It enumerates three categories: Pati, Pashu and Pasha where Pati means Parabrahma, Pashu means Purusha and Pasha means Prakriti. Now we know how the advocates of flesh and blood during performance of Yajnya have twisted the meanings of Veda Mantras to suit their immediate convenience.



## “Importance of 9 month of Pregnancy”

*by Krupa Choksi*

Parenting is a very serious affair. It is a very big responsibility which our ancestors knew very well but unfortunately the seriousness of 9 months is lost in modern world. The importance of parenting has shifted to physical wellbeing of a mother while in ancient times more importance was given to emotional, mental and spiritual well being of both the parents. Today people believe that a lady should take nutritious diet, take vitamins, sleep well and should go for a walk. But apart from food, our ancestors new whatever the mother consumes through all five senses is food for the existence. So, it was very important to know what mother eats, sees, hears, who touches her and what she smells. Her all the five senses were given proper and positive food.

In fact, in our culture we have entire Garbha Upanishad which means "Esoteric Doctrine over the Embryo the Garbha Upanishad is a text that almost exclusively comments on medical and physiology-related themes, dealing with the theory of the formation and development of the human embryo and human body after birth. In Garbha Upanishad, the entire procedure of Garbha Sanskar is given.

Garbh means "womb" and Sanskar means "ethics" or "values" Parenting your child and teaching ethics inside the mother's womb can be the most blissful experience that any parent can imagine. The purpose of Garbha Sanskar is to educate the child in the womb. It is believed that the education of moral, traditional and spiritual values begins right from the moment the fetus is conceived in the womb in Indian culture and, especially in Hinduism. Science has shown that babies in the womb will benefit from Garbhsanskar in early stages. The mother's relationship with the baby starts right from the moment of conception.

The latest scientific evidence has shown that babies do listen and learn language skills right from their time in the womb. A new study by researchers at Pacific Lutheran University in the US has shown that newborns can pick up the distinctive sounds of their mother tongue even in utero. We all know the tale of Abhimanyu (son of Arjuna) who learnt the skill to enter into the “Chakravyuha” in mother’s womb.

The emotional state of mother is very important for the development of the child. If by any chance the pregnancy is unplanned and the parents try to abort the child, it has huge impact on the psychology of a child. Such child, if born, is not comfortable with the parents. They carry the feeling of hatred throughout their life and is not able to forgive the parents. I would like to narrate one incident which happened in Bengaluru. Gurujii had once gone to Bengaluru for a Reiki Seminar. On the completion of the seminar, one participant came to Gurujii and appreciated the seminar. He then said, “I wish my wife could learn Reiki”. Gurujii said, “Ask her to learn Reiki in the next seminar.” On this he replied, “She is in deep depression and has tried to commit suicide twice because of my son, so she cannot come.” He asked, “Gurujii can you come to my house and see the situation”. Gurujii found that the situation is grave as it is very unusual that mother tries to commit suicide because of her son. Gurujii want to their home and got a big shock as the child was only four years old. A very innocent child just like any other 4-year-old child. He talked to Gurujii in a very friendly manner but the moment he came in front of his mother, he started reacting by abusing her, throwing things at her and what not. His reactions were very wild. On seeing this, Gurujii took both the parents in another room and asked just one question, “Was this child unwanted?” And both the parents were flabbergasted. They confessed that they tried to abort the child twice as their financial condition was not good and both had lot of differences of opinion but abortion did not happen. On this Gurujii said, “This kind of reaction of your son is due to what he has experienced in the womb. He is really hurt as parents should protect the child and not think of killing him. Now the only option is to ask for forgiveness from the child. Whenever he will forgive you both, his reactions will change.”

So one has to be very careful during these 9 months. Whatever mother experiences, child pick all the emotions and it has huge impact on the child’s life. Gurujii always says that the terrorists are born in womb. Those who have not experienced love during their lifetime becomes terrorists. So before bearing a child be very careful. Be a responsible parent.



# *At the Devil's Door*

*by Telangan*

Yesterday, I met a friend almost after two years because of the Covid lockdown. He had put on so much weight that I could not recognize him instantly. Doctors had asked him to walk 45 minutes strictly to keep his diabetes in control. He is actually a young chap to have such disease. But this is quite a common situation these days. A recent study after Covid pandemic says that most of the people globally are working from home. Morning walks, jogs, traveling, shopping, outings are almost stand still. Children can't go to schools, or on the playgrounds. The food habits are altered significantly. They have survived on the junk food

in lockdown. Kids are eating more because they are free. Absolutely no exercise is resulting into added weight for everyone. Obesity related syndrome is a global issue now.

Suddenly I remember 2004 Academy award winning documentary by Morgan Spurlock, '**Super Size Me**'. He did an amazing experiment as his social responsibility program. It was a simple but eye-opening film. Breakfast to dinner he only ate from McDonald's food menu. He had four expert doctors recording the changes on his body. Different lab tests were done daily for support this research.

A camera was following him twenty-four hours a day. This 30-day journey of Morgan was shot and compiled into a film. Morgan was totally healthy person on the day one but after the month his body was totally distorted. He accumulated 11.1 KG body fats, way increased cholesterol, mood swings, body disfunctions, and his liver turned into one, like an alcoholic, who would drink nonstop for fourteen years.

Unfortunately, this was the lifestyle of US citizens by now and today Indians are also following similar steps without knowing of the long-term adverse effects of the Junk food introduced by western world. Different brands of burgers and Pizzas are flourishing on every nook and corner along with most diabetic patients in India. We have to wake up as soon as possible. Shockingly, people having diabetes are relaxed about it. They have no idea what caused their disease and what could happen to them in future.

**Whatever we eat converts into either glucose, amino acids or fatty acids inside our body. Blood requires glucose for energy but when that is excess, it gets converted in fats and gets stored in liver. Every time we eat, our pancreas secretes a hormone called insulin. The latest research says, insulin causes weight gain.**

It is very essential that some rigorous activity is necessary for everyone to stay fit. **Most important is when we are disease free, we should care for good health.** Overeating kills more people than

the hunger. Indian Rishis were very well-informed and had solutions for it. They have created fasting opportunities for us every month weaving some days in the name of God such as 'Ekadashi' or a month long fast before 'Mahashivratri', nine days fast in 'Navratri' and many more. So, most people could perform it and achieve greater benefits from it.

**What happens after fasting in our body is very interesting. In first twelve hours, our body realizes that there is no food coming. So, it starts taking glycogen (unused excess glucose) from liver. We have plenty of proteins, month long stock of vitamins in our body, and we have so much fats that we can last for forty days (remember, Bhagat Singh and his team fasted for 116 days in a row and they were still going strong and unbending with British government). We have 100 thousand extra calories stored inside us locked in form of fats. **There is no other way than fasting, to burn fatty acids from our liver and other parts.** We have to drop our insulin level (through Fasting) to open the fats store of the body. **Study shows that just a day long (24hours) fast can control our insulin level of the body and two days fasting boosts growth hormones by 2000% in men and 1300% in women. Growth hormones keeps us young, makes our skin glow, make mussels powerful.****

Remember every participant looks better, younger, alert, attentive and healthy after Mahashivratri fasting. I've witnessed it myself.



# Reiki a Tree of Life

by Aruna Margam

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We all have listened to Guruji so many times that “Even after so many years of teaching reiki, I cannot fathom what all reiki can do?” We call it our mother energy, divine energy, divine consciousness, universal consciousness, Chetana Shakthi, Prana Shakthi. It is omniscient, omnipotent, fills every cell of a human being, every atom of the universe. Recently Guruji had beautifully written in the editorial of our newsletter about how a seed is dropped in us during the attunement? How we get attuned with every reiki practice. It was a beautiful knowledge and so self-assuring for all the sadhaks.

Guruji also said we all grow slowly with everyday practice into a wish fulfilling tree. The tree gives shade to the tired travelers. Swami plays his play of consciousness in the interest of humanity. This was a profound knowledge for us to ponder. We meet so many people in day-to-day life. Like Guruji wrote some birds come and sing melodious songs. Some come and make their home to nurture their off springs.

Some questions came across my mind. Are we aware about the consciousness play of the divine? The divine has touched us through reiki blessings flowing through our divine hands. Our Guru is enthusiastically planting the seeds in the human beings for the betterment of our human life to spread health, happiness and harmony. If we can visualize thirty-five thousand wish fulfilling trees playing their divine roles in this universe it's a blissful sight, isn't it?

Yes, we have to consciously do a few things. Keep up the purity, think this world is one pure consciousness. We are all the spark of the same divine source. In our daily interactions some are pleasant and some are not. Unknowingly we pass judgements and get entangled in the world of maya. As Guruji tells “Assumptions to Realities” is understood then this journey will be very pleasant. We need to love everyone to love ourselves, we need to accept everyone to accept the gift of God called Life. Everyone is our own reflection. Our Guruji says “we are here to learn and improve and not to prove”.

This also reminded me about the movie “The Avatar”. There the Tree of life is given the utmost importance. The tribe goes under the tree to energize, heal also to empower themselves. So, it's not a fiction each one of us in this path are equivalent to that Tree of life. We are the chosen ones by the divine to spread the love, happiness, health and harmony. Oh My God have we realized the real roles we play in this universe? Have we even touched the tip of the iceberg?

Guruji is our role model. He has been living as an example to inspire us, so that we can emulate his qualities of immense patience, extreme humility, universal acceptance, unconditional love and above all playing his role as an instrument in God's hands. Thank you Guruji and swami for choosing us so that we can play our roles to contribute in spreading the fragrance of universal love towards everything and everyone in this world.



# No Freedom for Anyone

by Vivek Pandye

This gloomy dark planet, the earth tree  
With a hovering death rattle sound,  
Why should one believe it be so free;  
This was not meant to be eternally bound.

Smiling faces all fake and pretense  
Cushioning their comfort even more,  
Does it make anyone any sense  
To cut a large ship and make a small-bore.

Staying quiet and listening  
It is a thing of the past,  
Spelling rhetoric and madly jumping  
avoiding their restless souls aghast

Could this race or a competition  
Be avoided to allow companionship,  
There I do not see a logical conclusion  
In abandoning the humanity flagship.

And then they complain they are bound  
In the name of kith and kin;  
The familiar people betraying always surround  
For the cause of baking in the kiln.

The common vulgar people do they know  
With or without the badges  
There is one day that most people go  
Leaving besides all the chains and bondages

The mad-mad race of the unnatural  
To this, I wish I could have found  
Appearing civilized and yet so guttural;  
A solution to their madness or their sound

Even the saints and seekers we see all around,  
They become empty of their worldly being  
Later with the universal oneness, they are hound  
By the sins of the people god damn cunning.

# I accept

*by Telangan*

I accept absolute responsibility of  
Everything happening in my life...

I let go all the negativity and  
Each one who harmed me...


I can feel myself out of pain  
And healing more everyday...

I'm living in every moment  
Without rubbing the past...

With lot of gratitude, I accept  
What situation is teaching me...

I'm learning and growing each day  
Even when I can't measure it...





A relationship is formed,  
When one of the persons,  
Is to make an effort.

In my case,  
Not many relations have formed,  
I have never been the socialising one,

However,  
In the last 2-3 years  
My socializing began,  
First with God, then with human  
Starting with Bappa Morya.

My family was returning,  
from a dinner late at night,

And I was someone more than scared,  
as we travelled through- the narrow, dark, silent lanes,  
With some eyes staring us,  
as my vision was at that point of time

My mother said,  
He is with you, everything is alright, relax

All my attempts to "Relax" failed,  
and I was stressing out,  
wanting home to come closer.



# THE CHOICES ARE YOURS; CHOOSE WISELY

By Barry Rathner, Clinical Psychologist

If the pandemic with its lockdowns and social (life) barriers, has taught us anything, at least: 1) we humans have very limited control ultimately, 2) if my life is to be purposeful, what needs to be added/subtracted?

Or am I here just to travel to as many places as possible, eat every imaginable form/type of food, be with as many partners as humanly possible, or \_\_\_\_\_ fill in your own blanks.?

Eat, drink and be merry —the Epicurean mantra--doesn't end there. It continues, "for tomorrow we die."

If you plan on living longer than tomorrow,....

In the past 1&1/2 yrs, many more have died than perhaps ever in history. For we the living, our choices include 1--what life lessons may I learn from the suffering of others? 2--must pain and suffering visit me to teach me the lessons that caring and humility and appreciation for the plight of others might teach?

That these are the times that try (test) our souls is pretty much a foregone conclusion.

Will we pass the test or fall (remain) in the throes of the 'insane' behavior patterns that propel us from emergency to emergency, from lightness to darkness, from God to something much less?

Not only are the choices ours—whether we like it or not—but they are inexorable meaning they stay with us until the lessons are learned.

Were I truly dedicated to slaying my demons, I would persist until they are buried. The reward is everlasting peace, prosperity and purpose—or at the very least, something akin to happiness here and now. Those are

not easy concepts to grasp as many of us experience such conditions so rarely, if at all. That is where FAITH enters the picture.

"Faith is to believe in what we do not see. The reward is to see what we believe," wrote St. Augustine.

The punishment or, shall we say, the downside of bad choices is continued imprisonment in the cages of self-delusion, self sabotage and a dearth of self satisfaction and selflessness. Think of it. Dream not of sandy beaches but of fulfillment of your true purpose for being here, fulfilling the opportunities the miracle of your birth has bestowed on you.

Failure to do this continues our journey on the hamster wheel of life, expecting different outcomes to the same behaviors (a central tenet of the worlds of the addictive and mentally disturbed behavior.

Or are the hamsters simply exercising? To ponder on this is Swadhyaya. To dismiss or ignore this is like chewing bubble gum—good jaw exercise perhaps, but little for our minds and hearts to sink their teeth into—(if our minds and hearts had teeth, of course).

Chew on that for awhile, while your teeth are still yours.



# Ashtavakra Geeta

## Chapter 4



### Verse 4.1

हन्तात्मज्ञस्य धीरस्य खेलतो भोगलीलया ।  
न हि संसारवाहीर्केमूढैः सह समानतः ॥ 4.1 ॥

**Meaning:** (In this chapter, King Janaka is giving answers to the questions asked by Sage Ashtavakra in the third chapter which is actually helping Janaka himself to reinforce his state of self-knowledge.) Janaka says, "Oh! How can we compare an enlightened one who is playing a game of life with the one who is deluded beast of burden of this world?"

Janakahas answered all the allegations made by his Master just in six verses in this chapter. The ignorant is full of ego and that ego becomes a driving force in everything that he does. Because of this egoism, he experiences a sense of ownership to his actions. This leads to a desire for fruits. The enlightened never nurses the idea of ownership of actions and obviously does not expect any fruits out of his actions. As there are no expectations there is no unfulfilment and hence no depression and sorrow. The ignorant is full of sorrow as basically he carries the expectation combined with his ego. It is not that the

enlightened does not perform any actions, but he accepts that as a divine will and does not expect anything out of it. The action itself becomes a fruit for him. It is not a sin to accept anything that comes naturally to you. In fact denying such things may be sinful. One should not have cravings for things. Things are fine. Cravings are not. If you crave for something and does not get that, leads to sorrow. The enlightened does not get into such situations as he stays free from all desires and cravings. For him, the world is an illusion. He takes a process of life as a game while the ignorant takes a game as a life.

### Verse 4.2

यत्पदं प्रेप्सवो दीना शक्राद्याः सर्वदेवताः ।  
अहो तत्र स्थितो योगी न हर्षमुपच्छति ॥ 4.2 ॥

**Meanings:** Oh, the enlightened does not get elated by dwelling in that state which even Indra and other gods hanker after and thus become unhappy.

Ignorant and wise, both do actions. But the ignorant desires the fruits of his actions while

the wise stays away from expectations. Janak says here that even a King of Gods Indra also becomes fearful of losing his position even after getting the same. But the wise man does not believe that he owns nothing and hence nothing to lose. So the question of having fear of losing is just not there. Gaining or losing, happiness or sadness are the references of duality and the one who is beyond the sense of duality can't suffer. Being beyond duality itself is a liberation. Duality itself is a bondage. Once you break through these bondages one is free to fly high into that vast space above.

### Verse 4.3

तज्ज्ञस्य पुण्यपापाभ्यां स्पर्शो ह्यन्तर्न जायते ।  
न ह्याकाशस्य धूमेन दृश्यमानापि संगतिः ॥4.3 ॥

**Meaning:** As the sky is not touched by the smoke, even though it appears to be, the heart of the one who has known the self is not touched by virtue and vice.

When the human conscience is connected to the body, intellect, mind and other senses, one experiences the sin and virtuousness. But the moment it gets purified and connects to our self it becomes free from all sanskaras and goes beyond the idea of a sin and righteousness. These are only the feelings of the mind. They are not the activities. But the moment the feelings are touched by the ego, the duality emerges

It is like a smoke from the earth may seem to be polluting the vast sky, but the sky is not even touched by that smoke.

Unfortunately the virtues of a realized person are decided by the ignorants. The age should be wearing minimum clothes, he should look unfed, he should look sad and serious without enjoying the process of life etc are all the ideas of ignorants. Truly the wise man does not mean that he does not own the things but he is the one who is not owned by any thing, Today in the world the irony is that the diseases and their symptoms are decided and defined by those who manufacture the medicines. Janak does not define this way. He is factual in this sense.

### Verse 4.4

आत्मैवेदं जगत्सर्वं ज्ञातं येन महात्मना ।  
यदृच्छया वर्तमानं तं निषेधु क्षमेत कः ॥4.4 ॥

**Meaning:** Who can prevent that great-souled one, who has known this entire universe to be the self alone, from acting spontaneously?

The one who thinks that his self is different than other things does all his actions through the ego and then looks for the fruits. But the one who is self realized does not separate his soul from the universe and hence looks to the life experience as one whole entity.



What fruits are valid for him? The sin and otherwise are decided by our limitations and are actually creation of our own mind. But the one who is beyond duality does not perform any action. Then where is the question of good and bad deeds, of good and bad fruits?

created beings viz. Jarayuja (born from the womb), Andaja (born from the eggs), Swedaja (born from the sweat) and Udvija (Sprung out) show the traits of division. The enlightened however is the only one among all these creations that is beyond duality.

### Verse 4.5

आब्रह्मस्तम्बपर्यन्ते भूतग्रामे चतुर्विधे ।  
विज्ञस्यैव हि सामर्थ्यमिच्छाऽनिच्छाविवर्जने ॥4.5॥

**Meaning:** Of the four kinds of created beings, from Brahma down to a clump of grass, it is the wise one alone who is capable of renouncing desires and aversions.

All realized souls have a one truth which they pronounce. They have a touch of truth. Truth is always unique. No wonder many a times people get bored with that. Common man needs variety which the ignorance provides. There is a multiplicity in falsehood and ignorance. In wisdom there is no duality. Obviously there is no multiplicity.

The enlightened ones do not have religions and castes and creeds as there is no division. They work on principles which are always constant and eternal. Processes on the other hand offer varieties. All the four kinds of

### Verse 4.6

आत्मानमद्वयं कश्चिज्जानाति जगदीश्वरम् ।  
यद्वेत्ति तस्य कुरुते न भयं तस्य कुत्रचित् ॥4.6॥

**Meaning:** The man who knows the soul as the one without a second and as lord of the universe is rare. He does what he considers worth doing and has no fear from any quarter.

The enlightened always work spontaneously. As there are no effects of his past karmas (the past karmas) he does not have to bother about their effects. As he is beyond any doingness and does not own any karmas, he keeps on doing what he feels is right. They do not expect anything from life and hence are never disillusioned. They do not own anything and hence are not afraid of losing anything. They are free to live as a Mukta (a free soul). Does it not make you remember Shree Swami Samarth?



# LDEMO DUK-LEY LADAKH

(*Very Beautiful Ladakh*)

By Yamini Kutumbale



Even before the start of my journey to Leh – Ladakh, many obstacles were working toward the enhancement in belief of three aspects for successful accomplishment of any endeavour. The three factors are ‘Prayatna’, ‘Kala’, ‘Daivam’.

I had plan to travel but where, how, & why were the dangling questions. Thus, making effort to find place & resources started. Even during the times of covid, I had no issues in booking & confirming my travel options.

The second aspect affected my travel plans was, ‘kala’ time. My efforts were right on time, which I realized later on, when some of my friends weren’t able to join. The third aspect ‘Daivam’ or grace/luck played important role in planning my effort onto perfect timeline. The news about landslides, covid waves and other disturbances were prevailing but duration of efforts & faith in Daivam were driving forces of my trip planning.

**Day 1-** Travelling to Ambala– Due to farmers protest in north, trains were either getting late or cancelled. The third factor affecting my Ladakhendeavour was uncertainty. The unknown variable of availability of train to reach first point Ambala. It was a factor which was out of my control. To make the values of uncertain variables fall-in my favour, I was constantly seeking help from ‘Daivam’. I was constantly praying for successful trip. Finally, train arrived at platform and we boarded it successfully.

Kicking off a journey of more than 12 hrs we had quite favorable seats to enjoy the nature just nurtured by the rains. Next day we reached Ambala, met with our partners of this endeavor to continue our journey to Manali.

**Day 2-** Ambala to Manali– Himachal Pradesh, the mountainous heaven will captivate you at the first sight. Without a gist of pollution this magical state is total refreshment for one & all. It can be said the Himachal is one of the most beautiful state in India. Upon reaching Manali we checked -in to hotel, which had “Paradise” in its name. Upon hearing name of hotel, I was sure this trip was going to be a memorable one. That day was to rest and get acclimatized to altitude and weather. Just before checking in, we halted before a temple. Mata Vaishnodevi temple in Kullu was built by Swami Sevak Dasji Maharaj in 1966. This Mahadevi Tirth is situated on banks of river Beas. This shrine here is multistoreyed building having idols of goddess Parvati as “Mahakali” , goddess Lakshmi & goddess Saraswati installed on each level. An artificial cave was formed to install the idol of goddess Vaishnodevi. We can see beautiful wooden carving & architectural style of Manali.



*Vaishno Devi Temple*





*Hidimba Devi Temple*

**Day 3-** Manali sightseeing - Manali is well known for many things. Few of them are Momos, snow, hills & Hidimbadevi temple. We visited famous Vashishtha temple, Hidimbatemple, Ghatotkach temple and mall

road. This temple visits made us look to our culture one more time in a new light. These visits reminded us the vast knowledge of Mahabharat and its morals. We had fun while visiting museum, mall road and club house. We returned to our “paradise” for the day, preparing for next level of paradise.

**Day 4-** Manali to Sarchu-I believe my actual trip started from day 4, as we travelled through Himalayas to our next destination ‘Sarchu’. Also known as ‘old silk route’. It also resembles Ladakhwith is barren splendour. From Manali to sarchu we passed through “Bara -lachaLa”, a boundary between two very distinctive forms of nature. Before Bara-Lacha nature was green, having warmth and dynamics just like “Parvati” or “Prakruti”. After Bara-Lacha nature was white with snow clad mountains. It was peace -peace only, as it reminded me of “KarpuraGauram, Karuna Avataram”. Situated above 15000 ft. rivers ‘Chandra’ & ‘Bhaga’



*Barrens of Sarchu*

were our companions through the journey. But our ride to Sarchu was not so silky as it seemed to be. We reached almost mid-way when we were stopped by a road block. It seemed the land slide happened and stones were scattered over the road & water was flowing

over stones. No vehicles were able to pass the road block ever truck & trolleys were getting stuck. Again, the uncertainty to continue persisted. We waited for some time but soon I realised the three factors of successful endeavor. As a second-degree reiki holder, I put my effort & time to seek help from ‘Daivam’. I started my reiki with intension that “all & one present here cross the road block within 30 mins. “Grace was shown upon us and suddenly a road construction vehicle came into sight from no-where, the driver said that no one had called him, he had the urge to help all travellers. He was single-handedly levelling the stone to form a path. Thus, we again started our journey to Sarchu with thanking god, the “daivam”. During the travel we passed through “Atal tunnel”, also saw Solang valley, had lunch at authentic HimalayanDhaba. Upon reaching campsite, we checked into “MulkilaCamp Adventure’. Located on national highway 3,



*Mulkila Camp Adventure*

between two highest passes or “La” on this route, this place enjoys travellers throughout the season. With a back drop of scenic mountains & valleys on front, We enjoyed a cold evening with freshly brewed “Kehva”.After a long dinner & chit chatting in cosy tents, we concluded our day.

**Day 5-** Sarchu to Leh – We got ready to go to the capital city Leh. The barrens& cold air of Ladakh welcomed us warmly. Even though the winds were strong, we never felt afraid of them. We started our journey further north, through ‘Zan-skar (Copper Valley)’ Himalayan Range. As we were gaining altitude, somehow, we felt losing all tension, stress and routine life. Next milestone was “NakeelaLa”, one of the highest passes on the hillside. Situated above 15,500 ft. the ascent to this pass is named as ‘21 Gata’(21 hairpin bends ).

The road is said to be haunted by a ghost of traveller who was buried here. Luckily, we were able to cross it safely. After crossing Nakeela pass, we briefly halted for Whisky Nalla enjoying the fresh stream of waters running down the



*"21 Gata Loops"*

mountain. Next spot was“Lachulung La”. It is one of the easiest passes to travel & enjoy different shades of mountains travelling at 16,000 ft in altitude. Here we got confused that was the breathlessness due to altitude or the Himalayas were taking our breaths away?

The last pass to Leh was ‘Tang-lang la’ situated at more than 17000 ft. This pass makes you feel like you have transported yourself to another world and its beauty creates a permanent impression on mind. This pass cuts through Rocky Mountains which are crisscrossed by gently flowing water streams. On distance you can see peaks of snow-covered mountains.

I was feeling as young as Himalayas, don’t know about snow but I was melting while admiring the nature and its variations.

To be Continued ....



## Ganesh Chaturthi Celebration at Devrukh Ashram

Like every year Ganeshji came to the Devrukh ashram and brought lot of positivity along with him. All the sadhaks brought Ganeshji with lots of faith, reverence and devotion. The atmosphere was filled with joy. The idol of Ganesh was consecrated by the local panditji. Everyone at the ashram was very much excited to receive him. Sadhaks had chanted Ganapati Atharvasheersh for 21 times and invoked Lord Ganesha to bless them. After one and half day the idol of Ganeshji was immersed at the nearby canal by all the local sadhaks of devrukh and residential sadhaks of the math. The departure of Ganeshji made everyone sad. It felt like a family member has departed. But everyone consoled themselves that next year Ganeshji will be back again with lot of positivity and blessings.



### Lord Ganesha came riding on the wave of faith...

This year for Reiki Vidya Niketan sadhaks, Lord Ganesha came riding on the wave of faith. RVN celebrated this festival online on zoom platform on 10th, 11th, 12th and 19th September. This evening program was conducted between 7.15 and 9.15 in the evening on all these days. The display of Ganesha idols in Sadhaks' residences was a major attraction where many sadhaks offered to show their idols online which made the viewers blessed. DSPPL took active part into this program and their teachers were in the forefront to showcase their talents along with the talents of their students. They chanted Ganesha Atharvasheersha on every day. Besides the Aartis of Ganesha, the beautifully rendered songs, the presentation on Ganesha's eight avatars and their relationship with human life, Guruji's answering questions of sadhaks on Lord Ganesha and various events associated with him since mythological time were all exciting for the audience. The experiences which the senior citizens among our sadhaks shared brought out how the Ganesh festival especially on a community level has changed over a period of times and was a great success. The skits on some of the events in Lord Ganesha's life also added a spice mainly for our young audience.

### Krishnashtami celebrations online by RVN

Reiki Vidya Niketan also celebrated Krishnashtami- a birth of Lord Krishna as they do every year. This was the second consecutive year when it was done using the online media. The event started on the day of Krishnashtami on 30th August ended on 2nd September giving their audience an enjoyment of 4 non-stop days. This program was conducted in the evening hours in The Wave of Faith slot using Zoom settings. Each session of the program would start with the melodious bhajans of Krishna by our singer sadhaks as a part of Bhaktiyog. That was followed by Jnyan Yoga session where the sadhak enacted a court scene alleging Lord Krishna with many of his acts in his life which the lord answered to everyone's satisfaction. It was a great learning for all sadhaks. This was then followed by a Karma Yoga where Guruji connected different references from the Bhagwat Geeta to the five principles of Reiki. This was followed by the presentations of Reiki Masters of RVN on what they have learnt as a teacher from the supreme teacher Lord Krishna and his teachings. This was an interesting part of the sessions.



यह संसार ओसका पानी,  
धूप लगे टल जाओगे ॥

12

**This world is nothing but a dew drop, the moment the Sun comes it will evaporate**

Swami says here that the world that we know as our life is nothing a drop of a dew. A little Sun shine and it will all be dried up. This world is only an illusion, a maya, a delusion. It is impermanent and momentary. The Sun of truth will appear and this dew drop loses its existence. It is so brittle. The reality of Sunlight will make this drop of illusion vanish like a ray of light just dispels the darkness of night. Then one will realize that it was only an illusion, a mirage. This is what all our vedas and Upanishads have been telling yes from the times in yore.

All the experiences of sorrow and joy are based on this foundation of illusory nature of the ignorance. We always see that we visit those nature resorts or pilgrimages in the mountains to enjoy those beautiful experiences of the flora and do enjoy throughout a day till the night falls. Suddenly the ambience changes. In the dark night you can't even see the trees and the mountains. All that you see is their ghostly shadows just to get frightened thinks that there is a lot of evil surrounding you and waiting for the dawn to happen. When the day

breaks suddenly the beauty emerges again replacing the fear in mind with the joy and happiness.

That is a beauty of a Sun, of a truth and reality. The light dispels the darkness of ignorance. No wonder that most of the Upanishads promote the worship of the Sun as a god. When the inner light happens even the experiences of the daylight start getting dissolved. The true nature of the soul is the most wonderful experience one can ever get.

Swami here says that do not be feel sad for losing something in this world of illusion. You never brought anything; you never own anything so what is that you lost? The millions of bacteria in a single dew drop must be fearful about losing the dew drop as they think it is a permanent phenomenon. Where will they go when the Sun rises? So never ever feel sad for losing something that was not in any case yours. Everything in this world is perishable. Play the game keeping this in mind. That is a freedom from ignorance. That is your liberation.