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REIKI

VIDYA NIKETAN



Happy
Ganesh
Chaturthi

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

वक्रांड
महाकाय
शुभकाय
यमप्रभ
निर्विघ्नम्
दुःखम्
स्वम्
शर्व
कार्येषु
शर्वेषु

A SEED GROWS INTO A TREE, THE AGE MUST BE WONDERFUL...

Initiation in Reiki is one of the most exciting, unique and unexplainable phenomenon and there should be no doubt about this. Even after 25 years of my Reiki teaching, I can't claim that I have understood even an iota of this phenomenon. The moment the initiation process is done, millions of streams of energy start getting activated and then the same millions of streams flow like those beautiful springs into every possible channels of energy. That is where the festival of life begins. Witnessing this transformation followed by celebrations in the existence of the recipient is an apex point of joy and bliss in the life of a Reiki master.

Many of the sadhaks who join this path always wonder how do they manage the seed of initiation planted into their core after the seminar is over. What exactly is to be done? How to make this seed grow with the time?





What is the process of flowering? Look at the mother Earth. When we plant a seed of any tree into the womb of the earth, what does the earth do? We just dig a small hole in the surface of the earth and leave a seed in that adding soil, water and then closing the ditch. What is the role of the earth thereafter? Truly nothing. All that the earth is expected to do is to remain hollow to the extent that the mother nature provides streams of water to reach that divine seed. The Earth has to see that it does not obstruct these flows. It does not become rigid. It has to maintain the flexibility. It has to ensure that the blockages are removed. In fact it has to remain like an earth, a mother of all knowing fully well that a new creation is just happening. That is all. The soil has to maintain its purity. How does one do that in Reiki practice? One has to take Reiki on 26 points of one's body every day. What do we gain by keeping our hands on our body this way? Every time we touch our parts while taking Reiki we are sending a message to that seed that you are willing to get healed there and you need a help. It is just like a prayer. You are invoking the seed that way, you are calling for help, you are strengthening your relationship with that divine seed. Even the God does not intervene and shower his divine grace & blessings without your call to do so, the same way this process works. You need to be ready to connect your will to that divine intention. We need to take that responsibility at the least. The moment ourself

is in the company of your seed, lot of things will start happening. Rather everything happens. Then you are beyond all possibilities and all limitations.

And then the seed germinates first and then starts growing to the sky. The journey begins. It starts getting a stem and later prospers into branches and shoots. Then come the buds, flowers and fruits. It soon becomes a vast expanse of a banyan tree. Then, comes Swami Samarth to perform his play of consciousness in the interest of humanity. It becomes a wishing tree to fulfill all the intentions of your life. The shoots go to the soil to create more trees like you and the tradition of goodness continues. The tired travelers come and rest under the tree and get blessed by the divine without even knowing about that. The birds have a place to chat and chirp and of course after a day-long flying in that vast sky in search of food come and rest for the night in the lap of the tree stroking and patting on their back. And thereafter that mother earth feels so good about it. Feels proud about all that wonderful creation! A moment of liberation, a moment of joy and a moment of fulfillment!

Ajit Sir
August 29th, 2021



THE HINDU RENAISSANCE

by Vivek Pandye

People live in different time zones. Some are pretty much here in 2021 and well aware of their surroundings, modernities, and changes happening worldwide. As can be easily observed, a few regions of the world do follow a gun culture. Some hundred years ago, the barbaric times that should have been left behind had not left their footprint entirely. For some people on earth, it is the year 1202 and not 2021. Women are still subject to oppression and are treated in the most heinous manner. Abrahamic religions that were meant to spread the message of God eventually have failed to create even essential peace for survival. Religions begin with truth and end up becoming rigid and egotistic. These days commenting on religion is one of the most sensitive issues not subject to any discussion. When Buddha walked on earth, he denied the very existence of God just for the sake of changing one person's mind and belief systems. He meant to heal and not to kill.

The arrival of Narendra Modi in the political scenario and portrayal of him as an advocate of Hindutva has changed the course of our nation. For the first time, we have a Prime Minister who is utterly unapologetic as a Hindu. A whole lot of changes have happened within the mindset of this country's people. The problem with some of the media houses is evident, and the reasons are apparent. Almost all religions have an agenda, and they operate with a whole lot of peevishness. Inclusiveness towards other belief systems is absent primarily, if not entirely. Hinduism, on the other hand, has been inclusive eternally. We kept on creating God's to remove the ego and not allow things to become rigid.

Almost everything in this culture has been portrayed and worshipped as God's. From plants to animals, we worship them all. Not only that but different traits of human nature are also shown resembling some of the other God mentioned in the scriptures. A person behaving with some clever intention is thought of as Lord Krishna doing some Leela. Any other person in a ferocious mood may be labeled as the Rudra Avatar of Shiva. You may

think of any possibility, and we have created God's out of them. There is a God of fire, water, air, and rain as well. People are taught not to cultivate ego metaphorically and not directly addressing their ego. The result is that almost every second household in India has a different God or culture or belief system, and yet we do not impose our belief system on others. Forget about imposing our beliefs on some foreign religions; we do not impose the family culture on people within our religion.

The geographical extent of ancient Bharat extended from Afghanistan to Cambodia. Right now, we are reduced to a small size, with Bangladesh and Pakistan emerging as separate nations. Cambodia even has the largest Vishnu temple on earth. Afghanistan still has many statues of Buddha in a dilapidated state. The disrespect for other cultures or faiths is pretty evident outside of India. All the talk of secularism is fine. However, it should happen both ways. A Hindu Renaissance is much needed as we would not want to get shrunk any further. Let there be one country at least which the Hindus can regard as their homeland. The government is taking all the steps to accommodate displaced Hindus and Sikhs from all over the world. The steps are justified as other countries are neither willing nor have a sense of inclusion for people belonging to other faiths. Moreover, many countries have laws based on their religious tenets. In our case, the law is based on the character and conduct of God's who have displayed the highest level of evolution.

If we look at the larger picture, none would disagree that the word Hindutva should find momentum. Hinduism is passive. Hindutva is active. Lord Rama prayed to the sea for three days to give him a path to reach Sri Lanka. This is Hinduism. Later on, he had to take on a more aggressive approach when the sea did not pay heed to his request. This is Hindutva. There is nothing against any religion whatsoever, but we need to ensure that its original inhabitants do not lose this beautiful land. Hinduism is truth, and Hindutva is the reality that is the need of the hour.



“The food that we eat”

by Krupa Choksi

Normally it is everyone's belief that the food that we eat should be nutritious, should be healthy and it should give strength to the body. In Sanskrit the food is called “Aahar”. In all our Upanishads and Bhagwat Geeta it is mentioned that “Aahar” means that we take in. Now the question is that do we only consume through our mouth? No. We take everything inside our existence through all the five senses. So whatever we see, smell, hear, eat and signals of touch, everything becomes our Aahar. So how much conscious we are about what goes into our existence.

Today because of our social media so many videos are forwarded and unknowingly, to find out what is there inside, out of curiosity we watch it and many times they are not worth watching. It sends lot of negativity. For example, videos of accident, riots, violence, diseases and deaths, etc. We watch these videos because it is been forwarded to us by a very close friend or relative whom we love so much or else we try to see them out of our sheer inquisitiveness. The reason could be anything but it harms our existence. Many times we watch such videos or watch news while eating food. So everything we watch gets into our existence. So we should be very careful.

Besides this, as you all know that COVID pandemic has shaken everyone from within and most of the people have adopted living healthy life style which includes healthy food, exercise, Yoga, Gym and other workouts which makes person fit. Besides this people have also started meditations. So the awareness to remain fit has been generated in most of the people. Now we need to understand that what do we consider as a healthy food. And people would answer fruits, vegetables, sprouts, etc. And what should be avoided, people would say pastries, junk food, pizzas, etc. Why this discrimination is because of the heaviness of the food. It becomes difficult for the intestine to digest all these.

But according to me the food that is high in energy is considered as healthy food. How do we energize our food? In India, we have a culture to offer food to the God. Everything that we eat, we offer it to

God. Many people feel that God is an energy, God is not a person that we should offer food. Our ancestors and Rishis were realized souls who have taught everyone about how to connect to God. When we offer food to God by lighting a lamp or incense stick, we connect to that divine energy. Why we need a lamp or a lighted incense stick (Agarbatti) as God is in the form of energy and we are in the physical plane. So to connect to the divine energy i.e subtle, we need fire as a medium. Whatever food that we offer like this gets energized as divine energy surrounds the food and thus food becomes energized. When we give Reiki to food before eating we are doing the same thing. The food gets energized, it becomes easily digestible and becomes blessed food. In Bhagwat Geeta also, Lord Krishna has said “Aham vaishwa naro bhutva, praninam deha mashrit, pranapan samayukta pachamyamam chaturvidham” It means Lord says, “It is I who take the form of the fire of digestion in the stomachs of all living beings, and combine with the incoming and outgoing breaths, to digest and assimilate the four kinds of foods.” Hippocrates, A father of Medicine, has also said food is medicine.

I have read about Shri Nana Gadre (a saint from the tradition of Shri Swami Samarth). Once there came a disciple who complained that he is diabetic and his sugar level is not coming down. Immediately, Shri Nana Gadre gave him a plate to Jalebi and ask him to eat. Everyone were shocked as his sugar level was 400. The disciple knew that my Guru is so much capable that he can convert poison into medicine. And the same thing happened. The moment he ate it his sugar level became normal. So the question is are Jalebis good for a diabetic patient? The answer is “Yes” and “No” both. It is good if it is given by Guru and bad if we buy and eat it to satisfy our tongue.

Finally I would say anything we eat when it is energized by the divine energy is healthy food which is very much required for a healthy body and healthy mind. We should also observe that our mind remains positive and free from negativities no matter what we eat. As you all know “We become what we think”

FIND YOUR DIMENSION

by Telangan



I was watching a National Geographics documentary on Jane Goodall and her research on Chimpanzees. It was a breath taking experience. She was not a trained scientist or ecologist and didn't have research background either. In 1957 only male scientists were doing kind of hard work she did. She only loved every bit of nature truly and that was her degree. People laughed at her when she decided to go to Africa. Nobody sponsored her study. She spent her own little saving. But after that she created a history.

I found two learnings from her amazing journey. One, even if we are not trained, but if we are committed, focused and have plenty of passion for anything, we can still achieve the ultimate knowledge. Most of the time people don't try new things because fear of failing. Many people don't love their profession and they remain unhappy for life but don't have guts to change the career because they feel high risk in it. They shut all the doors of achievement. I remember a young boy joined my ad agency as a junior trainee on very minimal salary. We were shocked to know later that he was an IIT engineer. He found his passion for advertising only after IIT education. He could have earned huge salary to begin with as an engineer but he preferred working as ad trainee for nothing. He worked for a year or two and he became an apple of eye for the client he was associated with. They recognized his ability, talent, creativity and offered him worldwide head advertising post relocated to any country of his choice with the salary more than imagination. His passion, commitment and focus helped him to achieve that.

My second learning was her patience. Jane Goodall sat for hours, days, months doing nothing just like a statute, watching chimpanzee's behavior, making sketches and notes. One day the Chimpanzees thought she was a part of the nature and they came closer to her, soon allowed her to touch them, accepted her without harming.

She stayed in a meditative state similar to yogi. Today we lack this quality in society. Nobody has patience for precision. Kids get bored doing same thing every day. They required change all the time. At times people give up something while they are very close to the success. Youngsters and even toddlers do not sleep till late in the night. **In 2004 Patrick McGinnis explained it after his research of Harvard Business school. He said this is a fear of Missing out, (FOMO). Kids feel that the colourful life around them will go away if they sleep, they will miss out on something while they area sleep and then they develop this habit slowly.**

Nowadays, only children or youngsters are not victims of 'FOMO' but even older generation has become a target. Most of the world is highly dependent on social media now. People spend hours and hours reading/sending and even believing social media fake posts. Instead of spending time with real people they are spending time with friends on Facebook, Twitter or WhatsApp. They are emotionally low or high by these posts and as a result they are suffering badly. Today they are using someone else's perspective to measure own success and they feel depressed if it's not matching with their expectations. Every life is rare then why measurement can't be unique? There are only two ways either we should be using our own dimension or go along with the master. Even in Geeta Lord Krishna says, **'do your daily task with lot of devotion but also have a third person's perspective and do not get entangle in outcome.** With this, life will be balanced and you will never be dependent on comforts of life, money or power. And most importantly, we will never be Victim of 'FOMO'.

Jane Goodall would have never been so successful if she didn't have devotion, commitment, focus, patience in her and most important her own measurement of success.



DEVRUKH

A Divine Abode

by Aruna Margam

This year we were fortunate enough to be part of seva in Devrukh from Bangalore after more than a year. Four of us were traveling to Devrukh on July 28th and a day before came to know there was severe floods and it has ruptured the roads of Ambha Ghat. Through Modak Kaka of Devrukh, we came to know there was an alternative route of Anuskra Ghat. Our Cab driver gave us full support. When we reached Kolhapur we understood the damage floods have done so far. The bridge we were crossing showed signs of 10 to 12 feet of water flow till 27th August. We were truly blessed by Swami to have reached when things were much normal.

The journey normally takes 2.5 to 3 hrs to reach ashram which is around 100 kms from Kolhapur. They said the new route is longer. Didn't know the exact route or the distance. To our surprise the roads were good and there was no rain while we travelled through the ghat. There were some places where there were no internet so no google maps. Whenever we were in a fix Swami sent someone to guide us on our route. We had to travel 170 kms and touch Mumbai, Goa Highway and reached ashram after 5 hrs. Swami helped us to reach safely. In Ashram, Harshil and Bhavesh waited and served us dinner though it was almost mid night. Very grateful towards their seva.

The next day 29th July was a Thursday, 100th day of Wave of Faith. So it started with a new enthusiasm. Thursdays are always very special in Devrukh. Aarti was shown live in zoom. We came to know it was the last Thursday of the month and it was all Ladies Palkhi. The exuberance in the sevakarīs to get the palkhi ready by itself is a memorable experience. We all got to do seva during Palkhi. It's a divine experience to be part of the seva.

The way Swami and the space embraces new people is a sight to watch. Every few days the sevakarīs change and before we realize they are part of the family. Swami takes care of each one of us with a special care so that we relish the memories for months to come. Some get very emotional when they have to leave the space. The love energy, the bonding is not explainable. One has to experience. Our Gurujī has only

one thing to tell people who are going to Devrukh "Enjoy your stay". He is large hearted to make everyone special, wanted and loved. He has complete trust that the space will do the magic.

Rains, greenery, birds chirping and the serene atmosphere was soothing to our souls. We had a great fortune to witness the one night. It was a divine experience for all of us. Staying in Brahmakamal ashram and witnessing the beautiful flower blooming and spreading its fragrance will be etched in our memories. This also reminded Gurujī's words "We Sadhaks should be like Brahmakamal which bloom in the night unlike other flowers need sunlight. Wave of Faith was one such experience where we sadhaks were able to keep up the faith against all odds during the pandemic.

Rudra Poojan is a mystical experience already and this time due to rain every day it was a new experience. Our creativity also improved to decorate the shivling as flowers were so little during monsoon. Swami gives us opportunities to not only learn but also do all our seva joyfully. Morning chanting time keeps us very close to ourselves and keeps us peaceful the whole day. Evening Rudraswahakar and Tryambak energises us for the rest of the day. Aartis and the 108 Swami Samarth chanting is out of the world experience.

Sadhana room has its own special place in each one's heart. It just fills us with divinity and charges us completely. Gurucharitra parayan room, Gyana Mantap has its own energy to share with us. Feeding bananas to the cows in the goshala was very fulfilling. Arogya Mandir is a healing space with Gurujī's sankalpa we witnessed the power of the group healing too. Navnath Mantap and the dining space becomes special as we all sit together and eat as one family food prepared by Mansi Tayi. For the first time we saw the snail without a shell. Maybe Devrukh space is so safe that it didn't need a shell to protect itself. Thank you Gurujī for creating such a beautiful space and sharing it with all of us. Last but not the least swami took care of everything for our return journey too.

In the end, only three things matter: How much you loved, how much you lived, and how gracefully you let go of things not meant for you

Buddha said “Don’t just hope for the other shore to come to you, if you want to cross over to the other shore. the shore of safety, wellbeing, non-fear and non- anger, you have to swim and row across. You have to make an effort”. This effort is the practice of the Six Paramitas. Paramitas(Sanskrit) or Parami (Pali) is a Buddhist term often translated as “perfection”. It is described in Buddhist commentaries as noble character qualities practiced by those with the supreme intention of attaining enlightenment. These six are perfections because they give rise to complete enlightenment. They are

1. Dana – giving help and benefit to other living beings
2. Shila - morality, proper conduct, discipline, living an ethical life
3. Kshanti- The capacity to receive, bear and transform the pain inflicted on you by your enemies and also by those who love you
4. Virya - Energy, Perseverance. Persistent effort and not discouraged by failures
5. Dhyana- Meditation
6. Prajna – Wisdom, insight, understanding

Dana Paramita: The greatest gift one can offer to anyone is your true presence. If you love someone, you have to produce your true presence for him or her, when you give that gift, you receive the gift of joy

One can offer freedom, peace and space. When you are free from afflictions like craving, anger, jealousy, despair, fear and wrong perceptions you receive happiness. When another person makes you suffer, it is because he suffers deeply within himself. He does not need punishment, he needs help. His or Her happiness and safety are crucial for your happiness and safety. Wholeheartedly wish him happiness and safety that will make you happy and safe.

What you give is what you receive. Whether you give your stability, your freshness, your freedom or your understanding your gift can work a miracle

Shila Paramita: The second practice is the perfection of mindfulness training

The first Mindfulness training is about protecting the lives of human beings, animals, vegetables and minerals. The second is to prevent the exploitation by humans of other living beings and of nature. The third is to protect children and adults from sexual abuse, to preserve the happiness of individuals and families. The fourth is to practice deep listening, The fifth is about mindful consumption.

Kshanti Paramita: The third practice is inclusiveness which is the capacity to receive, embrace and transform. According to Buddha, if you pour a handful of salt into a bowl of water, the water will be too salty to drink. But if you pour the same amount of salt in large river, people will still be able to drink the river water. Because of the immensity, the river has the capacity to receive and transform. If your heart is small one, one unjust word or act will make you suffer. If your heart is so large since you

have understanding and compassion, that unjust word or deed will not have the power to make you suffer. You will be able to receive embrace and transform it in an instant

Virya Paramita: The fourth is the perfection of diligence or continuous practice. Buddha said that in the depth of our store consciousness there are all kinds of positive and negative seeds. Few of these seeds are transmitted by our ancestors, many from our past karmas one should try to recognize each of these seeds in order to practice diligence. If it is a negative seed of an affliction of anger, fear, jealousy and discrimination - refrain from allowing it to be watered in your daily life. By continuous practice trying best not to allow and give any chance the negativity to manifest themselves

The fifth is Dhyana paramita, the perfection of meditation. Calm your body and mind through the practice of mindful breathing, mindful walking and mindful sitting. Doing everything mindfully is the practice of meditation as mindfulness always nourishes concentration and understanding

Prajna Paramita: The sixth is the perfection of understanding. It is described as the understanding of the true nature of phenomena. Living deeply every moment of our life is the practice of this paramita. Living deeply means to be mindful. If you offer understanding to someone, that person will be happy and you will also be rewarded. When you look deeply into the person you love, you will be able to understand his/her sufferings, difficulties and also her aspirations. Out of that understanding real love will be possible.

When you look at the waves on the surface of ocean, you might notice one wave is higher, the other lower, more or less beautiful than other waves. But the wave is at the same time water. It is important that a wave knows it is water and not just a wave.

Similarly, we believe that we are separate from other living beings. When you look deeply you touch the nature of reality you realize you are divine. Perfect understanding is like a container. If the container is not baked well in the kiln, there will be cracks and the liquid in it will flow out

Each of these six paramitas contains the other five. Understanding is giving, meditation is giving, continued practice is giving. If you practice one paramita deeply you practice all six. When there is understanding, meditation will be true meditation, giving will be true giving. Understanding increases the quality of other five practices

Look into your situation, see how rich you are inside. The present moment is given to you as a gift. Start practicing these paramitas. When you are caught in sorrow, anger or suffering do not stay on the shore of suffering. Step to the other shore of freedom, non – anger by practicing these paramitas. You don’t have to practice for years to be able to cross over the other shore, you can do it right now.

Let’s stroll...



Akkalkot and The World

by Ashish Muley

While watching TV Serial “Jai Jai Swami Samarth”, I could not miss the similarities between the characters of the serial and the real-life situation of the world we live in today. This TV serial started few months back and depicts the stories of Swami Samarth (a mystic/sage/incarnation of Lord Dattatreya) who lived in Akkalkot, Maharashtra in 19th Century.

Swami Samarth regularly in his sermons, shows righteous path to his devotees, comes to their rescue in their times of adversity, punishes few as per their misdeeds and also shows his endless love towards them.

Watching the setup of Akkalkot as shown in the serial, zooming out and watching it with a perspective of the world we live in today, I found there are some stark similarities.

Akkalkot itself can be viewed as a small model prototype of the present world. There are different sorts of people living there. There are social & economic disparities amongst the families, just like we have different socio-economic sections in our modern-day society. There are people like Cholappa and his family, good at heart, of welcoming nature and ready to absorb challenging times as part & parcel of life. There are also people like Ramacharya who are wicked, selfish, greedy, and not content in happiness of others. They consider those working for them, as of a lower class and mistreat them. In Akkalkot, there are people like Chandule who are morally on a very high ground, are empathetic, have faith in God, and are always looking to help others. And there are some like Dajiba Sarkar, who show disregard to nature's creations and do not even show pity towards those with sufferings. (like in case of Haridas suffering from a rare skin disease)

Our present world Covid situation is similar to two of the stories which unfolded and, in both cases, – the arrogance of those in power & with great knowledge were overthrown – likeable to governing bodies across the countries and entire modern science system. Stories of Ganesh (blind boy) and Haridas (singer with skin disease) are powerful personifications of what we see today. Ganesh was challenged by a self-proclaimed knowledgeable pandit called Bhairavanand, who thought that just by knowing the Vedas and ancient scripture, he can boast of being mighty and wise. Similarly, Haridas was given rough treatment by those in power, ruler of the state Dajiba Sarkar and his team. Pitiful to see was that in both cases, the common village residents also ill-treated the victims and considered them blot to the society.

Ganesh and Haridas can be compared to present day victims of the Covid situation – both scared and fearful of the unknown. They didn't have a clue about what would happen to them, both also actually sought suicide as a quick option of getting over with their troubled lives. But deep down, both were men of faith, they were good people who were suffering, perhaps due to their karma. Swami Samarth (faith) held their hands in their times of distress, showed them the correct way. If Swamiji wished, he could have treated their ailments at the very beginning when they had met, without much fuss and drama. But not going against the nature's laws, he waited for the opportune moment and with appropriate tools in both cases, he accomplished both tasks at once – healed Ganesh & Haridas completely from their ailments and also simultaneously quashed their respective oppressor's ego. In case of Ganesh, Swamiji blessed him with knowledge and let Ganesh counter knowledge at each step with wisdom. By this way, Swamiji showed the virtues of Gyandharm to Bhairavanand. In case of Haridas, to those showing arrogance of power and to those who were willing to throw Haridas out of village because of few spots on his skin, Swamiji showed who actually was in power of running the whole universe. He healed Haridas with miracle ash (very likeable to our Agnihotra ash) and taught those people who mistreated with Haridas – very needful lesson of empathy and power of faith.

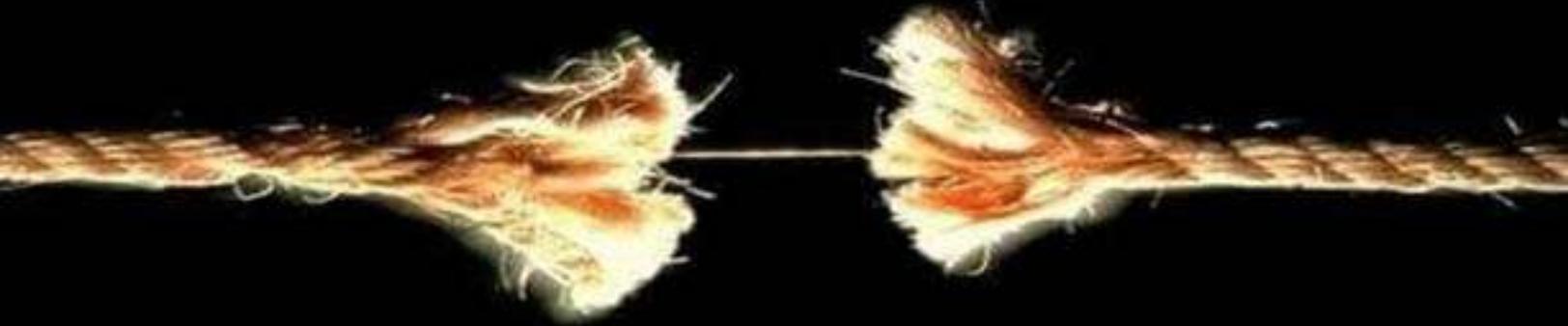
Dajiba Sarkar, Ramacharya Pandit, Sumukh, Radha the enchantress are examples of all the vice prevalent in the world today but Swamiji in his unique ways keeps teaching us on how to handle these vices in our day to day life situations. And in the process, as we go ahead with the story of the TV serial, we will also get to see how Swamiji is able to win over & convert all these people with vices into his truest bhaktas and good individuals. Something we should also try to emulate in our modern-day world.

There are many such instances in the TV serial where if we watch closely, Swamiji is telling us that nobody's prayers go unheard. He is there standing strong behind all those who are his true followers – followers of the path he shows. It is amply spoken by him in the serial that to reach him, in itself is great punyaai (good karma) of a person. And we all Sadhaks are really fortunate to be in his sahvas (presence). And that all problems of bhaktas will be cured at the correct opportune moment.

Thank you Swamiji.

Encounter with the Truth

by Telangan



After suffering immensely
I've had great learning...

Never chase people
If they want to depart
People who really belong
In life will never go away...

Focus on the step ahead
And not the whole staircase
Your future is based on the
next step only, just be firm...

At times the silence is
More important than
Proving your point and
justifying your stand...

You can't stop the arrow
Once it has left the bow...



FREE WILL, THE POWER OF DISCRIMINATION, EXPERIENCE AND INTUITION

By Barry Rathner, Clinical Psychologist

Apologies for the lengthy title of this piece, but these four aspects of life make up the inexorable (unavoidable) 'rules of the road' for our lives.

As inexorable may translate as 'unrelenting,' we may think of ourselves as stuck with these—whether we like it or not. Blessing or curse? It's up to us.

FREE WILL: I have the power to choose between right and wrong, between truth and falsehood, between proper behaviour and improper actions. We cannot escape this 'law of nature.' It is with us and no more possible to avoid than breathing with our lungs or hearing with our ears.

POWER OF DISCRIMINATION:

In choosing between right and wrong actions, the gauge is my power of discrimination. Virtually all waking moments include choices we must make as to what to think, what to feel and what we intend to do.

I like to think of life as a continuum in which there are 10s—the perfect choice, 5s—borderline or so-so actions, and 1s which can get me thrown into prison or lead to a divorce.

How can we negotiate our lives when faced with such an awesome power that we couldn't give it up even if we wanted to?

One way is to 'turn it over,' 'let go, let God,' surrender to the will of a Higher Power.

Often, we are consciously aware of our choices. "I know I shouldn't eat another piece of pizza," a clear voice inside of me implores. I know through **EXPERIENCE** I will feel way too full if I do eat it. It's not like I haven't faced this 'conundrum' before. Wasn't it just yesterday I stared at the restaurant menu at the choice

between large fried potatoes or the small size? No big mystery here. If I don't use deodorant, I may find myself bereft of company. If I don't brush my teeth, kissing may be low on my to do list today.

So, experience and the power of discrimination work hand in hand. They are important tools on our journey through life. Do habits influence our choices? Yes. So, engaging in Tapa, self-discipline, is very helpful as it literally burns out the old impressions on the mind (Samskaras in Sanskrit language).

May I share an experience or two? I was about six years old and my school class took a trip to the Wonder Bread Factory in Washington, D.C. Despite the poor reputation that white bread ultimately acquired many years later, in 1952, we thought this bread was just fine, and as the package said, "Builds Strong Bodies 8 Ways." What's not to like?

I digress. During the tour of the bakery at the factory, the tour leader announced what might have been obvious even to a six year old, "Whatever you do, DO NOT TOUCH THE OVEN," that lurked in front of us, kind of like an approaching train.

As I had never had the experience of being faced with such a momentous, dramatic decision before, some force of nature overcame me and guess what I touched? I learned a lesson that stuck with me until about 30 years later when a similar decision descended upon me. I got 'burned' again.

I was on a sales trip in Chicago and saw a woman with whom I wanted to strike up a conversation—or more. I did not strike up a conversation. Instead, I found out where she lived and proceeded to drive to the suburbs and find her house.

I found it and simply had to knock on her door and... who knows what?

I got out of my car and was immediately overcome with a feeling of doom. “This is not a good idea. A cold supernatural wind smacked me in the face. What was I thinking? Was I practicing for a career in stalking? Might not it have been preferable to phone her before showing up on her doorstep?”

And so, INTUITION, the last of the 4 aspects in this article’s title, reared its head. I just knew this was a bad idea, I’d regret it in the morning, I should have gone back to my hotel room and curled up with a cup of tea and some Wonder Bread toast.

But no, the moth was drawn to the flame, the mouse saw the trap, but the cheese smell was intoxicating. The incense covered over the smell of fried onions in the house. So... guess what...again?

I got out of my car, took two steps towards her front door, saw the Doberman Pinscher dog begin its full throttled run towards me, and despite the six-foot high fence in its path, all of a sudden I was introduced to Superdog who like his human namesake, Superman, was able to leap tall fences in a single bound and 5 seconds later, I felt the sensation of a steel-like trap wrapped around my left calf (which I feared would be the last time I would feel any sensation in that calf).

How shall we label the ensuing moments? Let’s start with ‘terror, fear, self-loathing, wish I were anywhere else but here....’

Were it not for Grace, 36 years later I would still have a noticeable limp, not to mention a reconstructed calf. But, in those days, some called me “Bootman,” as on most days, I wore thick, leather boots. Actually, it might have just been only Jannette who called me that, but since she would soon become a brilliant therapist, I wore the moniker proudly. Well, Bootman’s calf was saved by his leather boots which were high enough to cover his calves.

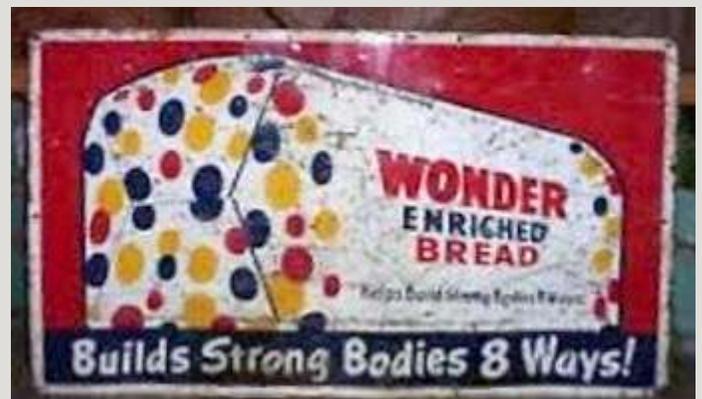
So, Superdog’s teeth bit into my boot and though still I was left with a bone bruise the colours of the rainbow for months and months, I still had a left calf and no limp. Saved again was I — one of the earlier times Grace intervened to save either my life—quite literally—or save me from extreme consequences of bad decisions. Best to use intuition and not unduly ‘tax the Divine.’

That I may have earned or was somehow deserving of such Grace of Almighty boggles the mind, but warms the heart.

The four aspects of the title of this article may not emanate or be derived from our minds, but it must be said, that it is via the vehicle of the mind that they are accessed and put into action. Hence **HOMA PSYCHOTHERAPY**, a major aspect of which is the **MIND TRAINING PROGRAMME**, occupies a place of importance under the banner of Agnihotra and Homa Therapy.

And it is no accident that when we are asked how **Agnihotra works, we often return to ATMOSPHERE, PRANA, MIND**—change the atmosphere in positive ways through the agency of purifying fires, the effects are beneficial to Prana, and as Prana and Mind are inextricably connected, training our minds to react positively and ultimately with love always becomes not only a worthy goal, but a real possibility.

We were given the vision of ‘Happiness Here & Now’ when we started Agnihotra. Using our Free Will, Power of Discrimination, Experience and Intuition as we walk along the Fivefold Path, will enhance the chances of our being happy here and now, and no doubt speed up its manifestation.



Ashtavakra Geeta

(Part 10, Chapter 3rd)



Verse 3.09:

सूत्र 3.9 धीरस्तु भोज्यमानोऽपि पीड्यमानोऽपि सर्वदा ।
आत्मानं केवलं पश्यन्न तुष्यति न कुप्यति ॥3.9॥

Meaning: The wise and the self realized do not react to pleasure or pain, happiness or sorrow and just goes through such situations. He who is consistently connected to the divine self does not get influenced by joy or sorrow.

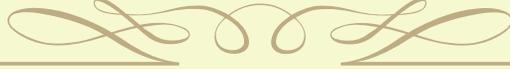
Here Ashtavakra is telling Janaka that the one who is self realized does not become restless or restful, he does not experiences any turbulences in life as he does not react to any situations – adverse or otherwise. He is not influenced by the effects of situation as he knows that everything is only an illusion. He always operates in the domain of the Self and does not trespass into the ego zones. As the Self does not get affected by life situations but Ego plays the game of life and gets subjected to the reactions to survive.

Verse 3.10:

सूत्र 3.10 चेष्टमानं शरीरं पश्यत्यन्यशरीरवत् ।
संस्तवे चापि निन्दायां कथं सुभ्येन्महाशयः ॥3.10॥

Meaning: How can the one who considers even his body as if it belongs to someone else, can get excited with things like praise or a criticism?

It is said that believing that you are you your body is a huge sin. The elevated souls look to their body as an illusion as if it belongs to someone else. He does not associate his soul with his own body. Then how come such an elevated soul gets excited with things like someone praising him or someone denouncing him? For him the praise and denouncement are no different. He is free from all these things.



Verse 3.11:

मायामात्रमिदं विश्वं पश्यं विगत कौतुकः ।
अपि सन्निहिते मृत्यौ कथं त्र्यस्यति धिरधीः ॥3.11॥

Meaning: How come the one who is enlightened and who knows that the whole world is only an illusion and does not even appreciate its existence, be fearful about facing the death?

Out of the seven components of human existence, only the mind is qualified to experience the events. It only feels all those emotions like fear, joy, sorrow etc. When the mind is attached to and identifies itself with the physical body obviously it is concerned about the death of the body. That event of death is fearful for the mind as it perceives that to be its own death. But the same mind when made to associate itself to the immortal soul, the fear just vanishes. The wise man is always connected to his Self and so does his mind. Naturally, he should be free from such fears of death.

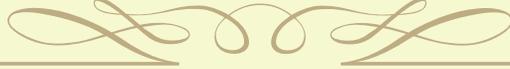
Verse 3.12:

निःस्पृहं मानसं यस्य नैराश्येऽपि महात्मनः ।
तस्मात्ज्ञानतृप्तस्य तुलना केन जायते ॥3.12॥

Meaning: With whom does one compare an enlightened complete soul, who is not even touched by the depressions of the mind?

Our egoism is based on a basic idea of our personality or identity or ego as it is generally called. The symptoms of egoism are getting hurt, defending the opinions and beliefs, putting up a façade and comparing with others. We call it HDFC in short. But the one who is realized and wise can't be compared with anyone, he is unique. And if there is no comparison, what could be the cause of failure? How can one get defeated who is not in a race of competition at all? How can one be defeated who has already reached a goal without taking a part in the race?





Verse 3.13

स्वभावादेव जानानो दृश्यमेतन्न किंचन ।
इदं ग्राह्यमिदं त्याज्यं स किं पश्यति धीरधीः ॥3.13॥

Meaning: The one who by nature knows that everything which is visible is an illusion, how can he decide to choose or accept something or reject something?

The wise man knows that everything is an illusion, including something what one sees. This looks debatable for a common man. But a scientist and a prominent neurologist Dr Michio Kaku has proven that we in reality see only a black dot at a point where the human retina meets the optical nerve and the picture is created by our brain by a process called pepping. Once a wise man knows the reality of what he thinks he is seeing how can he decide accept something from what he “sees” and decides to reject something from the same? How can one choose at all from something which just does not exist?

Verse 3.14

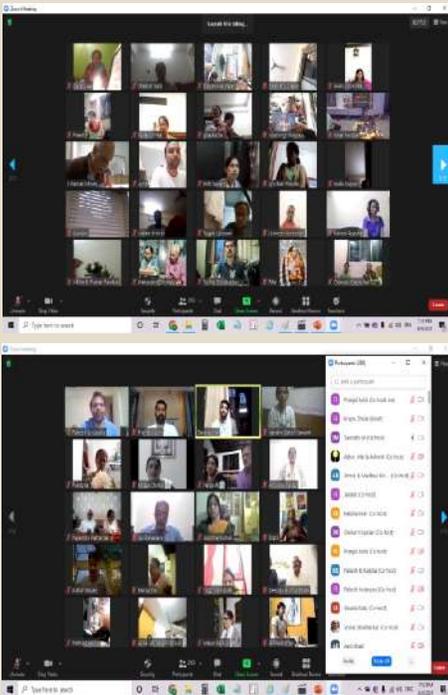
अन्तस्यक्तकषायस्य निर्वृदस्य निराषिः ।
यदृच्छयाऽऽगतो भोगो न दुःखाय न तुष्टये ॥3.14॥

Meaning: The one who has even renounced the dispassion from his heart, the one who stays in the space of union (and not duality) does not get affected by pleasures and pains from situations that have come his way. Obviously he is free from the influence of both these experiences.

The one who dwells in the space beyond duality and the one who has renounced the dual nature of the world has already gone beyond the idea of pleasure and pain, happiness and sadness. Then how come he will be impacted by the good and bad things of life?



Rudra Ekadashni on every Monday of Shravan



Due to covid pandemic, there are restrictions on movements as well as gatherings in certain cities. However this could not stop Sadhaks gathering through online mode and chanting Rudra Ekadashani on all Mondays of the auspicious month of Shravan. Each Monday 11 representatives chanted 11 anuwaks (All Namak and respective Chamak) one by one by keeping their audio ON while all other Sadhaks followed them in a chorus with mute audio mode. Of course the energy levels of doing Rudra Ekadashni physically cannot be matched in full through this online mode, it was one more opportunity for all RVN Sadhaks to join and stay connected with the divine rhythm of Rudra Chanting. It was also an exhibition of discipline that our RVN Sadhaks are showing. Another advantage of this activity was that, Sadhaks from far off locations and who have not learnt Rudra Chanting yet could also join and be a part of this activity. We wish soon the restrictions will be over and we could enjoy the vibrant energy of Rudra Chanting through physical gatherings.



SOFT program of NGDI, USA from 9th to 13th August, 2021

New Generation Development (NGDI), USA in association with DSPPL organised an online Middle path 1 program between 9th August to 13th August 2021. Age group for the program was 9 to 11 years of age of children. Faculties from India conducted the sessions as per time suitable to participating children from the USA. Program covered various important topics like Karmic Theory, Shanti Mantra, Lateral Thinking, Ancient Science, Value Education, Drop IT and Yog. Opening session started with the use of Chiji Cards and all the students liked this novel concept. Closing session was attended by the Parents who expressed their gratitude towards Guruji for this wonderful program. Vaishali and Rakesh Vedvyas have taken all these initiatives and they were supported by DSPPL team wholeheartedly.

Guruji's Online lecture on Reiki for Hyderabad sadhak

Guruji conducted a lecture for different groups of non reiki people mainly located at Hyderabad through zoom online mode. The objective of the program is to introduce the concept of Reiki - Principle and practices to new Sadhaks. Guruji guided all the participants and explained how



Reiki is just not a therapy but a way of living life. It is a holistic healing practice and everyone should learn and practice it for health, happiness and harmony. The session lasted for about 1 hour and 20 minutes. Overall 73 participants attended this program and expressed their willingness to learn and start their journey on this divine path of Spirituality. Krupa Choksi, RVN Master hosted this meeting, thanked all in the end and assured everyone that soon Reiki Seminar will be announced at respective locations.



This means that this world is nothing but a paper doll, it can just get dissolved the moment even a small drop of water touches it. The great saints and the incarnations of God like Shree Swami Samarth have always been talking about the impermanence of the life. The pandemic situation of Covid-19 has already taught us this hard lesson in practice. We are all experiencing this fragile nature of human life, which is there for some time and just with a flick of fingers of the nature everything is gone. Whatever we thought was real has been proved to be a Maya, an illusion which does not stand the tests of the time. Why then we all get entangled

into such illusions and start believing the same to be a truth, just to get disillusioned and disappointed with life experiences. The paper dolls look good into the show cases but can't withstand the tests of time and truth. Swami used to say that do the samsara, but with a clear understanding that it is only an illusion. You are just playing a role in this drama of life which is not a reality. Play that role without allowing the personality traits of the role into your core existence. That message should always be there in the backdrop and one should be alert about this fact.