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REIKI

VIDYA NIKETAN

WISHING YOU HAPPY MAHA SHIVRATRI



Leadership is an Attitude



I just came across a casual news item the other day. It was about one of the Indian cricket batting coaches who retired and wrote his memoirs in the form of a book. This news item cited a small incident that this coach narrated. It seems that this match was between India and Australia sometime last year. While batting first, one of India's prime players Ravindra Jadeja was hit on the helmet though apparently there was no damage. He continued and was injured while facing a particular ball. Obviously, he could not play a further part in the game.

The problem came as India was now to the ball to opponents. Jadeja was one of the main ballers for India. Without him, the team would land up with one bowler short. The concern to the team management was how they manage as in the limited-overs game you need to complete your quota of overs. Seniors like the captain and the main coach looked deeply concerned. They were clueless. One of the junior players sitting next to the coach stood up and loudly said, "Remember that Jadeja was hit on the head, and as per the law of "Concussions" introduced newly in the game a player with similar abilities can replace the injured player and officially play. We can select a spinner Chahal" Everyone was stunned by this suggestion.

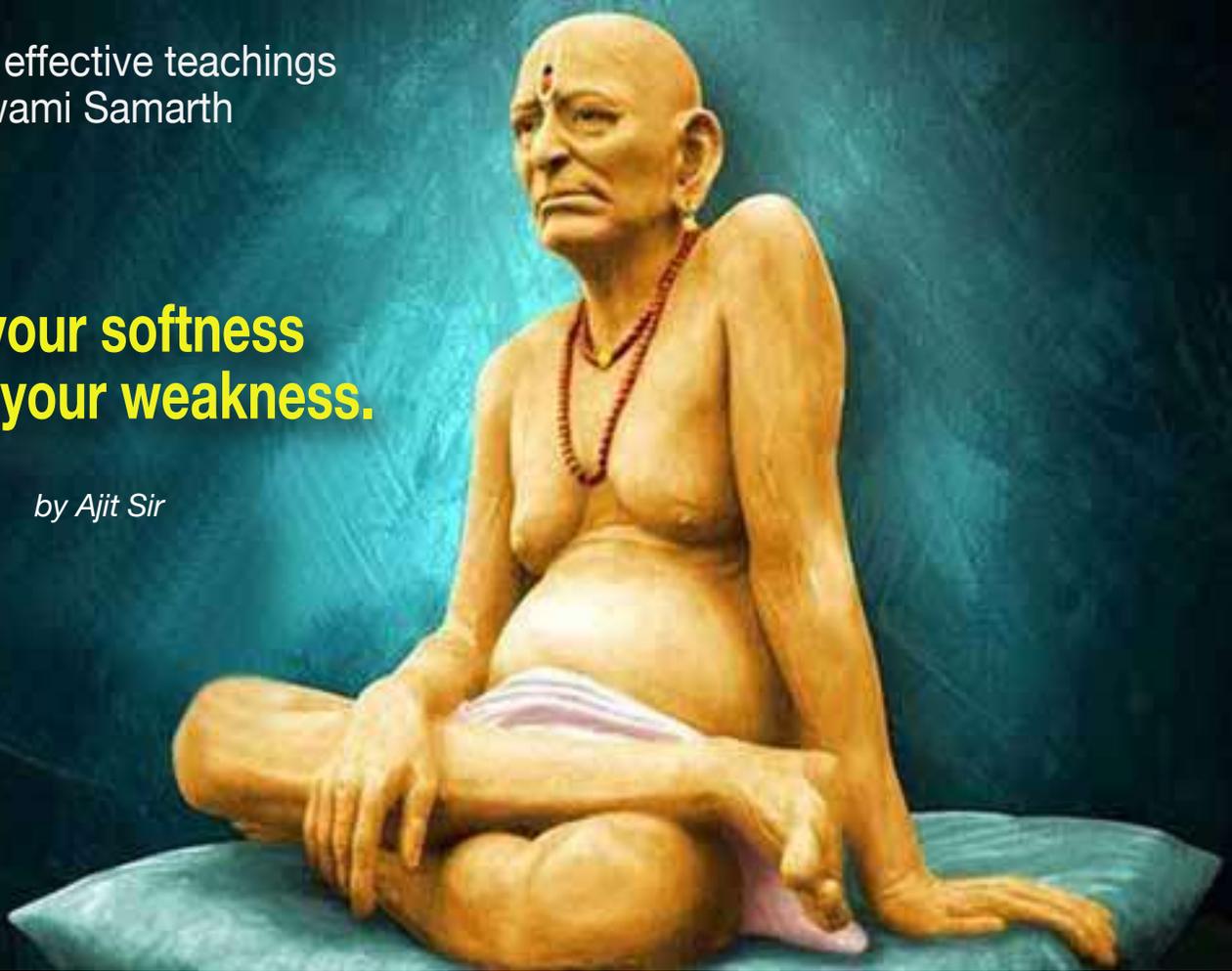
None of the seniors even thought of that. This young guy had the right perspective of the game and obviously was soaked in the game. He had the courage to speak out and he took initiative to offer solutions. And lo! Chahal played the game and won the match for India with 4 wickets. The ex-coach says, "that was the time I realized that this new guy can be a future captain of India" He never bothered that he was not senior, nor was he bothered about speaking out. He took initiative and achieved the result.

This is one example. But this attitude can be useful even in life. We see a lot of challenging situations around us. Many times many sadhaks just stay indifferent and forget that they are also a part of that situation and their role is to offer some contribution. If one has the right attitude and initiative, one can be a part of the solution rather than being a part of the problem. That lateral thinking ability is within all of us. Not many use that. We are a part of every situation that pleases us or bothers us. A small initiative may help the equation of that situation. It may give a huge breakthrough.

Ajit Sir
December 24th, 2022

Let your softness not be your weakness.

by Ajit Sir



Shree Swami Samarth has been giving this message consistently for the few episodes of this TV serial that we write about in this column. If you look around, the badness is making a huge noise it never made before. All dark forces have gathered together with an idea to push the light workers to the corner. This is the time one needs a lot of conviction about our own goodness and considers it to be our strength than a weakness. Never ever lose your faith in goodness. Our goodness is the hope for the good people out there.

When you consider your goodness and softness to be your strength, people around may not mess up with you. They will not take you for granted, they will respect you when your energy levels are high. The time has come to decide once for all whether you take yourself and your spirit seriously or not. If no then leave your goodness and join the conflicts of the world. If yes, have faith that God has promised in Geeta that if you are a sadhu (a good person) I will look after you.



Meditation

The only thing needed

By Vivek Pandey

When you are born as a human, the only thing needed is meditation. As animals (operating only at the physical level) we travel outwards, as humans we must go within. This machine is the only device on the planet that is capable of accessing the higher dimension of life. Other species have abilities limited to survival. Only we can address the divine. With such an opportunity as big as this. A person must do everything that is needed to go within. Surely, your eyes are open on most occasions. So, the direst of needs to address and engage with the world. However, the element of perception will by far be the most intelligent and advantageous step to take for anyone.

The moment one is suggested to take a deep dip within, a whole of intellectual queries start to emanate. The world and the universe within. One always feels that a choice needs to be made between the two. And the heaviest word in the world, 'responsibility' always keeps coming to the fore. Even while meditating one is subconsciously aware of the outside duties that need to be done. Since we are trained to remain attached and lead our lives as bonded laborers of the world (to be labeled as good fellow humans), we seldom reflect with wisdom as to how and where such ways will eventually take us to fulfill our lives. The way the world is, one is not even allowed or given time to contemplate, forget about meditating. The plethora of choices encountered by most people create more problems than solutions. If you are physically strong, you may handle

the survival part in a much better way. If health is not good or healing is missing, even survival becomes difficult.

With meditation, one may not get anything at all. Nonetheless, one loses most of the things undesirable for the smooth conduct of their life. Meditation is never about choosing a different lifestyle. It is all about removing all the differences. To realize that you are the universe without any duality and conflict. To understand that the pleasure and pain that one gets in this journey is a result of past karma. To gain an understanding that with consciousness one can master and overrule and override all the wrong that has been done in the past. To live in every moment not with an obscurantist view, but with fresh eyes capable of looking at life as it is. To know that every person around us is unique and not separate from us. To completely drop the idea of having to do something out of your separate identity and inculcate the knowing that everything that is meant to happen will happen anyways. To have the intelligence to keep the ego down and look at life subjectively.

It makes people wonder how these philosophical discussions can solve their problems. How one can solve their gross problems by not doing anything? The point is to look at where everything began. The fact that one's birth is not under their control. One does not even get the choice to be born as a male or female. The parents you choose to be born through are not in your hands. How does all of a sudden one get this idea of doing things

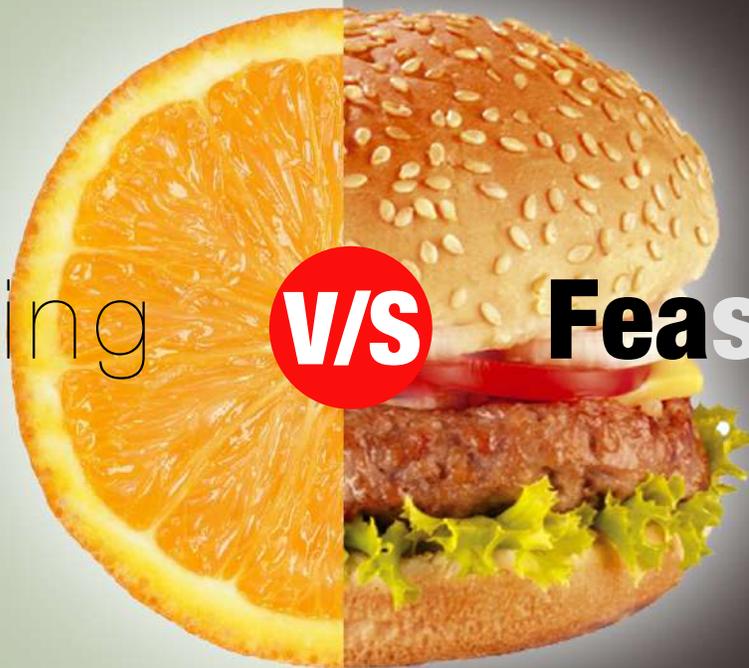
and getting things done? When does this game of leaving life and identifying with the body begins? One needs to understand this, "you were not born out of some biological process. On the contrary, the biological process happened because the ever-existent life that is you needed an expression in terms of correcting your past karma." When the very purpose is to proceed in the direction of removing the pain of this life and many other lives, how can one get engrossed in accumulating further karma in this life? These are some of the fundamental questions that any human should contemplate on.

Right now, in this world, success is a big deal. One needs to be successful to be able to fit into the societal mold. A loser is just a liability and a burden so to speak. Even if one loses their past karma and becomes divine one does not become eligible to be labeled as successful. One must do something to address the darkest of desires within each human to be called as successful. Well, one should think in terms of a presence that creates happiness and bliss around. Surely, this can be done in material ways too. Nonetheless, to move inwards and upwards gives eternal peace and bliss, rather than temporary quick-fix solutions. To meditate is to connect to your innermost being and once this is done, the people coming into your vicinity will automatically benefit. And lastly, if you can trust me, the material part needs to be sacrificed or taken as meditation itself. Either way, it works.

Fasting

V/S

Feasting



by Anand

Obesity around the world has nearly tripled in last 30 years. 2016 research says 1.9 billion people are overweight and 650 million are obese. In a 2020 research 39 million kids, below Five were overweight /obese. This is really frightening and sad. Today, our lives revolve only around food. People care more for taste than health. Consumption of processed food has increased against traditional food since we started following the western lifestyle. Today, it shows again by different research that, how our ancestors were well-informed. The things our descendants did for the past ten thousand years are being invented by western scientists today. Fasting is one of it. **Today, how fasting is beneficial for our body is being researched in the USA and they have amazing findings.**

We have a tradition of 30 days of fasting before Maha Shivratri, nine days of fasting at Navratri, in the month of Shravan and there are many fasting opportunities every month. So, our forefathers were aware of fasting effects on our bodies. Animals understand it better than us and therefore they don't require medicines every moment. Leo, my dog stops eating immediately once he is unwell. That goes on even for a week at times and he drinks only water but he cures himself totally after that. I've experimented with this on myself and it did work. Our body has a mechanism to cure most of illnesses on its own while we are sleeping and therefore eight hours of sound sleep is important for everyone.

Some myths we follow from generations...

Dietitians say 'eat small meals, six times a day. science says, we have been fasting for two and a half million years and our genetics are used for such fasting very well. In ancient times we didn't have sophisticated weapons and we were not fantastic hunters to kill after every two hours to get food so humans use to fast for days or weeks until getting their next meal. We were hiding in caves after dark so it was rare to get a good amount of food all the time. This went on until we invented agriculture.

Breakfast should be as splendid as for a king.This narrative is set by western breakfast food manufacturers such as Quakers or 'Kellogg's and they have funded research to promote such stories. In Ayurveda or even in 'Sanskrit', there is no word for 'Breakfast'.

People who don't have breakfast tend to put on more weight. or Burn more calories and must count your calories. or Eat more proteins. We have been listening to these narratives for generations but according to the latest research these are myths. According to a top cardiologist from California and a Nephrologist from Toronto, it's the only toxin for the liver and kidneys. Some fats are stored in our liver and other organs. In fact, science now says that counting calories in gym and while eating is a very old and outdated idea. The latest Mantra is '**do fasting more to lose weight and eat less to remain fit**'.

We have evolved over the years but our genetics didn't change drastically. Today we eat more on the days of fasting. We stuff ourselves with carbohydrates, sweets, oily food ETC. We say our energy is low because of fasting. It is totally psychological because there is no such biochemical change taking place in our body at the time of fasting, it's just a craving. It's like any other addiction. If we do month-long fasting like Mahashivratri, after a couple of days, the craving disappears, and the body adjusts to the new pattern easily. All we need is commitment and a powerful will.

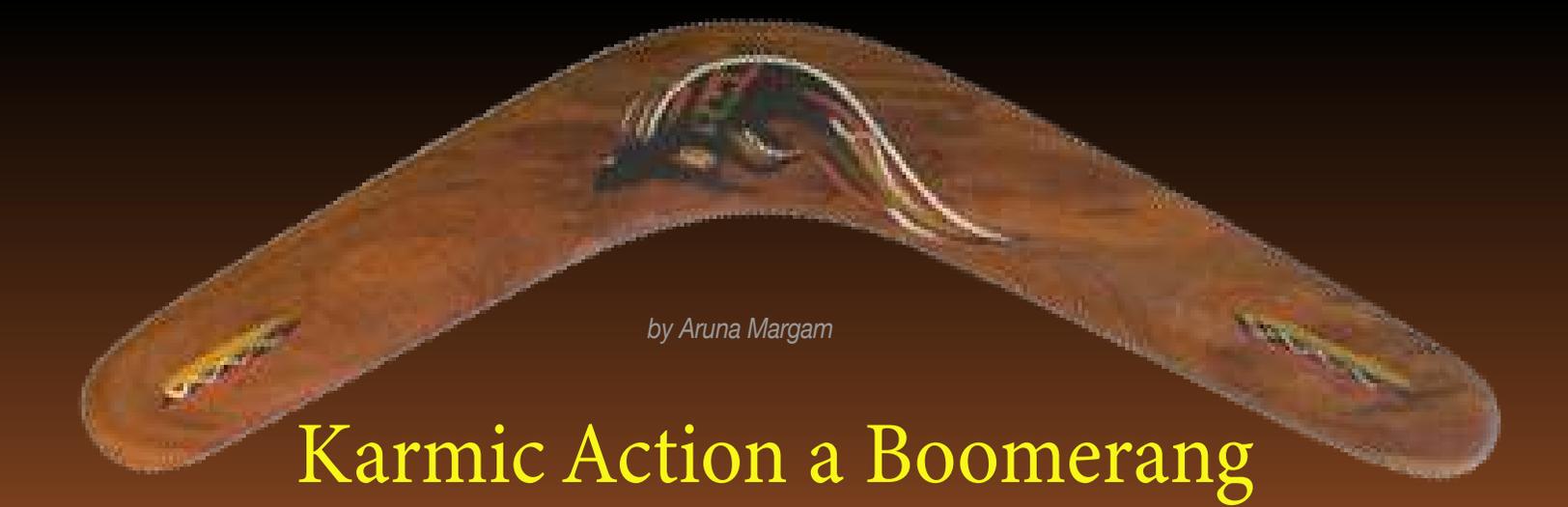
Over the period of time, we have just stopped listening to our bodies. We are not eating when we are really hungry but either according to the clock or advertising strategy, that says 'eat six times a day'. In the last 200 years, we have had big changes in our diet. We have been eating sugar, genetically modified, and processed food. It's more harmful than not eating at all. **We were not falling sick frequently when we were eating full grain, we made it to powder and destroyed values and created diseases like diabetes, blood pressure, or cancer.**



Today, overeating is killing more people than starvation. Fasting doesn't kill us. What happens when we are fasting? After seven days of fasting, our sugar comes down a bit but not as a hypoglycemic attack unless we are diabetic. In the first twelve hours, our body realizes that there is no food coming. So, it starts taking glycogen from the liver and muscles for the required energy so that our body's glucose level is maintained. **We have plenty of proteins, month-long stock of vitamins in our body, and we have so many fats that we can last for forty days (remember, Bhagat Singh fasted**

for straight 116 days and remained stronger and tough with Britishers even on the 116th day). We have 50 thousand calories locked in form of fats in our body. After twelve hours, the body creates 'Ketones' using fatty acids in our liver and every cell of our body including the brain uses this as energy. **There is no other way to burn fatty acids from our liver and other parts than fasting.** We have to drop our insulin level to open the body fat store. After fasting of 18 hours our metabolic rate of the body improves, our very important hormones like **epinephrin, adrenaline, and cortisol** improve and the body creates new cells, we are more alert, lighter and ready for new challenges. **Fasting improves our brain.** 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, make our skin glow, make muscles powerful. After 24 to 36 hours of fasting, body goes into an 'Autophagy' state. That's the recycling of discarded cells of the body by breaking them into small pieces. In this process our body gets new healthy cells and body get rid of the 'Cancer cells'. Fasting makes us 'Younger' Good Looking, Healthy, and Attractive in the contrary feasting that makes us Sick, Sluggish, and Older, in young age.**





by Aruna Margam

Karmic Action a Boomerang

We have been repeatedly told by Guruji that each one of us is “Poorna” complete. Only we have to get rid of the ignorance that we are incomplete. Is it possible? So many desires crowd our minds, and we are invariably running one after the other. It doesn’t even stop till the last moment. These desires get registered by the universe and when it’s appropriate it is materialized. Like Paul Coelho says

“When you want something, all the universe conspires in helping you to achieve it. “

We all have learned the karmic theory based on Newton's law of Action taught by Guruji in seminars and other sessions.

“Every action has an equal and opposite reaction.”

Often, we come across situations and unknowingly we too start complaining that we have not done anything wrong, then why I have to suffer so much?

As this question was lingering in my ears I happened to see a serial on “Dasa Purandara” a biography of Purandara Dasa known as the father of Carnatic music. He made singing easy to learn by even a common man. His birth name was Srinivasa Nayaka born in a wealthy merchant family. His mother is very pious and brings him up till the age of 8 years. Naturally, the son is also growing into a divine child. This once again

teaches the importance of the surrounding of the child from the womb up to 7 years.

We all know the importance of a Guru in a bhakta’s life. As a divine designer, Stinivasa meets his guru Vyasaraaya. Guru shows a lot of respect to this young boy Srinivasa. Vyasaraaya’s disciple asks his Guru the reason behind this behavior-toward a young boy. Guru’s reply startles him.

Vyasaraaya tells him the story of Prahalad. When Prahalad is in his mother Kayadhu’swomb, Lord Indra wanted to kill him as his father Hiranyakashipu was a demon and he and his brother were always troubling the Devatas in Deva Loka. Indra thought he too will become like his father.

God had a divine design. Saint Narada protected the child in the womb firstly by convincing Indra that this child will be divine and a protector of the three worlds. Saint Narada is taking the mother to his ashram. The child is listening to the preaching of Narada and gets all the knowledge about divinity before his birth. We all know the rest of the story of Prahalad, how he became a great Bhaktha of Narayana.

Vyasaraaya says in Sathyuga I was born as Prahalad. Saint Narada was my guru, and I was not only saved by him but also became his disciple from the womb. Now in this

15th-century Kaliyuga, I am the Guru and I have saved Srinivasa after the first few days of his birth and also going to be his Guru as he grows up into youth. I am here to complete the action. Guru became disciple and disciple became a Guru after so many yugas.

This answered the question. Even great saints or even Lord himself have to be born again and again to complete their actions. What prarabdha karma can come in our life none of us can guess or know. Then how to face the challenging situations? How to escape the cycle of birth and death?

The first step is to believe whatever happens in our life, our actions are the cause and just accept and go through it wholeheartedly. When there is acceptance deep from the heart then Lord holds our hand and takes us through it smoothly.

The second step is to follow as Guruji guides. Do karma as Karma Yog. Offer every action to Swami.

The third step is to not entangle in desires. Drop desires. Swami will fulfill your needs and your whole life itself is a ‘present’ by God.

Most important of all ‘action is not just physical’. Karma is done through Mind, Words, and body. Let us be Alert Aware and Awake to live our entire life in Moksha meaning freedom from suffering.

Reiki Experiences



I was an IT employee who was always tired and needed Red Bull or any other energy drink to sustain after 6 PM. Health wise I had a sinus problem and little migraine as well. Every week I take tablets for either headaches or colds. Sometimes I used to get a cough which used to last for 10-15 days and throughout these days I used to take as many medicines as possible.

I was unhappy with my health and personal life and was wishing to change things around. I knew about Reiki since my school days as my friend's dad was a practitioner. I remembered him mentioning a lot of health benefits and I wanted to give it a try.

I googled for the best reiki teaching institutes in Hyderabad and I got in contact of Reiki Vidya Niketan and got in touch with Madhavi. On my first day, I went to just see what it is all about. I didn't have belief but I was curious. But at the end of the first day itself, I remember going back home and feeling some change in me. The second day has been even more transformative and in just two days I developed all the faith required to use it for a lifetime.

It's been a month since I completed the Reiki course and I haven't skipped it for a day. First I'll discuss the health benefits. It's been a month since I haven't taken a single tablet and I didn't get a sinus attack, cough, or a small headache. The second most noticeable thing was the energy levels I used to be very exhausted after the office. But now I have a good amount of energy even till 12 at night which surprised me and the people around me. I haven't had a single energy drink in a month which made my family very happy.

The third noticeable thing is clarity of thought. I used to wake up from sleep and feel very foggy and it used to continue all through the day. Only when I drank coffee or energy drink did I find myself being alert. But now I can feel that I don't have any brain fog and can see things and situations more clearly.

The fourth noticeable thing is empathy and compassion. Since I have been doing reiki daily I felt myself being more compassionate toward other beings. It could be a small dog or a human being whom I don't even know. I have watched so many murder mysteries that I got a lot insensitive, but since reiki, I can't see those shows or movies without feeling a sting in my heart.

I feel reiki's mother is always with me and helping me in my personal life as well. My relationships started to improve and I'm happier than I was before.

I'm grateful to Aruna Ma'am for teaching this technique.

Mr. Pariki Karthik

Respected Krupa Didi

As desired by Shri Guruji I am submitting herewith a small write up on how I am practicing Reiki.

1. Daily I am giving Reiki to myself mostly Full body. there are few days when full body Reiki may not be possible but I try to cover maximum points

2. Before acquiring 1st degree I use to remain disturbed, worried on so many aspects which though was not called for

3. As rightly. Respected Guruji told us on second day of seminar that our life will change from next day. This has come true in my case. Now I am worry free and do not get disturbed at all. Of course, still sometimes little anger is uncontrollable but i am practicing to remain cool

4. Reiki keeps me fully fresh for the whole day and night sleep is also sound unlike earlier some interruption was taking place

5. Once in blue moon when Reiki is skipped for unavoidable reasons, I feel I have missed something on that day in short Reiki practice had become inseparable part of my daily life

6. I am sharing my experience with people in close contact and trying to inspire them to go for Reiki seminar after telling them benefits

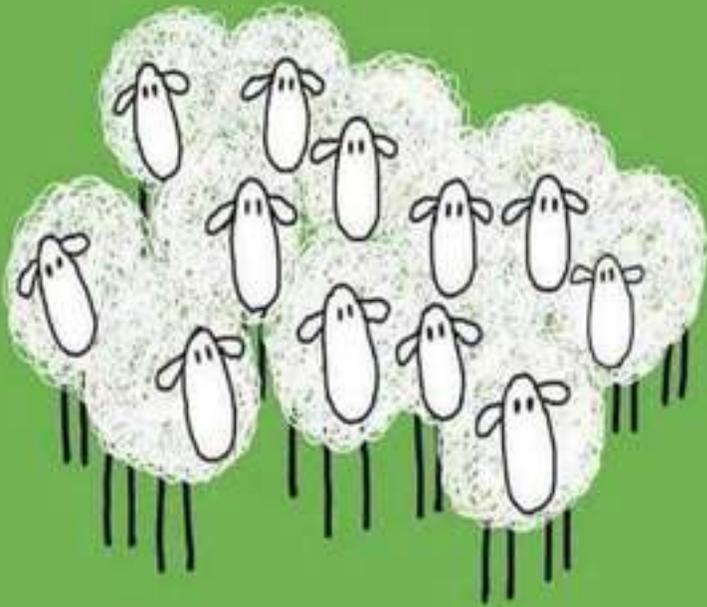
7. when my daughter, my sister-in-law, my cousin, my wife had some pain in arm, shoulder etc I gave them Reiki which resulted in good relief to them

8. I am regularly going to RAM center as healer

kindly take above on record

Regards

Ashok Thatte



Yes, you can judge me

If you are perfect...

Yes, you can teach me

if you are informed...

Today, you will not realize

My words and actions

If you can't understand

My silence of days...

Yes, you can blame me

If you are flawless...

But don't define me by

the mistakes I've made...

Remember, we all learn

the great lessons usually

at the worst times and by

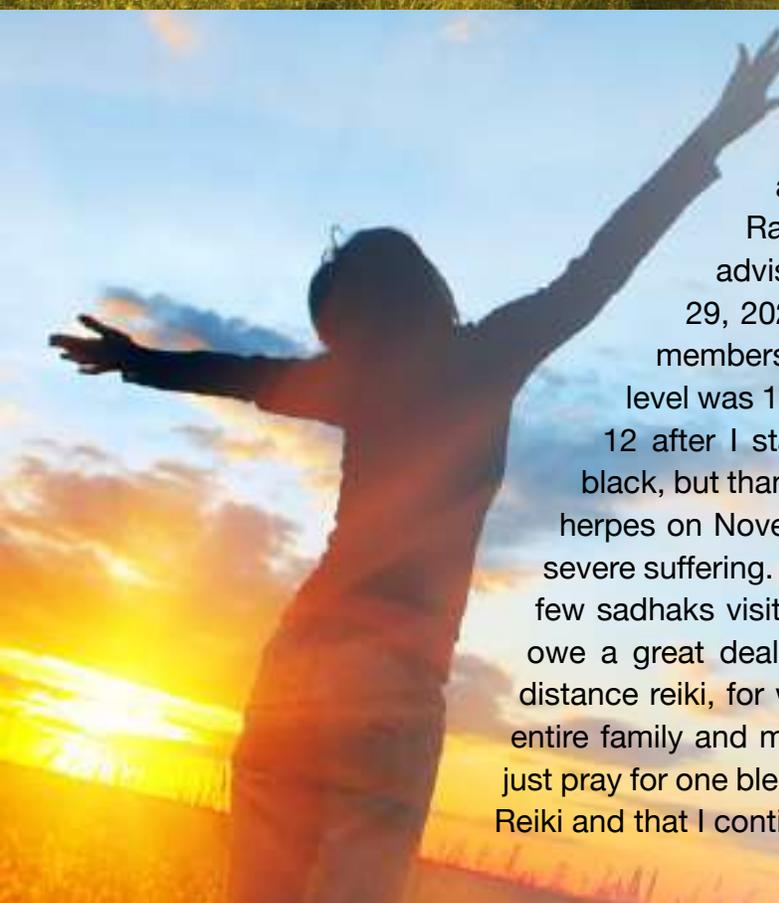
the worst mistakes....



Make it Simple...

by Anand

Reiki Experiences



Mrs. Rutika Raju Tawade attended a first degree Reiki seminar in Dadar on September 24th and 25th. My cancer treatment has been ongoing for almost 1.5 years. After the seminar, I consulted with Rakesh sir about my treatment, my reiki master, who advised me to practice reiki on a daily basis. On November 29, 2022, I received my blood reports, and me & my family members are surprise, all reports are normal. My Hemoglobin level was 10 before I started taking Reiki, but it increased to up to 12 after I started reiki. Also, the cancer-infected area had gone black, but thanks to Reiki, it has begun to heal. I was diagnosed with herpes on November 27/28. But, thanks to Reiki, I was spared from severe suffering. The wound dried out within 5 days. During this time, a few sadhaks visited my home, and I received group reiki from them. I owe a great deal to hema taai, rajendra dada. People also sent me distance reiki, for which I am grateful. Reiki and Guruji have helped my entire family and me. I've enclosed my blood and sonography results. I just pray for one blessing from you, Guruji that I always remain attached to Reiki and that I continue to practice Reiki throughout my life.

My name is Harshala. I have learnt Reiki Level 1 at Parel in June 2022. After Learning Reiki I had the opportunity to give reiki to many people.

1. My Brother had a skin infection for many days. He is used to getting a lot of itching because of that. After giving reiki his itching stopped.
2. I was once travelling in a Railway train. There was a girl who was having some Asthmatic Problem. I gave her reiki for 10 minutes and after that she felt quite relieved and relaxed.
3. There was a dog who was barking continuously in my Society during night hours. I went and gave reiki to that dog and he became silent and peaceful.
4. Once while I had visited Swami Samarth's temple, there was a dog who started barking in the middle of Aarti. I immediately placed my hand over the dog's head and the dog became peaceful.
5. I work at a Medical Clinic. There was a dietician who had come there. She had a wound. I gave her Reiki and she felt a lot of relief. That Lady showed interest in learning Reiki.
6. I commute daily to Shivdi from Titwala by train. The everyday journey has become very smooth.

I am grateful to Guruji and Reiki

Harshal Mangal Kedar





Ashtavakra Geeta

(Chapter 16th)

Verse 1

अष्टावक्र उवाच ॥
आचक्ष्व शृणु वा तात नानाशास्त्राण्यनेकशः ।
तथापि न तव स्वास्थ्यं सर्वविस्मरणाद् ऋते ॥ १६-१ ॥

Meaning: *Ashtavakra said: You can recite and discuss scripture all you want, but until you drop everything you will never know Truth.*

This is a profound knowledge that Ashtavakra is giving to his supreme disciple. He says every bundle of knowledge will stop you from moving to the truth. You may have to unlearn more if you learn as this learning itself may be a barrier in your path. Dropping everything is very essential for your gaining the truth. Scriptures are only maps and not the compass that can reach you to your destination. Truth is attained by dropping ignorance. Every scripture is ignorance till you experience the truth. And once you attain truth they are not required.

Verse 2

भोगं कर्म समाधिं वा कुरु विजत तथापि ते ।
चित्तं निरस्तसर्वाशमत्यर्थं रोचयिष्यति ॥ १६-२ ॥

Meaning: *You can enjoy and work and meditate, but you will still yearn for That*

which is beyond all experience, and in which all desires are extinguished.

Here he is telling Janaka that the nature of the mind is wandering. Even in Samadhi and meditation, it wanders. For some time you may feel that you have stopped its wanderings. But it never ceases and gets into the latent form to reappear again. So you do not lose your focus on dropping everything and be with the truth.

Verse 3

आयासात्सकलो दुःखी नैनं जानाति कश्चन ।
अनेनैवोपदेशेन धन्यः प्राप्नोति निर्वृतिम् ॥ १६-३ ॥

Meaning: *Everyone is miserable because they exert constant effort. But no one understands this. A ripe mind can become unshackled upon hearing this one instruction.*

As everything in the mundane world is gained by human beings through efforts we feel that similar efforts are required to gain the truth. We have forgotten that in spite of getting whatever we desired, we are tired due to our efforts. We need to be effortless to gain the truth. Because effort means doingness. Doingness is in the domain of ego and not the Self. Now that you are with your Self, you do not need any effort.

Verse 4

व्यापारेखिद्यतेयस्तुनिमेषोन्मेषयोरपि।
तस्यालस्यधुरीणस्यसुखंनान्यस्यकस्यचित् ॥ १६-४ ॥

Meaning: *The master idler, to whom even blinking is a bother, is happy. But he is the only one.*

Ashtavakra here calls Janaka a master idler out of appreciation. He appreciates his effortlessness. The real elevated ones are extremely idle as they do not perform any activity. Even opening the eyes and movement of eyelids become difficult for them as they are with their own self consistently.

Verse 5

इदं कृतमिदं नेति द्वन्द्वैर्मुक्तं यदा मनः ।
धर्मार्थकाममोक्षेषु निरपेक्षं तदा भवेत् ॥ १६-५ ॥

Meaning: *When the mind is free of opposites like “This is done,” and “This is yet undone,” one becomes indifferent to merit, wealth, pleasure, and liberation.*

Most of the time we are engaged in some

thing that we do. These are the karmas that have their own fallouts in terms of sanskaras or impressions. However, many times the undone karmas also bother us even more as the desire to perform these karmas are unfulfilled and that bothers us. Here the sage says that once a sadhak goes beyond these done and undone karmas, he goes even beyond the desire for liberation too.

Verse 6

विरक्तो विषयद्वेषा रागी विषयलोलुपः ।
ग्रहमोक्षविहीनस्तु न विरक्तो न रागवान् ॥ १६-६ ॥

Meaning: *One who abhors sense objects avoids them. One who desires them becomes ensnared. One who neither abhors nor desires is neither detached nor attached.*

Those who stay away from sense objects are renunciates. On the other side, there are people who have unlimited desires and they are entangled in their desires. In fact, both are suffering in their own way. The one who abhors such senses and desires hates them while the one who clings to desires loves them. Both are attached to what they are holding, through love or through hate. Elevated ones are neither of these. They don't avoid anything and they don't cling to anything. They are free from both these phenomena.

Verse 7

हेयोपादेयतातावत्संसारविटपाङ्कुरः।
स्पृहाजीवतियावद्वैनिर्विचारदशास्पदम् ॥ १६-७ ॥

Meaning: As long as there is desire-- which is the absence of discrimination-- there will be attachment and non-attachment. This is the cause of the world.

Desire is the cause of all attachments and non-attachments. Even if the desire looks to be subdued it never dies. The moment the opportunities arise they spring up. They are like the seed while attachments and non-attachments are the trees. As long as the seed is alive there is always a possibility of a tree sprouting up.

Verse 8

प्रवृत्तौ जायते रागो निर्वृत्तौ द्वेष एव हि ।
निर्द्वन्द्वो बालवद् धीमान् एवमेव व्यवस्थितः ॥ १६-८ ॥

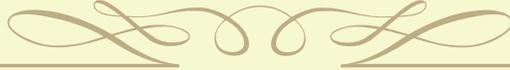
Meaning: Indulgence creates attachment. Aversion creates abstinence. Like a child, the sage is free of both and thus lives on as a child.

There are two schools of thought. One is of getting attached (Pravrutti) and the second is of getting detached (Nivrutti). Those belonging to the first school of thought believe that one has gone through all desires and not keep them unfulfilled. That is what life is given for. The other school believes that one needs to get detached from all desires as they will never end up giving rise to more desires. That is the sure way of getting trapped in the vicious circle of birth and death. Here Ashtavakra says that staying detached is as bad as staying attached as even that will entangle one in the wheel of rebirth. One needs to be free from both these schools of thought and live like an innocent child who stays in a state of bliss as he does not references for both.

Verse 9

हातुमिच्छतिसंसारं रागीदुःखजिहासया।
वीतरागोहिर्दुःखस्तस्मिन्नपि न खिद्यति ॥ १६-९ ॥

Meaning: One who is attached to the world thinks renouncing it will relieve his misery. One who is attached to nothing is free and does not feel miserable even in the world.



Those who are attached to the world are miserable and feel that renouncing these will be free from misery. But even when he drops these desires- fulfilled & unfulfilled, he will still be sorrowful as he is still holding to desire – to hold or to drop. On the other side, the one who has not gotten attached at all is free in the real sense and is not suffering even while staying in this world. The idea of renouncing comes from the idea of holding. That basic idea (of holding) itself is a seed.

Verse 10

यस्याभिमानोमोक्षेऽपिदेहेऽपिममतातथा।
नच ज्ञानीनवायोगीकेवलंदुःखभागसौ ॥१६-१०॥

Meaning: He who claims liberation as his own, as an attainment of a person, is neither enlightened nor a seeker. He suffers his own misery.

The one who has attained liberation and believes that it is his liberation goes on an ego trip and becomes sorrowful. He becomes miserable. The person within has not died. That person with desires and all

attachments is still alive but believes that he has become free consciously. In that case, he is neither a seeker nor he is an elevated soul. Liberation is not a thing to be claimed as in a true liberation you lose your Self in the brahman. The duality ends.

Verse 11

हरोयद्युपदेष्टातेहरिःकमलजोऽपिवा।
तथापिनतवस्वास्थ्यं सर्वविस्मरणादृते ॥१६-११॥

Meaning: Though Hara, Hari, or the lotus-born Brahma himself instruct you, until you know nothing you will never know Self.

Demolishing the memories is liberation as the memories always happen in duality. The one who remembers and the one who is remembered. Without these two, memories can't happen. Here the master says that you need to forget your knowledge and not only that even the one who gave you that knowledge. Then you are a really liberated one. Nothingness is wholeness.



THE WAVE OF FAITH II

Review from sadhak Mr. V. Shankar

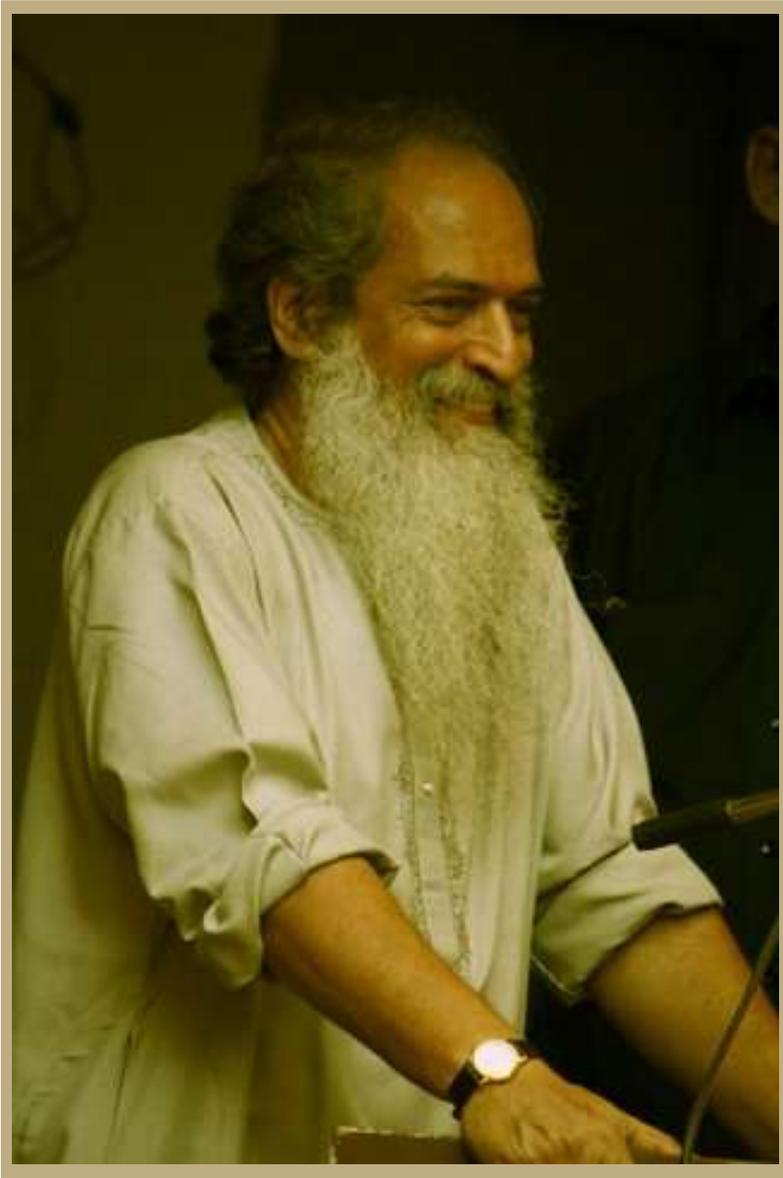
INTRODUCTION

Guruji needs no separate introduction among the Sadhak Parivar but it's just a formal introduction as a part of Full Moon Online Event.

Shri. Ajit Telang is Post Graduate degree holder in Chemistry (Nuclear & Radio Chemistry) from University of Mumbai & also mastered post graduate degree in Marketing Management (M.M.M) from the Jamnalal Bajaj Institute of Management Studies.

In the early stages of his career- he worked with TATA and Mafatlal group for almost a decade before starting his business venture as “Synergestic” in 1985. He was on advisory panels of IDBI, ICICI, and IFCI for many years. He was also the Managing Director of two Private Limited companies in the 1990s wherein his pioneered ideas of “BIZISPOTS” and “Golden Package” revolutionized many emerging trends in the Information Technologies industry in contemporary times.

In 1994 – he turned to the spiritual path by learning the Usui System of Reiki Therapy. He subsequently formed Reiki Vidya Niketan RVN in 1997 which presently has 18+ centers in India & USA. He has authored many books like Essence of Spirituality, Bhaj Govindam, Rainbow in the Heart, Holistic Parenting, Mirages & Oasis, Youth Empowerment & many new books are in the publication pipeline.



SESSION SYNOPSIS

On the auspicious day of Datta Jayanti - Guruji enlightened the audience on the theme of "Life Fulfillment" through –A question& Answer Session.

This great interaction; is a bit difficult to be narrowed down into a synopsis. We believe- it would be worth listening to this online session on the YouTube Channel "DSPPL Devrukh" to get more contextual insight into living life without any compromises in the material world as such.

Pearls of Wisdom bestowed in the session are summarized below. However, for all desirous minds looking for deeper insight, we will again suggest listening to the entire session hosted on YouTube.

To begin with- Guruji un-boxed the very meaning of 'Fulfillment of Life.' He pointed out that-

1. There is no Segregation between a material world & spiritual world - as perceived by many of us.
2. Moving from Non-Understanding (of life) to Understanding is spirituality per se.
3. "Veil OF Ignorance" needs to be removed to understand "yourself" ("Know Your-Self" just like "Know Your Customer" in commercial banking terms)
4. Anand Se jio- Anand ke liye mat Jiyo. (Live with a joy & bliss but don't live for joy)
5. Pleasure is real treasure. People are searching for treasure for the sake of pleasure which is creating stress & pain.
6. Any Activity shall be done neutrally – without any involvement (An-a-Sakti)
7. Relating with your own self is the simplest & realistic approach which is spirituality itself.
8. Any Practical life situation is an illusion in itself.
9. Source of Fear/ Anger/ Anxiety lies in one's ignorance (Agyan)
10. Guruji on modern days challenges in any relationship – Relations per se shall be natural & shall flow simply without any artificial pressure. On the contrary, in an artificial effort of "Relationship Management"- we bring in stress. Be Swastha (Be at Ease) within yourself then the relationship will be Swastha. Many times, the problem is -We cannot sync with our own self.

Aham (The Ego) is not allowing a Swastha mind for an individual.

It's not the lack of time that is resulting in stress but it's the lack of priority to look within yourself/ within relation.

He further explained- when we are not managing ourselves at all - then we cannot manage the world/ others.

11. One needs to have compassion, love, and respect for him/herself. We are over-occupied in activities & processes than the Destination/ desired objective of these activities.

12. We are creating conflicts with distorted minds. So, people are trying to engage themselves to avoid interaction & in turn conflicts- nowadays.

13. Time & again Guruji has mentioned that - In the ancient Gurukul System- every Guru used to empower his disciple & then send him to live an empowered personal/ social life. None of the great Gurus ever asked their disciples to give up material life to become a sanyasi. Instead, they trained them to approach the material world with empowered minds & abilities.

14. Responsibility without ability is hazardous- the same is applicable to our personal & family, and social life as well.

15. To get Swastha-what one should do- Simple Mantra- ".... Ask yourself- what am I doing?"

Don't meditate every day- simply ask yourself every day- what am I doing? why am I doing it?

Don't get trapped in the processes- rather ponder upon the underlying/hidden principle.

16. Over time, we have made processes out of everything & in turn, the ultimate purpose is lost.

17. Be accountable to yourself. Have a dialogue between your ego & your soul.

18. On a question about the mandatory necessity of a Guru in your life- Guruji gave a wonderful answer.

19. Karma Karo, anand se karo, aur chhod do. Don't get stuck up to the outcome (whether it's favorable or unfavorable to you)

20. Just have confidence- I'm doing nothing wrong & I'm in the lap of the Almighty.

21. Get yourself convinced that you are doing nothing wrong. Don't give attention to outer noise.

The session concluded with contented minds showered with the blessings of Guruji.

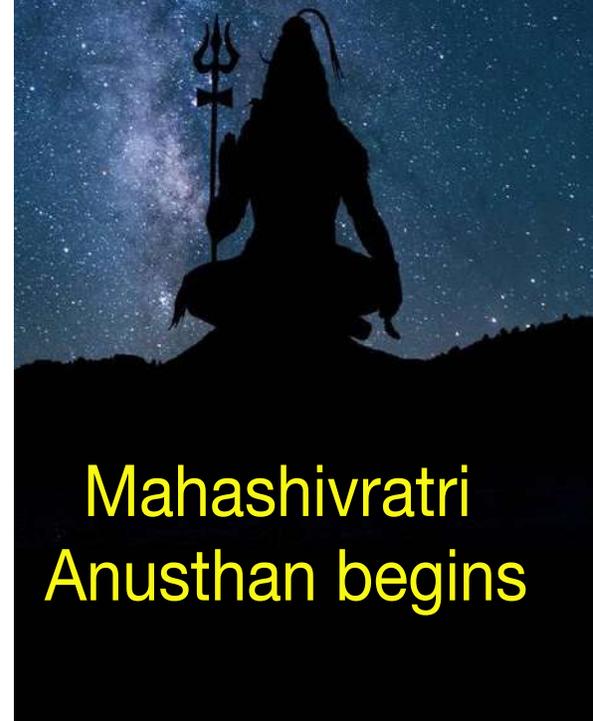
DSPPL's Social Empowerment Forum

On the 8th of January 2023, DSPPL had a unique program designed under the aegis of The Full Moon evening of the Social Empowerment Forum. The panel discussion was organized on the subject of "Education- Yesterday, Today, and Tomorrow." Some senior and eminent people from the field of education were invited to address the forum. Ms. Reenie Sarin from Texas Odessa, USA, Dr. Seema Bhaduri from Nashik, Dr. Mrs. Neeta Parekh from Kota, Dr. Mrs. Asha Muthanna from Bengaluru, Dr. Annapurna Shah from Rajkot, Dr. K. N. Nandurkar from Nashik presented their viewpoints and expert opinions. The audience got an overview of the emerging trends in the field of education.



On 26th January 2023, the new moon session was held with the idea to spread the awareness about Indian spirit and its manifestation in various walks of life. Three experts spoke about the subjects like (i) the Indian Flag, (ii) Indian Anthem, and (iii) India's Republic Day. Each of the eminent faculties spoke for about 20 minutes on their subject and enlightened the audience on these three symbols of Indian Democracy.

Mahashivratri will be celebrated on 18th February this year. The anusthan for the same began on 20th January and as usual, sadhaks are getting prepared for this divine festival.



Mahashivratri Anusthan begins

Reiki Vidya Niketan Breakthrough

Reiki Vidya Niketan which started Reiki Sandhya Initiative to take Reiki teaching to every home initiated another project where the students of 10th and 12th standard school programs were taught Reiki over 7 days with 7 sessions of 2 hours each. Three schools in Ahmedabad City viz. Matruchhaya School, GNC School, and Sharada School participated in this initiative, and a total of 109 students participated in this program. The objective is to empower these young children to stay free from stress during their examinations and also to increase their memory power by purification of chitta. Many other schools have approached RVN for such programs for their school students.

अतिरुद्रम्



श्री भीमाशंकर

श्री रामेश्वर

श्री वैद्यनाथ

श्री नालेश्वर

श्री लोकाश्वर

श्री विघ्नेश्वर

श्री गहवलाश्वर

श्री व्याकुलेश्वर

श्री मल्लिकार्जुन

श्री केदारनाथ

श्री सोमनाथ

श्री शंभवेश्वर

सहज समाधी छोडके
जलसमाधी ले रहे हो?
यही ब्रह्मज्ञान तूने
समजा है क्या?

24

Are you drowning yourself (Jalasangadhi) instead of doing regular meditation (Sahaj Samadhi)?

These are Swami's words said to one of his devotees Vamanbuva in Vadodara. This devotee was suffering from multiple disorders in his body and was fade-up with life due to that. His tolerance had reached limits and he decided to end his life by drowning in Sursagar Lake in Vadodara city. In the midst of the night, he left his home so that nobody knew about his plans to take his own life and entered the lake. Suddenly Shree Swami Samarth appeared in the form there (while Swami was still in Akkalkot and sadhaks there vouched that Swami never left Akkalkot that night physically) and slapped Wamanbuva and shouted this sentence. Swami pulled him out of the lake and dragged him to his home nearby. With the commotion, people at home woke up to have a live sight of Swamiji who blessed them all thereafter.

The message here is loud and clear. Sadhaks have to continue with their lives and have no right to kill themselves no matter how adverse the conditions could be in life. They should battle with their difficulties as Swami is always there with them all the time. That faith should always prevail. Nobody has a right to kill anyone including oneself. Humans have only the right to create or give birth but have no right to kill. God has already invested his energies and intent in everyone's life and those should be respected. He has already empowered you with his powers to survive and grow. He through your master has been guiding you on the path. The master always gives ways to wriggle out of situations of different hues. One needs to listen and see intently.