

REIKI

VIDYA NIKETAN

WISHING YOU HAPPY NEW YEAR

2023



Do not be shy of getting corrected.



The other day I received a communication from one of our RVN sadhaks quoting a statement as: “There is only one way to avoid criticism – do nothing, say nothing and be nothing.” Honestly, I still do not know where he got this quote from. All that I did immediately is to write to him,” No, there is another way to avoid criticism and that is not making mistake at all”

In my studies about the new generation over the past decade, I have realized that the new generation children are very sensitive to criticism. In fact, any time you try to correct them. They think that you are criticizing them. They do not understand that every time somebody finds a mistake of yours and try to correct you does not mean one is criticizing you. Their tolerance towards criticism is extremely low and brittle. In the process, they often shun their interactions with the people around them. They isolate themselves from the community and try to be alone.

Criticism or anyone trying to correct you is actually trying to help you become a better person. That is a part of our learning process. And if one is sensitive about people pointing out their mistakes, the easiest way is to focus on your tasks at hand and give your 100% effort. That will help you avoid mistakes. The question of somebody correcting you just does not exist. Obviously, your feeling hurt and bad about a such event does not exist either.

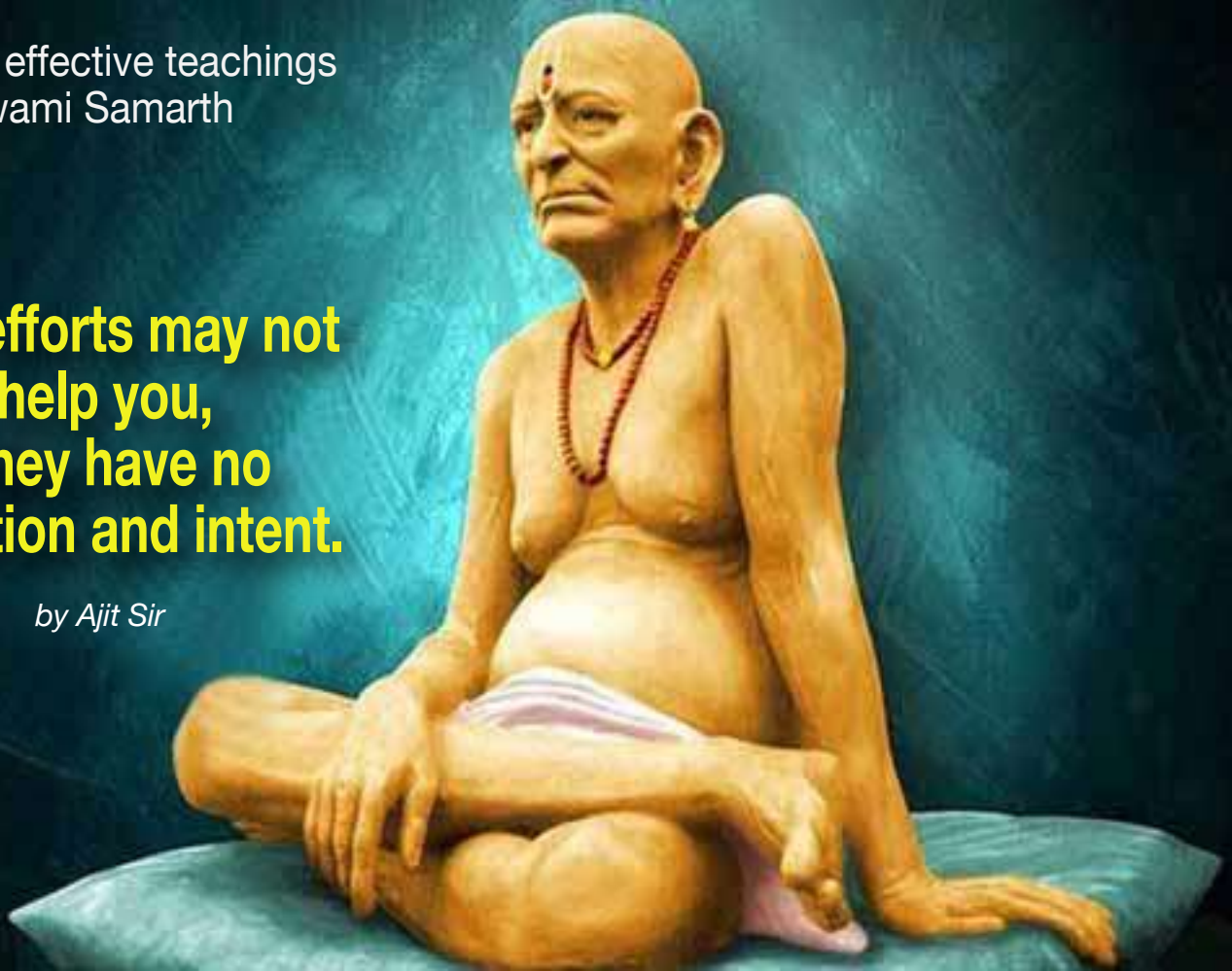
The other side of this is that we are humans and bound to err sometimes or the other. So in spite of your doing your task perfectly, there will always be another way or method to do the same task and those methods may be more efficient and effective. In that case, just listen to anyone who tries to help you by correcting. Count ten breaths in such a case and quietly listen with an idea to improve. Remember the golden sentence “We are all here on this planet to IMPROVE and not to PROVE. So, stay away from proven-ness. Just enjoy corrections and never make the same mistake again.

Try this out in 2023. Best luck to you and have a great year!

Ajit Sir
December 24th, 2022

**Only efforts may not
help you,
if they have no
direction and intent.**

by Ajit Sir



In one of the latest episodes of the serial on Shree Swami Samarth, he said that efforts one must do but if they do not have the right intent and the right direction, they are futile. One loses the direction and lands up at the wrong destination.

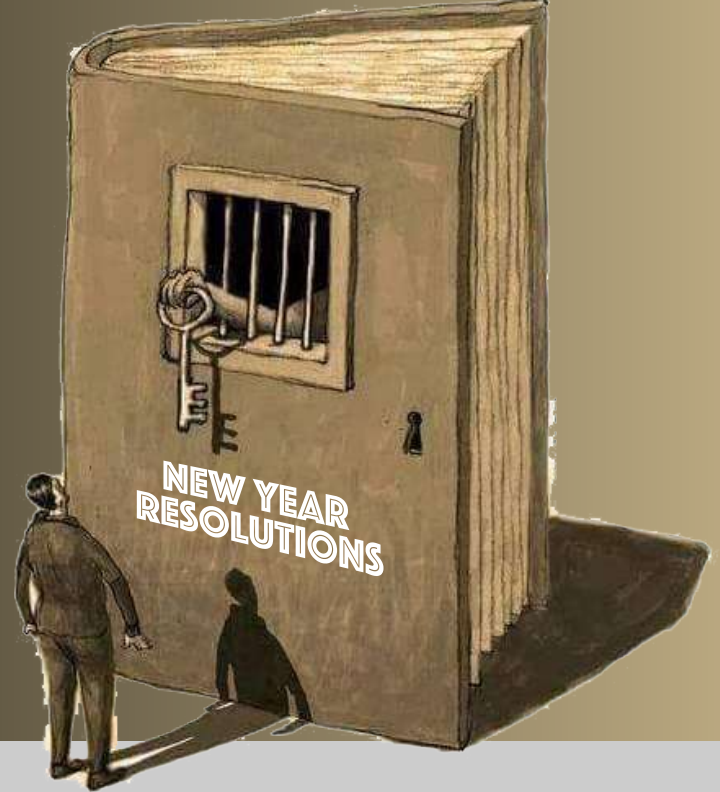
Lot many Sadhaks many times say that they took a lot of efforts to achieve a particular task but could not get result. They should look into this quote of Swami very deeply to realize where they failed in reality. Many a times we get driven by our ego and enter the zone of doingness before they start making the efforts. Initially possibly they may have a right intent too. But they lose the intent either totally or the intent starts getting diluted. It is for a simple reason that unless your intent becomes a part of the universal plan, it has no power of fulfillment. To have that connection with the universal design, one needs to be living in Atamabhava or in the domain of the Self. One may have to lose the

ego totally. The right direction is also decided by that universal plan. It has nothing to do with your desire, but a simple and pure wishful thinking done with all innocence and purity.

As we go along making efforts, the ego which had taken a back seat and who was watching the process silently starts moving in. This results into a contamination of your intent and leads to losing its power of fulfillment. It loses the direction of the intent and finally what happens is what we never wanted and never expected. That is why one has to be alert. We just need to be watchful to ensure that the ego is not allowed to raise its head anywhere in the process as the ego is huge liability to your efforts. It should be there but just as minimal as it could be. Normally we talk about the flat board or a cardboard on which a cake is placed. That is required till the cake is there. The moment the cake is eaten, one needs to throw the board.

What's New in a New Year?

by Vivek Pandey



Time passes by in a jiffy. The calendar keeps changing. Life goes on. The route of our routines remains the same. In the name of resolutions, some people show their willingness to change on the foremost day of each year. Soon, within a month or so the new year resolution becomes old and they shift to their old ways of operating their respective lives. The same old habits, the same old patterns, and the relentless pursuit of changing oneself. So what exactly can be new in a new year?

One always understands that change is good and an inevitable part of our growth. The forceful ways and the theories of willpower add to our anomalies. One attempts to make a firm resolve and most people fail in achieving their desired results about their state of being. The presumption about their own beings and the way people go about their new year's resolutions is hilarious at times. One cannot succeed with what one does, without understanding the guiding principles which make us move. In their ambitiousness, people most of the time make their minds move in forceful ways. Ways that are unnatural and backfire most of the time. One needs to understand the fundamental ways in which the mind operates before keeping any resolution. To resolve may just mean to fix up and seal a few things in life that one finds inappropriate. However, the mind can only return and not reach anywhere. To break the old patterns, one starts creating new ones. It's a bit complicated to resolve our minds and on top of it, people have the ambition to create a resolution. One more joke goes around in the world which is to have control over the mind. Surely, one can always force oneself to lead their life in a particular way. But the resultant by-product is the ego that one develops.

In spirituality, one is allowed to resolve only by doing sadhana. They say that it is the very process that slowly and gradually takes away the undesirable things from within us. Any other resolution that one may dream about to get results directly is a preparation for another pitfall. For actual transformation, what one needs is a firm resolve and commitment to consciousness. We all originated from consciousness and all we can offer is to move back to our original state. Approaching life with small minds won't help. Crying about darkness (our new year resolutions are

nothing but this) won't help. Creating light within us and moving on from moment to moment with awareness will surely help. Consciousness is the key to all our ailments. Superficially, people have many issues. However, the only issue that they all have in common is the darkness, the ignorance, and the empty spaces that they can't handle. One develops the habit of leading their life from the perception of ignorance that they already have embedded in them. Creating one sound to beat another one of your dislikes will never help one attain silence. For a few moments, the ego may rejoice in winning the situation and attaining a short-term goal. Nonetheless, it is through consciousness alone that we get something called transformation. Permanent solutions take all the faith and patience from within you. Temporary solutions are nothing but one cajoling his ego.

The world is a marketplace. People keep floating all sorts of theories to run their shops. One must always pay attention to the inner workings of our beings. One must keep a stock of emotions and thoughts that we entertain. Figure out the ways that work best for you is one of the biggest gifts you can present to yourself. Sorting the repertoire of inner collections is a superb idea. One gradually becomes sorted as an individual. You no longer operate with emotions and fall prey to the expectations of the world around you. Initially, we start behaving intelligently and later on we shift to wisdom. Initially, we stop becoming victims of circumstances, and later on, when wisdom dawns upon us, we create positive situations for the well-being of all.

As long as the learning is there, you slowly but surely are in touch with a guiding principle that will never fail you. Paying heed to the essence and outcome of every event is what a seeker should always have his money on. These small acts of subtle learning and taking notes lead to a huge outcome one day. Have a fresh perception each day, observe more, keep your thoughts sorted, and be fundamentally lovable as an individual. Then the new year won't just remain a one-day ceremony. It will be a new year every single day.

From my little corner...

by Anand



I was reading a book of Swami Ram and I loved what he said about '**Direct Knowledge**'. It is most important part in learning of anyone. I've realized that whatever I've learned and experienced in the past are unforgettable and works for me at difficult times. Every master recommends simple life and criticize Gossiping, Jealousy, Anger and hatred. If we practice Principles like love, respect, appreciation, kindness and humanity we can overcome all the negative situations of life because they become '**Direct Knowledge**'. Without practicing they are a fat book of Wisdom which is just information and doesn't work in crises.

We have masters guiding us time to time because we can't live for thousand years to get every experience. Master plans specific practices for us to experience key knowledge to gain maximum required awareness in our small life span and one could reach final objective easily without too many obstacles.


'**Direct Knowledge**' is sometime lengthy, not very quick but it has lasting effects. Look at the animals, they gain every skill by '**Direct experiences**' not from any book or from others. My dog was very curious when it was a puppy. Once, from my lap he tried to smell the cup which had hot steaming tea. He got a shock of life when the hot cup touched his tender nose. After that day he stays away from every hot steaming thing.

I still remember my childhood days. There were no 'Baskin-Robbins or Vadilal' in the market. My father would get a big Ice pot, lot of ice and thick salt pellets and there would be three to four hours of rigorous exercise of churning lot of milk to generate ice-cream. One has to do it continuously with dedication and then after long when you get final product in hand you can't explain that in mere words... the happiness and the fulfillment is out of the world. You can only appreciate all the hard work. The

entire family would participate in this Ice cream making. Today, youngsters order whatever they want even at midnight through Swiggy or Zomato. We don't know who, how, when that food is been cooked, they throw it if they don't like the taste. Going to restaurant was out of question that time. My grandmother would plan on couple of days prior, grind the material on heavy stone grinder and make delicious, soft idlies for the entire family and neighbors too. There were no refrigerators. So, storing food was never a concept. I don't remember I ever ate remaining food next day when I was young. Today, we get instant mix of foods and nobody wants to take the pain of preparing it for long. Two minutes noodles are answers for the hunger. We have lost the opportunity of '**Direct Knowledge**'. Some of the delicacies were only prepared at the time of Diwali but today they are available for entire year in the market. We have lost the uniqueness.

Youngsters today, are always in so much hurry that they want to finish things quickly and they lose interest if it takes longer. I remember my father was working in LIC until retirement. I changed few but two of them were twelve years long. Today my daughter changed four jobs in her three years span. Walking is almost vanished. Kids travel by cab for even short distance also. Patience is very expensive today. Acceptance of the failure is most luxurious. They can't wait for the result too long. If they don't get likes for even a Facebook post, life becomes boring and dull and they are sleepless and uncomfortable. All are running behind the gigantic information available on computers just for being advanced and modern... than others...

Today, it's very important for everyone to know importance of the **values**. Everyone will enjoy small joyful moments again. All we have to do is to make Life simpler again and practice the '**Direct Knowledge**'.



Just for today, the attitude of Gratitude

by Aruna Margam

This year has ended, and so many memories suddenly gush in about the last twelve months. As we all know it's our past that has made us what we are today, thanking our past and being grateful was my first priority. I am grateful to Mikao Usui for choosing this as the first principle out of five principles.

Once a few years ago, when I was sharing my challenges with my mother, she gave me an important piece of advice that is useful for a lifetime. She told me always share my challenges or tough situations with God. He can help you all the time more than people can. Guruji also repeatedly tells us "Ask yourself if Swami is there or not. If yes, he is always there with you". This has helped me always. I have got solutions immediately when I asked Swami. So, I am grateful to my mother, our Guruji, and the universal Mother Swami for always being there with me.

My father always told us "Everything that we learn in our life happens for a reason. It will be helpful and useful someday". When I look back whatever I learned helped me much later in life. He had a philosophy that "Whatever happens, happens for good. "Also he strongly believed that "Everything is HIS will". All these helped me to handle life with maturity and contentment. So I am very grateful to my father who

instilled faith in God and God's plan for our good life.

Reiki energy is omniscient, and omnipotent in this universe. When we stay connected, she protects us, and guide us, like an invisible angel. She transformed me into a courageous, compassionate, caring, and loving human being. She is my companion all the time. She gives me the strength to handle any situation in life. I feel this is the best gift one can get. So I am grateful to my uncle and my parents for bringing reiki into my life. Reiki is my secret Santa giving me a surprise gift every moment and making my life a celebration.

Finally, our Guruji for all his guidance, and knowledge for making us better human beings, and for removing our ignorance so that we can connect to our own divinity inside us. Here are a few.

"Manage the manageable the unmanageable gets managed" has helped us to handle any situation in life easily.

"We are here to improve and not to prove" this has helped us to be with the soul and not the ego.

"Left is our right, right is wrong" this brings down our expectations in life and be ready for the appropriate time to

receive any result.

"Living without destination" gave us insight into how to live daily.

"IKEW- Information Knowledge Experience Wisdom". This transformed the way we receive knowledge and through experience, we become wise too.

"We are complete (Poorna)" helped us to drop desires.

The formula of relationship needs of the hour

T - Tolerance

D - Dependence

C - Compromise

A - Adjustments

If you Keep I first, you last you will get ACIDITY.

So many more. It keeps going when he speaks. So, I am so grateful for all the knowledge, guidance, selfless and unconditional love from our beloved Guruji. I am grateful to have been touched by Mai's love which always continues to shower her blessings through invisible and invincible hands in the times to come.

I am grateful to my family and the Reiki family for being supportive throughout my journey of life. Happy new year to all.

Reiki Experiences



Namasthe,

I am happy to inform you for giving a good opportunity to learn Reiki on 17&18 December, 2022. My sincere thanks to all, who are surrounded by this Reiki said Seminar and guide us.

I am doing total body Reiki since 19th December, 2022 daily early hours of morning. Sometimes even doing Yoga Nidra also. After that I am giving Daily Reiki to my Wife. There is a lot of difference, if I do Reiki after doing Yoga Nidra. Yoga Nidra is really excellent. It shows after completed Yoga Nidra, I am only a White energy without a body. Hence, if I do Reiki others, there is a good result, since I am fully with white energy, that's what I observed.

Regarding myself and my wife, we both are chronic patients. I suffering severe back ache problem since 2001 at L4 and L5 in Spinal. I also suffering Neck problem, very stiffness problem and also uncomfortable breathing problem. Even slightly, recently form cataract in my eyes. I am feeling while walking that I am fully with energy.

My wife is suffering Lichan planus in mouth, B. P and osteoporosis, Migrane Headache, Spondalanyies, Right Shoulder pain, and Righ leg Calf pain also.

After doing Reiki regularly by me and also given to my Wife, there is a lot of improvement in my health. Breathing problem is gone, now I am feeling very good and comfortable breathing. Neck pain and stiffness in that is also vanished. Vision in my two eyes are also improved and feeling good.

So far as my Wife, while doing Reiki, she suffered more pain in her Right Shoulder. After completion of Reiki, she is getting relief. Her Neck pain is gone. I had a confidence that she will get relief in other problems also.

Thank you so much to Shirdi sai for showing a pious path in my life. My sincere thanks to Sri Ajith sir, who is the master and expert in Reiki and guiding everyone with valuable successions. I thankful to Smt. Aruna Garu, who taught me course very excellently. I thankful to Sri Ramalingam Garu, Mandavi Garu and others.

Though my wife is taking Medication, I had decided to learn something for giving relief to her, by that time, I received a message from Sri Ramalingam sir about this Reiki programme by baba's grace.



Jaigurudev Krupaji,

We wish you and your family a very happy and prosperous year 2023. It's nice seeing you all and Guruji on the sessions held on Thursdays. Real dedicated effort by the team.

I want to share about how I practiced for 21 days, full body reiki, yognidra, golden ball meditation for my severe legs pain and extreme stiffness making my movement painful. After this 21 days (suggested by Aruna) though I still have stiffness in the rt knee more. But I can walk without having to wobble, climb stairs etc. I am much better. So I want to set another goal for 21 days.

Thank you so much for the knowledge given.

Radha Swami
Bengaluru



SO, IF I'M SO SMART, WHY AM I NOT HAPPIER?

By Barry Rathner, Clinical Psychologist

Happiness: "positive or pleasant emotions ranging from contentment to intense joy," says the dictionary.

In the Broadway show, 'Fiddler on the Roof,' "Do you Love me?" asks the husband to his wife in one blockbuster song. "Do I what?" the wife responds. Then she lists the duties and chores she has provided her husband, from preparing meals to washing his clothes, etc. for the past 30 years. She eventually concludes, "Then I guess I love you."

Perhaps the same thing might be said of happiness. You'll recognize it when you see it, one might say. In any case, as we wrote recently, am I better off—or happier—now than before? Most reading this no doubt would say yes.

So, perspective and attitude play important parts.

If you have not had severe tooth pain, empathy for someone having it, is difficult to conjure up.

If you haven't experienced grief, likewise, it is alien to you.

If we all had not experienced a pandemic, the relative absence of it now could not be as appreciated as it is.

Happiness is less tangible. It is also on a spectrum, meaning on a scale of 1 to 10, what number would I give it at this moment?

Were it not for the Grace of God, there goes I. With the preponderance of difficulties and life-threatening situations all over our besieged planet, it is easy to appreciate how blessed we ourselves are. Is this part of happiness? I should think so.

Dado que cada vez es más difícil distinguir la realidad de la ficción, As it is growing increasingly difficult to distinguish fact from fiction from delusion from outright lies from

massive attempts to coerce and control, where does that leave us? Between a rock and a hard place seems almost a quaint understatement.

So going within may have even more relevance and importance than at other times.

If we are to believe what we experience, we must be truly aware of our experience and process it meaningfully and cogently.

What does 'processing it" mean in fact? First, if there's more than meets the eye, it makes sense to go beyond what we see, hear and smell and find more.

Psychology provides some clear examples.

A mother expresses distaste for her daughter's behavior in the social arena. How much may Mom's tone and tenor reflect the daughter's behavior as opposed to the "when I was your age....."chant which relates as much to Mom's youthful experience?

In science, double-blind protocols are the standard because even subtle influences can effect experiment outcomes.

Double-blind study:

"A type of clinical trial in which neither the participants nor the researcher knows which treatment or intervention participants are receiving until the clinical trial is over.

This makes results of the study less likely to be biased. This means that the results are less likely to be affected by factors that are not related to the treatment or intervention being tested."

IN OTHER WORDS, THERE IS MORE THAN MEETS THE EYE.

In a love/romantic relationship, whether or not love is blind, looking at a relationship only externally, certainly may result in false negatives, false positives and just

plain falsifications.

So, despite the feeling these days that karmic debts are being called in, that we are indeed between a rock and a hard place seems real. The good news is we aren't being delusional. That is also the bad news (because the situations are real).

Just like some days feel balanced and smooth and others as if a Mercury Retrograde combined with a solar eclipse is upon us, we are mired in dangers seen and unseen.

So the tools we have been graced with best be sharpened and kept ready for these are indeed times that try our souls.

So even though we may indeed be living in a very tight place, we can still:

1) maximize the positives

2) minimize the negatives

3) prioritize service

4) push ourselves to experience increasingly higher and deeper levels of happiness.

Might this lead to peace, contentment and even positive or pleasant emotions? Maybe yes, maybe no. Life is more complicated than this for that results.

What is likely, however, is an easing of the pressure that the rock and the hard place are exerting. And even that is a reason for which to be grateful. After all, we can control and pursue our actions. What comes next is not up to us—which is why nonattachment and surrender are the balms to soothe us and propel --or at least push--us in the direction of peace, love and happiness.

DECODING



When I was young
I lost myself while
Pleasing everybody...

Now I'm old and
Losing everyone while
Finding myself again...

I learnt how not to become
Small for them when they
refuse to grow...

When things are falling apart
Actually, they are falling
Into the right place...



Ashtavakra Geeta

(Chapter 15th)

Verse 1

अष्टावक्र उवाच ॥

यथातथोपदेशेन कृतार्थः सत्त्वबुद्धिमान् ।
आजीवमपि जिज्ञासुः परस्तत्र विमुह्यति ॥ १५-१ ॥

Meaning: Ashtavakra says: The one who has achieved a wisdom becomes fulfilled with a little guidance and teaching of his Master. The one who is however approaches the spiritual practices through his intellect can't attain the ultimate truth in spite of his strong desire. He gets entangled in the desires and temptations.

Here, one has to appreciate what Ashtavakra the Master says. By now he is fully convinced that his disciple Janaka has reached a state which is purely wisdom oriented. He is prepared to face the truth. All his intellect and logical or rational thinking has vanished, and he is in total surrender. Janaka is in a domain of the Self and not the ego. Most of the scholars who try to attain the ultimate truth unfortunately, remain stuck in the domain of their Ahambhava or Ego. Anyone in the domain of ego may become a scholar and will be called a Pandit may not attain a truth. They will remain seekers till the end of their lives. No spiritual practice truly take you to the ultimate truth. It will only prepare you to attain the truth when your Master is extending his grace on you. Knowledge without Guru's grace just

remain an information. It can only start moving in the direction of the Wisdom only when one experiences the grace of a Master. How close are we to Sage Patanjali's famous trinity of Abhyas, Vairagya and Ishawri Pranidhana where Abhyas and Vairagya can only breakthrough your veil of ignorance called Vikshepa and be ready for the descendance of the grace of the lord (through the Master).

Verse 2

मोक्षो विषयवैरस्यं बन्धो वैषयिको रसः ।
एतावदेव विज्ञानं यथेच्छसि तथा कुरु ॥ १५-२ ॥

Meaning: Here Ashtavakra says that dispassion from the material comforts is liberation. Cravings for material desires and comfort is a bondage. That is all. Now you do whatever you want.

This is the ultimate advice offered by the master to the disciple. The Master decides who is fit to be given the ultimate wisdom. A disciple can't claim that he has done enough spiritual practices and he is ready to be given the final truth. Descendance of the wisdom does not happen as a right of a disciple but by the grace of the Master. And Master knows what he is doing. To the one who is not ready for the ultimate truth, the Master asks him or her to do some or other spiritual practices. That should actually be taken as

an indication that in the master's eyes, the disciple is not yet fully ready to receive the grace. Grace is a blessing for the disciple and not a right of the disciple.

What is most wonderful to know is that a liberation is not a place to reach but a state to attain. It is the understanding about your wholeness and that is why it is a matter of a moment to attain that once your chitta is purified. Liberation is not a thing to be obtained or a place to reach or a taste of something that will bring a joy. It is purely a right understanding with the grace of a Master.

Verse 3

वाग्मिप्राज्ञामहोयोगं जनं मूकजडालसम् ।
करोति तत्त्वबोधोऽयमतस्त्यक्तो बुभुक्षभिः ॥ १५-३ ॥

Meaning: The ultimate wisdom is not for those who is orator, a scholar or industrious as it would make them dumb, frigid and lazy. That is why the liberation is rejected to those with above properties.

The direction of a liberation is exactly opposite to the bondage in material world. So, one can't have both. One may have one to attain the other. Those who are entangled in the material desires if attains the liberation will become miserable. His liberation will cause more harm to him as it would strip all his luxuries, his knowledge, his ego, his powers. And all these are his

assets. He can't live without these. Hence once he attains the liberation, he will try to come back to the material world and will neither be here or there. He will dangle in between as he has gone away from his forte. That could be disastrous.

Verse 4

न त्वं देहो न ते देहो भोक्ता कर्ता न वा भवान् ।
चिद्रूपोऽसि सदा साक्षी निरपेक्षः सुखं चर ॥ १५-४ ॥

Meaning: You are not the body, nor is the body yours, nor are you the doer of actions or the reaper of their consequences. You are eternally pure consciousness, the witness, in need of nothing — so live happily.

Verse 5

रागद्वेषौ मनोधर्मो न मनस्ते कदाचन ।
निर्विकल्पोऽसि बोधात्मा निर्विकारः सुखं चर ॥ १५-५ ॥

Meaning: Desire and anger are objects of the mind, but the mind is not yours, nor ever has been. You are choiceless awareness itself and unchanging — so live happily.

Here the master says that desires and emotions like anger etc. are only the objects of the mind. You are not the mind to which this may happen. You are beyond that and hence will not be affected by such derivatives of the mind.

Verse 6

सर्वभूतेषु चात्मानं सर्वभूतानि चात्मनि ।
विज्ञाय निरहङ्कारो निर्ममस्त्वं सुखी भव ॥ १५-६ ॥

Meaning: Recognizing oneself in all beings, and all beings in oneself, be happy, free from the sense of responsibility and free from preoccupation with "me."

There is nothing like me in the domain of the Self. The word "me" comes only when there are others. But others are only illusion so how can there be a "me"? If you alone exist, whom are you responsible to? And what responsibilities?

Verse 7

विश्वं स्फुरति यत्रेदं तरङ्गा इव सागरे ।
तत्त्वमेव न सन्देहश्चिन्मूर्ते विज्वरो भव ॥ १५-७ ॥

Meaning: Your nature is the consciousness, in which the whole world wells up, like waves in the sea. That is what you are,

without any doubt, so be free of disturbance.

Here again that analogy of the ocean comes after few chapters. The moment you realize that you are that vast infinite ocean, everything happening within that are the illusions of waves which make no difference to the ocean.

Verse 8

श्रद्धस्व तात श्रद्धस्व नात्र मोहं कुरुष्व भोः ।
जानस्वरूपो भगवानात्मा त्वं प्रकृतेः परः ॥ १५-८ ॥

Meaning: Have faith, my son, have faith. Don't let yourself be deluded in this. You are yourself the Lord, whose very nature is knowledge, and you are beyond natural causation.

Verse 9

गुणैः संवेष्टितो देहस्तिष्ठत्यायाति याति च ।
आत्मा न गन्ता नागन्ता किमेनमनुशोचसि ॥ १५-९ ॥

Meaning: The body invested with the senses stands still and comes and goes. You yourself neither come nor go, so why bother about them?

Verse 10

देहस्तिष्ठतु कल्पान्तं गच्छत्वथैव वा पुनः ।
क्व वृद्धिः क्व च वा हानिस्तव चिन्मात्ररूपिणः ॥ १५-१० ॥

Meaning: Let the body last to the end of the Age, or let it come to an end right now. What have you gained or lost, who consist of pure consciousness?

Verse 11

त्वय्यनन्तमहाम्भोधौ विश्ववीचिः स्वभावतः ।
उदेतु वास्तमायातु न ते वृद्धिर्न वा क्षतिः ॥ १५-११ ॥

Meaning: Let the world wave rise or subside according to its own nature in you, the great ocean. It is no gain or loss to you

Here Ashtavakra is repeating what he said few chapters ago to emphasize on the fact that you are the ocean, and everything seems to be happening is only within you like waves of ocean. By a rising wave the ocean does not grow nor with a receding wave it depletes.

Verse 12

तात चिन्मात्ररूपोऽसि न ते भिन्नमिदं जगत् ।
अतः कस्य कथं कुत्र हेयोपादेयकल्पना ॥ १५-१२॥

Meaning: My son, you consist of pure consciousness, and the world is not separate from you. So who is to accept or reject it, and how, and why?

Drop even the idea of acceptance and rejection. Accepting or rejecting a world around also is not valid as it is only you. You are the world which you created when others thought that you were born and you are the world that will vanish with you when others thought you die. The whole reference of ageing is coming from the eternal soul. If the soul had changed, there would be no perceived change at all. So when images around you are changing you are constant.

Verse 13

एकस्मिन्नव्यये शान्ते चिदाकाशेऽमले त्वयि ।
कुतो जन्म कुतो कर्म कुतोऽहङ्कार एव च ॥ १५-१३॥

Meaning: How can there be either birth, karma, or responsibility in that one unchanging, peaceful, unblemished, and infinite consciousness which is you?

As the elevated souls do not believe a division of time, he does not believe that a past is different than a present which is different than a future. These are all divisions in mind. The moment the mind is withdrawn

the dimensions of time and space dissolve. The birth, the karmas and the death everything is an illusion as the Self is never born nor does it die. It is eternal.

Verse 14

यत्त्वं पश्यसि तत्रैकस्त्वमेव प्रतिभाससे ।
किं पृथक् भासते स्वर्णात् कटकाङ्गदनुपुरम् ॥ १५-१४॥

Meaning: Whatever you see, it is you alone manifest in it. How can bracelets, armlets and anklets be different from the gold they are made of?

Initially in the first few chapters, the Master had suggested that anything you make from Gold is a gold. It may look to have a different form but still the core does not change. Similarly when you start seeing your own soul is every other person, where is the difference except in the mind? Now that you are beyond mind, you know everything is only one. There are no differences.

Verse 15

अयं सोऽहमयं नाहं विभागमिति सन्त्यज ।
सर्वमात्मेति निश्चित्य निःसङ्कल्पः सुखी भव ॥ १५-१५॥

Meaning: Giving up such distinctions as "He is what I am," and "I am not that," recognize that "Everything is myself," and be without distinction and happy.



When you are alone, there are no comparisons. In fact, comparison is one of the strong symptoms and indications of our ego. Outside ego, in the domain of the Self, there are no comparisons as there is no one else to compare with. In union-ness there is no duality and a duality is a platform for ego to stand up.

Verse 16

तवैवाज्ञानतो विश्वं त्वमेकः परमार्थतः ।
त्वतोऽन्यो नास्ति संसारी नासंसारी च कश्चन ॥ १५-१६ ॥

Meaning: It is through your ignorance that all this exists. In reality you alone exist. Apart from you there is no one within or beyond samsara.

If there is no one besides you, where is the world around? It is like seating in the midst of a hall of mirrors. As long as you are inside, you will see hundreds of your own images each possibly looking different due to different angles of vision. But that does not mean that there are many. They are just your images and reflections. The moment you go out of the hall, all mirrors will become empty. No image will be left behind. Understanding and believing that those images were real was an ignorance.

Verse 17

भ्रान्तिमात्रमिदं विश्वं न किञ्चिदिति निश्चयी ।
निर्वासनः स्फूर्तिमात्रो न किञ्चिदिव शाम्यति ॥ १५-१७ ॥

Meaning: Knowing that all this is just an illusion, one becomes free of desire, pure receptivity, and at peace, as if nothing existed.

The knowledge and experience that everything else was an illusion, obviously one becomes free from all desires. If you are that complete and whole, omnipresent and omnipotent soul where is the incompleteness? What is there to fulfil when you are already fulfilled? Then one is free from all bondages of wrong ideas and ignorance about the Self.

Verse 18

एक एव भवाम्भोधावासीदस्ति भविष्यति ।
न ते बन्धोऽस्ति मोक्षो वा कृतकृत्यः सुखं चर ॥ १५-१८ ॥

Meaning: Only one thing has existed, exists and will exist in the ocean of being. You have no bondage or liberation. Live happily and fulfilled.





We all should know that we are the only one which is a truth in the universe. Everything else is an illusion. When we are born, we create our world, our relationships, our emotions and so on. When we die everything vanishes. Nothing remains behind. The only truth which came and went was you. Everything else was and is your reflection.

To get bonded we need minimum three. The bondage, the one who is bound and the who binds. And when you are one, there can't be three. These three are

created by your mind. Now that you are beyond your mind, you have realized that there was, is and will be only one. Hence just be with that and live happily.

Verse 19

मा सङ्कल्पविकल्पाभ्यां चित्तं क्षोभय चिन्मय ।
उपशाम्य सुखं तिष्ठ स्वात्मन्यानन्दविग्रहे ॥ १५-१९॥

Meaning: Being pure consciousness, do not disturb your mind with thoughts of for and against. Be at peace and remain happily in yourself, the essence of joy.

Here the master is telling his disciple that now that he knows he is complete, he is the pure consciousness, he should not get thoughts of for and against. He should not label things as good or bad. That truly means a Samadhi which means Sama + Adhi where in

Sanskrit language, Sama means Equal and Adhi means Intellect. When the knowledge expands one realizes that everything is same. There are no differences and any differences that we notice are only the illusions and not reality. Once one reaches this stage you do everything in life from your wholeness and not for your wholeness. You do everything from your happiness and not for happiness.

Verse 20

त्यजैव ध्यानं सर्वत्र मा किञ्चिद् हृदि धारय ।
आत्मा त्वं मुक्त एवासि किं विमृश्य करिष्यसि ॥ १५-२०॥

Meaning: Give up meditation completely but don't let the mind hold on to anything. You are free by nature, so what will you achieve by forcing the mind?

This is something very interesting for all sadhaks. Here the Master is advising his disciple to drop all spiritual practices including the meditation. He says all these are basically the tools to purify your chitta and get prepared for the ultimate grace of the master. The master tells his disciple here not to get entangled with the tools now that he has reached the ultimate liberation. One can't get involved in rituals as they are only means. Just like one needs to get out of the school and leave it behind to grow on the path of education.



DSPPL's Social Empowerment Forum

DSPPL's Social Empowerment Forum has taken the roots by now. The regular sessions which are held on every new moon and full moon days continue to attract many sadhaks as well as members of common public. On the full moon day of 8th December which incidentally was a Datta Jayanti festival day Guruji Ajit Sir was invited for interview with sadhaks. Many reiki Masters and other sadhaks asked many questions to quench their thirst of knowledge on spiritual path had a very interesting time.

The second such program was held on 23rd December – a new moon day when the eminent Tabla Player Mr. Ramdas Palsule addressed this forum. Mr. Palsule talked about journey on the path and explained how from a successful engineer he chose to become an instrumentalist of such a repute.



Special Training Programs for sadhaks from DSPPL

DSPPL also conducted 2 online training programs using Zoom platform. One was a 3- day (2 hours each day) Program on Understanding Strokes for better relationships and the second was a 7 days program (14 hours) program on Effective Communication.



Datta Jayanti at the Ashram on 7th December 2022

Datta Jayanti was celebrated at the Devrukh ashram as usual. One day Guru Charitra Parayan and Satya Dutta Puja were the highlights of these celebrations.



॥ निश्चिन्त जाओ, मै हूँ ॥

23

Go, without worries, I am there.

This is one of the most powerful quotes of Swamiiji though it was not discussed in Swami's context. I experienced this quote in a very unique context. The year was 2004. Many had suggested me to visit USA with an idea to spread the knowledge of Reiki in that nation. One of those many was even a Swami from Uthandi near Chennai who offered his help in organizing my trip there as he used to visit USA many a times in a year. That was way back in 2000. I declined all the time as never nursed the idea of teaching anything outside India and I was contented with my own activities here.

It was in 2004, that one of our sadhaks who had migrated to USA had some problem with the upbringing of a child and wanted me to help by initiating a child on the spiritual path. She possibly was desperate and was from a family which was very close to me then. I could not say "no" and finally decided to go. I was however, dilly dallying with my dates as in my mind I was still not sure whether I should go. While I was deliberating in my mind about the decision to go, a gentleman from Jalgaon came to me to request me to heal

his wife who was ailing from some ailment. She was in Jalgaon and that time I had no student in that part of the country. His wife was not in a position to come to Mumbai where I was. I told him my limitations in helping his wife and said that he himself learns Reiki somewhere from an authentic master so that he can heal her.

He went away just to return within few minutes. He said that he had forgotten something to give to me. He took out a small calendar card with a calendar printed on one side and Swami's photo in the form of a goddess on the other. I just looked at Swami's wonderful photo and realized that there is a sentence written below. It said, "Just Go, without worries, I am there" I felt like crying as this sentence I realized was only for me for that moment. I was in a dilemma, and I got my answer. Very next moment I confirmed my visit to the organizers and the rest is a history. I had never seen those words associated with Swami before. And till this moment I have not seen that again at any other place.

In short, Swami is always there with you even when you travel. So never worry if you have a faith in Swami.