

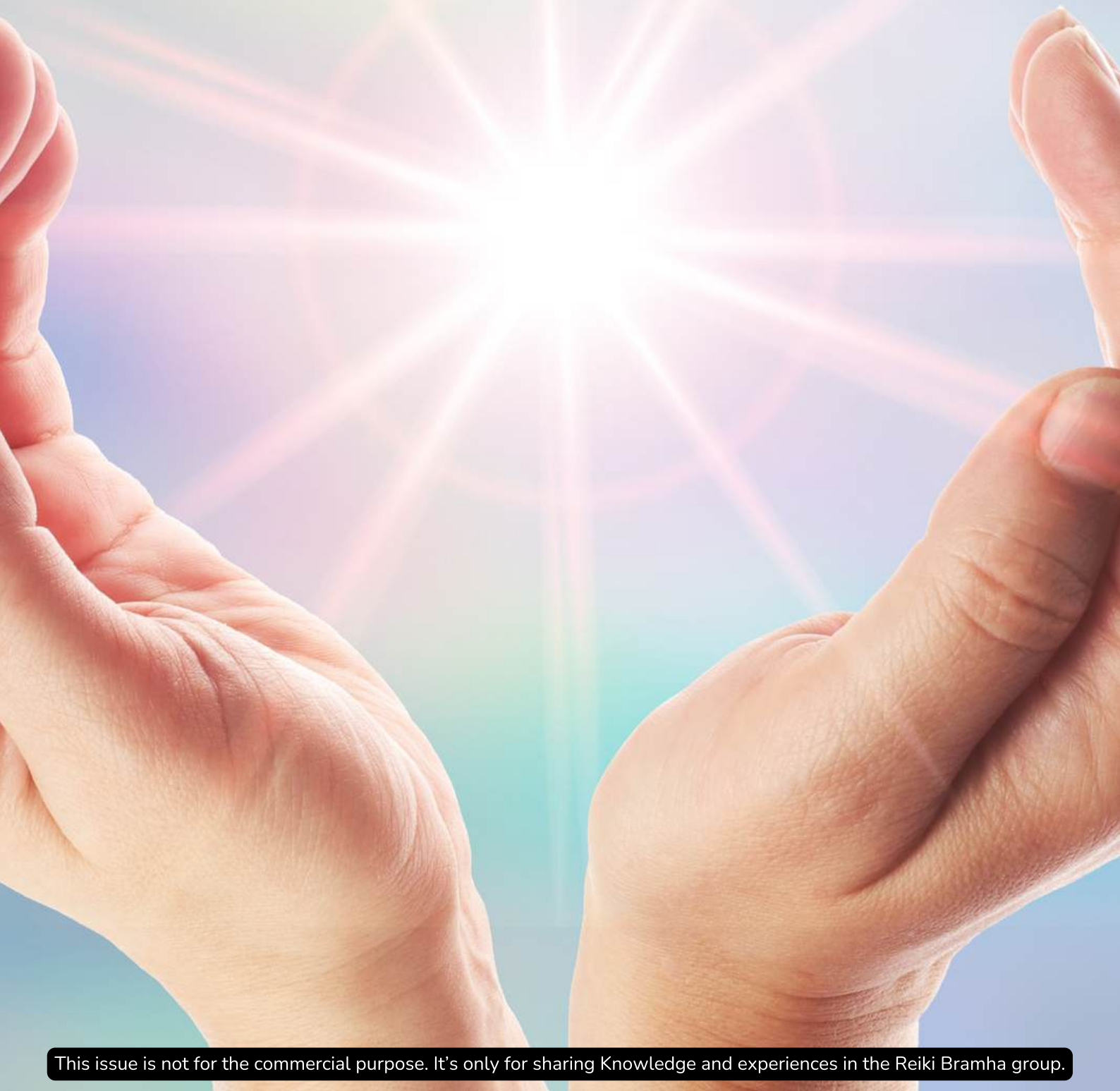
Volume I7

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REIKI VIDYA NIKETAN





Let's have permanent vacation for Negativities

May month has started and people are preparing to go to enjoy vacation to some national and international destinations. Everyone seems excited. Besides this, vacation is the time when children look forward to sleep more, enjoy movies and mangoes. Vacation is the time when children look forward to go to Uncle's and Aunty's place to meet their cousins and enjoy with them. Month of May is full of excitement.

But just like school vacation, we are here on this planet also for vacation. We have come here to enjoy and make everyone happy. We are here to enjoy the beautiful nature, snowy mountains, the blue ocean, windy waves, beautiful gardens, starry sky, sunrise, sunset and many more wonders of nature. We are here to celebrate the divine existence through various festivals. We are here to enjoy the daily routines and lazy Sundays. Celebration is part of our nature as our true nature is bliss.

Instead of enjoying, people are full of stress, tension, anxiety, frustrations, irritations, full of depressive thoughts, jealousy, insecurity, fear, boredom, pessimism, dejection, disappointments, criticism, arrogance, vengeance, egoism. All these are making our life miserable. Somewhere the root of all these are negativities, stress and restlessness among everyone. And all these are multiplying and having cascading effect.

Because of all above negatives emotions and restlessness, though people are going for vacation but are still stressful. They are still restless and wherever they go they carry the same. So thought they are planning to enjoy vacation but still the spend money and go to various places but the inner joy is missing. The restlessness does not allow to enjoy and that's the reason people get more tired after vacation. The idea of vacation and enjoyment is only the comfort. Going to resort wherein there is a fully furnished AC room with all the facilities, eating good food but when our mood is bad, we do not enjoy the facilities neither we enjoy food.

As a sadhak, if you really want to enjoy vacation, we should say bye-bye to all the negativities and remove our restlessness from within.



☐ NEGATIVE
☒ POSITIVE

We should introspect our thoughts and analyse the same. We should understand our reactions also from where they are coming. In short, we should audit ourselves and find out the reason for our not being happy. We should apply HDFC formula for find out our cause of displeasure. And if we have any grudges towards anyone or some opinion about habits, behaviour, reactions of people, we should remove it. We should be able to accept everyone and everything as it is and should not reject anyone. We should correct our reactions which are coming from our own negativities.

Negativities come from outside as our inherit nature is pure divine love. We are thoroughly positive by nature by birth but our surroundings, our impressions and implants makes us negative. Our chitta becomes impure and once such kind of negativities enter our existence, it is very difficult to remove. We need conscious and consistent efforts to remove the same. That requires intense sadhana and awareness. Many times these negativities in form of prejudices, grudges, complain, non-acceptance enter into our existence and when we are not aware. We need lot of awareness as many times when we are doing casual discussions about and event or a person, it enters our existence and depletes our energy. Then it guides our reactions and that reaction keeps on repeating itself since they are guided by our core statement. Here we need to have lot of awareness and reject such thoughts which keeps on reminding us about our fallacies, someone else's reaction, some incompleteness of not getting anything or anyone in life, etc. etc. We need to make ourselves understand that I am divine and everyone else is divine. I am getting bothered because of my ego and my impressions. I need to correct myself as everybody else is just my mirror. I need to see what the mirror is showing and change myself. With these thoughts we need to uproot all the negativities.

So in this month of vacation, let's have permanent vacation for all the negativities, unhappiness, sorrow, dejection, frustration, etc. so that we can enjoy the beauty of life. Let this life be celebration.

With love, light and reiki
Krupadidi

Earth  Tolerance	Wind  Detachment	Sky  All-encompassing yet steady	Water  Impartial love	Fire  Be austere	Moon  Unaffected by phases	Sun  Have thought for others	Pigeon  Detachment
Python  Have faith in destiny	Sea  Remain unaffected	Moth  Control your desires	Honeybee  Refrain from amassing wealth	Elephant  Refrain from sexual desires	Bumblebee  Refrain from object pleasure	Musk-deer  Refrain from attachment	Fish  Refrain from self gratification
Courtesan  Renounce all desires	Lapwing  Discard sense objects	Child  Lead a carefree life	Bangles  Live in solitude	Artisan  Concentration	Serpent  Behave wisely	Spider  World is unimportant	Wasp  Meditate upon God

24 Gurus of Lord Dattatreya

THE ARROW MAKER



“Once I observed an artisan who was totally absorbed in molding a sharp arrow. He grew so oblivious of all else that he did not even notice a royal pageant that passed by. This sight awakened me to the truth that such single-minded, all-absorbing contemplation of the Self spontaneously eliminates all temptation for the trivial interests of the world. It is the sole secret of success in spiritual discipline. Thus the artisan is my thirteenth guru.”

Lord Dattatreya here teaches us that life is for learning and we should keep learning till the end of our life. A teacher who learns all the time is a best teacher. Lord Dattatreya has showed this by learning from so many Gurus from the day to day life. When we are connected to the divine, divine knowledge emerges within us. This is another teaching from Lord Dattatreya.

From his thirteenth Guru, he learnt that full concentration on Self, eliminates the temptations of all senses instantly and gives spiritual success. The artisan was so much engrossed in his work of making arrow that he was not aware of the royal pageant that passed by. He was so much concentrated like Arjun who could only see the eye of a bird. He did not see anything else.

This is a Dharana stage where you are only concerned about achievement of goal. Day and night you only think about your goal. A disciple of Paramhansa Shri Ramkrishnaji once asked him how to realise God. Shri Ramkrishnaji took him to the nearby Ganga river

REIKI VIDYA NIKETAN
सर्वे: सन्तु निराश्रयाः

...ment to succeed and get the
...achieved to **focus** on the impo
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Continued...

and asked him to take a dip. When he plunged into the river. He pushed his head below the river which made his breathing really difficult. He was gasping for breath. After few seconds, Shri Ramkrishnaji released him. He was really uncomfortable and still gasping for breath. Shri Ramkrishnaji smiled that said when you have such feeling for God, you realise him.

Lord Dattatreya also explains here that to realise God you need to be a saint or monk. You need not leave the material world. Anyone who looks ordinary person can also be a great saint. One may not be a Sanskrit scholar to realise God. It was a great quality of Arrow-maker that he was so much engrossed in his work that he was not aware about the outside environment. Such single minded contemplation of Self loosens the worldly bondages and removes the trivial interest in worldly pleasures. That means when you constantly remember that you are an Atma, your reaction stops, you believe that other person is yourself only so who will quarrel with whom. When we are with our soul consciousness, we gradually loose our body consciousness. All our desires related to the world drops and we start experiencing the vastness of Atma. We realise "Aham Atmosi". I am the Soul. Such a stage can be achieved by more and more meditation and awareness about the Self. BY constant Spiritual practice and intense desire to realise God, this stage can be achieved.

Ajit Sir Quotes

“



- Equation of Life
- $A + B + C = X$
- Manage your left side so your right side is managed in the equation of life.
- Left is your right and right is wrong.
- Make efforts and you will get the results



We should have expectation about the results but should not have desire
 $\text{Expectation} + \text{Ego} = \text{Desire}$
Desire leads to attachment
Drop attachment

”



Fear: The Mind's Illusory Prison

- Dip. SAC Ashwini Telang, India

Recently, as we were working on the demanding task of restructuring several presentation slides destined for numerous teachers – a crucial undertaking to effectively convey knowledge to their students – a familiar feeling washed over me: fear.

The questions swirled in my mind: What will happen if I can't meet the tight deadline? How am I possibly going to accomplish this so quickly? The pressure felt immense, and the fear of not measuring up was palpable.

But today, something shifted. A new understanding dawned, a realization about the very nature of this fear. And that's what I want to share with you now – my perspective on this powerful yet often illusory emotion.

That knot in your stomach before a presentation? The racing thoughts when you think about a difficult conversation. We've all been there. Fear feels incredibly real, doesn't it? But what if I told you that much of what we fear is actually a clever illusion, a trick our own minds play on us.

Think about it for a moment. When does fear truly grip you? Is it when you're fully present, absorbed in the task at hand (like perhaps in my case, focusing on one slide at a time)? Or is it more likely when your mind wanders – replaying past mistakes or fast-forwarding to potential future disasters, like the way, I imagined consequences of a missed deadline?

That's where the ego steps in. Imagine your ego as that little voice in your head that constantly whispers, "What if...?" It thrives on the idea of a separate "you" – the one that needs protecting, the one that can be hurt or rejected. This is what ancient wisdom calls Ahambhav. That separate "you" gets into picture when you tend to attach to your ego-consciousness. My fear about the slides was rooted in this – the fear of failing in my role, of disappointing others.

Now, picture a different perspective: you are attached to your soul-consciousness, or Atmabhav. This is the deeper, more expansive part of you, the observer within. When you're connected to this core, fear starts to lose its power. Why? Because you begin to realize that the separate "you" that fears isn't the ultimate "you" or rather the real "you." In the midst of my slide-restructuring anxiety, tapping into this perspective began to calm the storm. Why? How? To understand this let's do a quick check-in:



Think of something you're currently a little afraid of. It could be big or small.

Q1: Is this fear primarily focused on a potential outcome (like in my situation, the presentation not being perfect or on time)?

Q2: Does it involve how other people might react to you (for instance, for me, it was the teachers' opinions of the slides along with the level of understanding of students)?

Q3: Are you trying to control a situation to avoid this fear (for example, in my case, micromanaging every detail of the slides especially when this presentation is meant for children aged between 9 and 11)?

Q4: Does this fear stem from the thought of losing something or someone you feel "belongs" to you (perhaps my sense of competence or approval)?

Q5: Does it connect to a fear of failure or rejection and a belief that your worth depends on external approval (like the way I felt the need of successful presentation)?

If you answered "yes" to one or more of these, you're experiencing the illusion of fear fuelled by ego attachment. My own experience with the slides definitely ticked a few of these boxes!

The most fascinating part is that what your fear is rarely as mighty as the one doing the fearing – you. It's like a shadow that looms large in the dim light but shrinks when exposed to the full brightness of awareness. The overwhelming feeling I had about the slides started to diminish as I focused on the immediate steps rather than the distant, feared outcome.

To understand this one needs to probe into the questions like have I ever been intensely afraid of something, only to face it and realize it wasn't nearly as bad as I'd imagined? That's the illusion dissolving! Perhaps you've faced a tight deadline before and managed to pull through.

The truth is our fears often stem from our clinging to the temporary. We forget that everything – success, failure, happiness, grief – is a passing phase. When you connect with your soul-consciousness, this understanding deepens, and the fear of loss diminishes. It is then that you realize, you are the nucleus, the unchangeable, constant centre, no matter the swirling circumstances around you. Even if the things weren't perfect on the first go, it wouldn't diminish our inherent worth.



Imagine your mind as a projector. When you're caught in ego-consciousness, it projects fragmented memories of the past onto the screen of the future, creating scary movies that feel incredibly real in the present. Fear thrives in this space between what was and what might be. My anxiety about the slides was definitely a "what if" movie playing in my head. The secret? Hit the pause button on the projector. The Bhagavad Gita wisely advises us to observe our fears from a distance, like watching a movie without jumping onto the screen. That pause before reacting spontaneously is crucial. It's a gentle nudge to reconnect with your soul-consciousness, to remember who you truly are - beyond the ego's anxieties. Instead of panicking, taking a moment to plan the slide restructuring felt like hitting that pause button.

In this way, you will understand that your mind is a powerful tool, capable of manifesting anything you can conceive. This makes it even more vital to recognize fear as a mental construct. Every situation, even the ones that trigger fear (like a looming deadline), holds a valuable lesson. It's up to you how you respond.

Will you let the illusion of fear dictate your experience, or will you choose to see it as an opportunity to connect with your inner strength and wisdom? My recent experience is a testament to this – the initial fear gave way to my focused action and a sense of understanding.

Let's reflect once more:

Think back to the fear you identified earlier.

- Can you see how your thoughts might be amplifying it?
- Can you identify any attachments (to outcomes, people's opinions, control) that are fuelling this fear?
- Remember, the Bhagavad Gita reminds us that your true self is eternal, unshaken, limitless, and inherently fearless. Lord Krishna's wisdom encourages us to expand our understanding of ourselves. When you truly grasp your own vastness, the things you fear often appear much smaller in comparison. Just realizing that temporary success wasn't the sole measure of my ability can bring a sense of calm.

So, the next time when fear knocks on your door, perhaps even while facing a challenging task like mine, take a deep breath. Ask yourself: Is this a real threat in this very moment, or is my mind playing tricks on me? By recognizing the illusion, you begin to dismantle its power and step into the fearless being you were always meant to be.

A writer's portal...

- Vivek A Pandey, Vadodara

A mind that is capable of thinking does not need chat GPT or Grok 3. People resorting to such tools are cheating and degrading their souls. It is better to express your simple thoughts honestly and authentically rather than copying someone else or some technology just to get some brownie points. Popular thoughts already expressed in the world won't make you any more popular. Such thoughts are like arrows released without a bow. It won't have any momentum forget about piercing any target. Thoughts finding expression from the depths of experience assume significance and hit hard. If the same thoughts emanate from the realm of truth, they impact the whole of humanity. Any person capable of thinking is also capable of writing. However, integrity and authenticity are the two utmost principles that need to be remembered.

People are born with five senses. They can easily sense and feel about the world around them. Writing can begin when one has senses sharp enough. One observes, feels, and takes note of things happening around him. However, the senses are not always reliable. The earth is moving (both rotation and revolution) all the time and we seldom sense its movement. Furthermore, the earth is round, but our eyes will disapprove of the fact that the earth is round. Using the senses as the only tool to express life may not do justice to the reader. The mind, that guides these senses is the ultimate creator if one wishes to create a new wave. Sadly, most minds are not unleashed, as they do not produce thoughts beyond the mechanical world. Only the ones open to newness are capable of contributing something fantastic with the pen.

Many of the very lowly and simple forms of animal life have this one small sense only, and that but poorly developed. The elementary life form "feels" the touch of its food, or of the other objects which may touch it. Long before the sense of sight, or the sensitiveness to light appeared in animal life, we find evidence of taste and something like rudimentary hearing or sensitiveness to sounds. Smell gradually developed from the sense of taste, with which even now it is closely connected. Sight, the highest of all the senses, came last and was an evolution of the elementary sensitiveness to light. But, one may notice that all these senses are but modifications of the original sense of touch. The touch of light is recognized by the eyes and the vibrations of the sound are felt by the ears.



A writer's portal...

Contd.

However, please take note that it is the mind that recognizes the contact with something outside of our body. Cut off the mind and one becomes insensitive.

Since seeing is the last of the senses that evolved, let us take the matter further to help create a new sense. Writers who write fiction can see something that does not exist in the contemporary world. The Harry Potter series is a work of fiction that became the most sold-out content. Did the author of Harry Potter develop her sight beyond the normal vision of fellow humans? Quite possible! People are aware of the clairvoyance powers that one can have. Reading through people's minds, seeing things happening in some distant land. These are not just limited to some individuals but they come as an offering for everyone to receive. The writer can and should access the universe to accomplish his/her task of writing. It is a much better option to catch things directly through the divine rather than repeating patterns already existing in the world.

The mind is capable of becoming universal. It can easily create an extra sense that enables people to write and allow the content within them to come out with ease. The writers should vacate their minds and allow the space to dictate terms. Every time one feels like writing one should access the same inner space and connect it with an outer space to create a writer's portal. This writer's portal can help one find the correct usage of words and also create simple thoughts finding new words. How much more one would know. How much more one would have to talk about. Think how very much smaller than the world of the average person is the world of the person born blind, or the person born deaf! Likewise, think how very much greater and wider, and more wonderful this world of ours would seem were each of us to find ourselves suddenly endowed with a new sense! How much more we would feel. How much more we would perceive. May the inner world of humans guide the outer world of humanity.



Butterfly effect - Your thought can change the universe

- Aruna Margam, Bengaluru

I was walking near my house and suddenly a butterfly sat on me for a second. This reminded me of Guruji's talk on Butterfly effect. As per this theory a small flapping of a tender butterfly can create a Tsunami in another part of the world. Guruji guides us saying that do not take yourself and your thoughts so lightly. Swami Vivekananda says that our one thought can create a star in the sky. Do we really appreciate this? Are we taking ourselves and our thoughts seriously?

I have listened from Guruji that if you just practice reiki and be happy and spread the fragrance of Love and peace is also a contribution to the universe. How to go deep on the same? When we take reiki our chitta is pure, then thoughts created by us are our and our every action is also good. We can spread the goodness and bring peace and harmony in the space. Once Guruji shared that there was a saint in India where he lives, in the vicinity there are no criminal activities registered in the police station. In seminar often Guruji used to say when the entire population of the world sleeps and gets up with a sattvic thought then we will move into Satyug.

Thoughts can bring a change in our health too. As per Bruce Lipton we are made of 50 trillion cells. Cells behave the way we think. If our thoughts are pure and positive we can always be healthy and happy. Health issue in our own thoughts. He has also done a research that there is a new field called Epigenetics. We are not only what we bring as a genetic design our positive thoughts can heal even a disease like cancer.

We are much more powerful than what we think. We don't take ourselves seriously. We are nothing but babies of nature. We are not different from universe. Both we and universe are made of five elements. Whatever we think will have an impact in the universe.

Let us know we are complete, divine and always remember Guruji's words, "We are not here in this universe born as only humans to have divine experience, but rather we are divine people who have come to the universe to have a human experience." We are God, divine and all powerful. Our thoughts have an impact in this universe. Your intentions are powerful. As sweetly Guruji said Bless yourself and then it will lead you to a blessed life.

Let us all be Alert and Aware. Like Swami Vivekananda said Arise, Awake and stop not till the goal is reached. Let us join together and use our power of thought to change the universe into a peaceful and joyful place.



Happy First Anniversary to me!

- Sindhu Devarakonda. Bengaluru



May 2025 marks my first year with Reiki Vidya Niketan. This is the story of my journey—with Reiki, with Swami Samarth, and with the grace that continues to unfold through both.

In April 2024, I posted a message in a women's WhatsApp group asking if anyone knew a Reiki teacher in Bangalore. That's when Aruna ma'am entered my life. Having lost my mother and quietly yearning for that kind of nurturing presence, Aruna ma'am became my Dhruvtara—a guiding star when everything around me felt uncertain. She suggested me to attend first Reiki Degree with Reiki Vidya Niketan, which I completed in May 2024.

Has life changed since then? Without a doubt. Before Reiki, I was tangled in self-doubt, constantly looking outside for validation. But that first step into Reiki helped me realize: I already had what I was seeking. The divine presence had always been with me—I had simply forgotten to trust it.

After my First Degree in Reiki, something subtle but powerful shifted. My dependency on cold tablets dropped to zero—and during my 4th trek, I was amazed to find that the muscle soreness eased almost completely overnight upon giving myself a whole body Reiki. It felt like my body had begun to heal with new support, from the inside out.

Of course, life didn't suddenly become easy. But something inside me became stronger. Through all the highs and lows, Reiki and Aruna ma'am stood by me like anchors. In September 2024, when things became especially challenging, Aruna ma'am introduced me to Swami Samarth and the Tarak Mantra. Coming from Hyderabad, I had never even heard of Swami before. But perhaps, this was the moment I was meant to meet Him.

The Tarak Mantra changed something deep within me. Just listening to it began dissolving inner obstacles. At the time, it wasn't unemployment that hurt—it was my resistance to stepping into the corporate world. Aruna ma'am gently helped me question those blocks, to open up and believe that more was possible. In October, I completed my Second Degree Reiki. And on October 28th, I joined Amazon.

I've always had a soft spot for plants and animals. Over the past year, I've channelled Reiki to more of them than I can count. One moment that will always stay with me is with a Brahmakamal—a plant I carried from Hyderabad to Bangalore the night before my wedding. I saw myself in her: uprooted, trying to adapt. After giving her Reiki, she bloomed—first with one flower, then three, and eventually five.

For such a rare plant, this was nothing short of magical. Could it have happened without Reiki? I don't think so.



Happy First Anniversary to me! continued...

Even dogs seemed to know. Those with hip issues would nudge their way to my hands, as if quietly asking for healing. Those quiet, wordless exchanges filled me with a joy so pure—it reminded me why I’m here: to channel Reiki to these gentle, innocent souls.

But with people? It wasn’t the same.

As I grew older, I noticed myself drifting away from human connections. Although I shared Reiki in our group when asked, it was only my husband who personally reached out. And ironically, he was the one who had never believed in Reiki—until the day he sprained his leg, asked for it, and felt it for himself. Still, I struggled to feel the ease I did with plants and animals. But something inside told me: the answers would come.

DEVROKH 25TH ANNIVERSARY – MARCH 2025

When Aruna ma’am suggested I visit the Devrukh Ashram for the 25th Anniversary, we tried to find someone to accompany me. But deep down, I knew I’d be okay. Swami would take care of me. And He did.

That solo trip turned out to be a journey home—not just to Devrukh, but to myself. The warmth, openness, and love I received there were unlike anything I had experienced before. People came from different cities, backgrounds, and age groups—but what connected us all was our shared devotion to Swami Samarth and Reiki. In that sacred space, something shifted. But the biggest clarity came just after.

EPIC Workshop – April 2025

That lingering question—why do I feel disconnected from people?—finally found its answer when Aruna ma’am asked me to attend the EPIC Online Parenting Program. Held from April 7–12, 2025, and led by Krupa Choksi ma’am and Ashwini Telang-ji, the workshop helped me see something essential: before trying to “fix” anything in others, I needed to understand myself. EPIC wasn’t just about parenting—it was about healing the root of all relationships. That one shift—seeing myself more clearly—changed everything.

And now, here I am—one year later. Is my learning complete? Never.

Every day feels like a new beginning. Do I have a problem-free life? Of course not. But what’s life without its waves and turns? What I do have is trust. In Reiki. In Swami Samarth. And in the journey I’m walking.

From self-doubt to self-trust, from chaos to clarity—this journey with Reiki and Swami Samarth has been nothing short of a homecoming.

Jai Gurudev!

"FAITH AND OUR HIGHER SELVES"



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist

Faith says you know, you just know, that you are protected, that worst case scenarios will not manifest, that you can live without the constraints of fear, anxiety and stress.

At times faith may relate to experience and be 'time-tested,' if you will. If the Divine has emerged into your life consciously and saved you or profoundly inspired you several times, perhaps having faith is easier for you to touch.

Faith depends not on opinions, analyses, points of view, perspectives— if practiced 'faithfully.' It looks down on all of these not with disdain, but with compassion and love, actually. Faith is to believe in what we do not see and the reward is to see what we believe—and feel beautifully overwhelmed and humbled at the same time.

It is not sleight of hand or magic in the classical sense. It is, for example, doing Mantra with the resolution and realisation that what you say is perfect and not necessarily or likely a product of your intellect.

In short, it is Faith revealed and unabashed.

Grace and Faith seem to work with each other creating and supporting the often ever so slight (but sometimes great and intense) bending of the Law of Karma in our favor, to our benefit. Yet, "Ye of little faith," Jesus addressed his followers more than once.

One commentator wrote: "What does 'ye of little faith' mean? Simply put, it means that at this moment in time your faith has been tested and you have come up short. Ouch! That must have been devastating to hear, yet Jesus said it."

At times that I forget who I truly am, it is not surprising that my faith will suffer. As 'Who am I,' is the crux of Swadhyaya and as Swadhyaya is a 24- hour job—interrupted only by the moment we meet our Maker—the more I know who I am, the more likely I will increase my 'faith quotient.' If ever in our lifetimes there has come a time to test our resilience, faith and commitment to everything having to do with happiness, health, holiness, and survival—for ourselves and others, NOW IS THAT TIME.

Faith in oneself is important here. As we are born in the image of God, then faith in ourselves has its place. Call it self-esteem or positive self-consciousness or self-image, or whatever. It is our Higher Selves which we want to get in touch with and stay in touch with as much as possible. Significantly, faith or so-called faith, can be misunderstood or handled poorly. If one believes, "God heals all," that does not relieve us from still exerting maximum effort and practice healthy dietary regimens, exercise and sleep patterns, for example.

We should not "test the Divine," by sitting down and not doing our part. When "Let go, let God," is chanted, it means we should act in consonance with will of the Divine as in IDAM NA MAMA—not my will but Thy will be done.

"FAITH AND OUR HIGHER SELVES"



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



One of the more beautiful aspects of Homa Psychotherapy is its reliance on daily sunrise/sunset Agnihotra copper pyramid healing fire as an indispensable tool by which our faith in the Divine and in our Selves manifests, evolves and unfolds.

***"Everything that was sent to break you
was actually waking you up
to your own light.***

***You're going to shine brighter
than ever before."***

-The Universe-



REIKI EXPERIENCES

Jai Gurudev

With immense gratitude to Reiki mother and Guruji, I would like to share my experience of Reiki Healing.

During first week of March due to hectic work schedule and some unpleasant experience in work place, I started getting heart palpitations and panic attacks. For first two days I ignored the same thinking I will be fine. However on 4th March night I was completely restless with heart palpitations and anxiety and I asked my son to take me to Hospital. Early morning we went to the center and I got myself an ECG as the first step and followed by blood test and stress test. Reports indicated Atrial Fibrillation with my elevated blood pressure and sugar levels. I was not ready for any further procedure and wanted to check with doctors in my family and my Physician. I came home and wasn't in a mood to console myself. Both my children Harshil and Dishika came and encouraged me to take Reiki. Both started giving me touch Reiki to my Heart stating Mom's heart is very Strong. I felt so good and started giving myself Reiki. Since I had taken pledge to complete Lalitha Sahasranaam for certain period I asked Reiki mother to help me keep my promise. I visited my Doctor and she asked me to calm down and gave me injection to stabilize me and prescribed medicines for anxiety and to stabilize sugar levels. Evening I was back home to complete my Chanting. I was nervous and still anxious, however I was confident that Reiki mother is with me.



REIKI EXPERIENCES

I had received a small photo of Guruji and I started seeking Guruji to show me the right path and right diagnosis. I kept giving myself Reiki and started caring my body. Here is what my human revolution happened. **I realized that all these elevated parameters that are making my heart at risk are nothing but my own unmet desires, fears and unhealed emotions.** I started healing myself with the power of Reiki and with deep love for myself and immense gratitude to the body of mine which has endured so much in life. I started visualizing Reiki mother healing every part of my body removing all the blockages. I started feeling better and slowly resumed my office work and normal life. Recently I did my 2D Echo and found that my heart is strong and I can reverse my elevated blood parameters with diet and medication. I have disciplined myself in lifestyle respecting my body as temple and taking medicines to ensure complete recovery. This experience has helped me and my children to bond well and I am experiencing immense love and motherly care from both my children. Thank you for Reiki healing. Jai Gurudev !

Saraswathi Deora



Reiki Vidya Niketan Activities

1. Reiki Seminar at Yashwant Rehabilitation center, Shirala

Reiki seminar was organized in Yashwant Rehabilitation center, Shirala where 23 participants learnt Reiki. The seminar was very well taken by the patient and they considered it as a life changing event.



2. Lecture in Ayurvedic Hospital in Kota by Krupa Choksi

On 22nd April, 2025 a lecture was organised at Government Ayurvedic Hospital in Talwandi by Mrs. Neeta Parekh. The lecture was conducted by Ms. Krupa Choksi and was attended by all the senior doctors and head of the Department of Ayurvedic college. The lecture was well received and they expressed their willingness to learn reiki.



3. Workshop in Computer Science and Informatics Department, Kota University



On 23rd April, 2025, a workshop was organised by Department of Computer Science, University of Kota, Rajasthan on Communication. The workshop was conducted by Ms. Krupa Choksi and Mrs. Neeta Parekh. The topics were “The Role of Energy Science in Communication” and “Communication style based on human Humors”. The workshop was very much appreciated by the students as the topic was novel.

4. EduSPOT Program for Kids of age group of 5 to 8 years in 16 Centers of DSPPL:



Reiki Vidya Niketan Activities



DSPPL has organized EduSPOT program for kids in the age group of 5 to 8 years. The program started on 16th April and will last till 16th May, 2025. The program is designed in such a way that it builds holistic personality of kids and channelizes their energies in right direction. At present this program is happening in 16 centres in India. The program got overwhelming response and 131 children from different centres are taking benefit of the same. Kids are very much enjoying the program and so are the faculties.



Pathway to Wisdom

EduSPOT, SOFT & STRONG

Programs for Children & Youth


12+ Successful years


800+ families


India + US



Holistic Approach



Moving from Information to Wisdom



Complementing School Curriculum

Dates	Program	Eligibility (Birth Dates)		Fees
16th April to 16th May, 2025	EduSPOT (Daily 1 hour)	1/4/2017	31/3/2020	Rs.600
6th May to 11th May, 2025	SOFT 1 Non- Residential	1/4/2016	31/3/2017	Rs. 1200
6th May to 11th May, 2025	SOFT 2 Non Residential	1/4/2015	31/3/2016	Rs. 1350
6th May to 11th May, 2025	SOFT 3 Non Residential	1/4/2014	31/3/2015	Rs. 1500
19th May to 24th May, 2025	SOFT 4 Residential	1/4/2013	31/3/2014	Rs. 5000
19th May to 24th May, 2025	SOFT 5 Residential	Those who have attended SOFT 4		Rs. 5250
19th May to 24th May, 2025	SOFT 6 Residential	Those who have attended SOFT 5		Rs. 5500
28th May to 1st June, 2025	STRONG 1 Residential	Age Group - 15 to 25 years		Rs. 5750
28th May to 1st June, 2025	STRONG 2 Residential	Those who have attended STRONG 1		Rs. 6000



DSPPL - Devrukh Spiritual Prowess Pvt. Ltd.

For Registration www.dsppl.in Any queries ? info.dsppl@gmail.com

Meena Bhawe - 9909925815 / Pranjal Joshi - 9850035736



Upcoming Residential Programs at Devrukh Ashram

The SOFT 4 to 6 program, for students of age group 12 to 14 years, will be held in Devrukh Ashram from 19th May to 24th May 2025.

The STRONG program for students of age group 15 to 25 years will commence in Devrukh Ashram from 28th May till 1st June 2025.

For Registration - www.dsppl.in



Ashram Wisdom

There is a war going on between Natural Intelligence (NI) and Artificial Intelligence (AI) on planet Earth for a very long time and we can see the situation that we are in today. In Sri Rudram Chamakam the 11th Chamakam describes the play of creation in 2 number series viz the odd and the even. Basically 1, 3, to 33 is the odd sequence which represents the Divine Spirit and the Even series is 4, 8 till 48 which represents Matter or Physical world. When the 11th chamakam is chanted odd series of numbers followed by even series there is cosmic order and balance in creation. The creation works with NI and there is beauty grace and abundance for all. But when man with limited intelligence, understands the process of creation and only uses the even series 4, 8 to 48 to directly manifest material plane without the support of Divine Order, what we see is the world we are living in. War, Genetic Modified foods, illness and diseases, unaffordable education, profits at any cost, easy money, chemotherapy and so forth....the list is endless and all are sure routes of living hell. The choice for each sadhak is now between NI and AI, does he live a life in divine order or he wants to achieve material opulence and create more dry cement structures which are going to dry the world we live in. Let Sri Rudram and reiki have a new meaning in our lives.

SEMINAR SCHEDULE MAY 2025

Sr. No.	Scheduled Date	Master	Location	Degree
1	17 th & 18 th May 2025	Vishal Shridhankar	Thane	1st
2	17 th & 18 th May 2025	Aruna Margam	Bengaluru	1st
3	17 th & 18 th May 2025	Kalpita Keer	Kudal	1st
4	17 th & 18 th May 2025	Rakesh Kumar	Pune	1st
5	24 th & 25 th May 2025	Bharati Zinzuwadia	Vadodara	1st
6	24 th & 25 th May 2025	Rakesh Kumar	South Mumbai	1st
7	24 th & 25 th May 2025	Vishal Shridhankar	Mumbai	1st
8	24 th & 25 th May 2025	Seema Trivedi	Rajkot	1st
9	24 th & 25 th May 2025	Sangita Kulkarni	Ahmedabad	1st
10	24 th & 25 th May 2025	Kalpita Keer	Ratnagiri	1st