



REIKI VIDYA NIKETAN



The above image is from Devrukh Ashram during Vardhapan Diwas Utsav 2026



An intention of a Guru

Recently we just finished Devrukh Swacehtna Shibir on 29th March, 2026. In that Shibir, we took various sessions, in one of the session I had spoken about intention (Sankalp) of a Guru. And I realised that having known that intention of Guru, never fails, I realised that surrender to Guru is very easy. I remembered one incident which Guruji had mentioned to us about intention of Guru.

Once Swami Satyananda Saraswati, a founder of Bihar School of Yoga, was called to USA in one of the prison. Here is his excerpts in one of the magazine of YOGA.

“In 1968 I had my first experience of this principle. While on a tour of the USA, I was invited to teach yoga in a detention camp. I was very happy to do so, but when I was shown into their large hall, I found myself confronted with six hundred monkeys.

Then a man who seemed to be an officer offered me a cigarette and I felt offended. In India, even when people offer flowers, they ask first. I was not used to such behaviour, and they were not used to acting any differently. I thought I would have to leave the hall immediately as teaching yoga seemed out of the question. But I had come to teach, so as a last resort, I decided to try yoga nidra.

It took six or seven strong people to get everybody to lie down on the floor, but still they kicked and pulled each other, smoked and spat. Sometimes they turned around and stared at me, saying “Hey man, what’s happening?” The whole time I was just repeating the same sentence over and over again, “Please close your eyes and don’t move.” I would also close my eyes so I couldn’t see what was happening. It was unbearable, but I kept on for forty-five minutes.

After the class I got out quickly. The next day I telephoned the head warden and told him I wouldn’t be coming back. “But you must return!” he exclaimed. “For the first time in my



experience all the inmates went to their rooms quietly and slept. Never have we had such a peaceful evening. In the morning when they were woken, the first thing they said was, “Keep your eyes closed and don’t move.”

When I arrived for the next class, they were all lying calmly on the floor, so I told them to stand up for surya namaskara. But they said, “We don’t want to do exercises, we want to practise yoga.” So I put them into yoga nidra and for seven days they practised with increasing improvement.

This is what a Sankalp of Guru does. I would like to narrate one incident of my life. I had terrible sinusitis for 2 years. Every morning my cheeks would be swollen and lot of mucus was accumulated on my face. When I blew my nose and look down, watery mucus would come out like a tap water. This lasted for 2 years. Every time when I used to ask Guruji about this, he would laugh and make a joke, “I have fitted a machine inside you which converts air into water.” Thereafter in 2002, we had gone to Chardham Yatra. During that time, once we were in Rishikesh on the banks of river Ganga, I ask Guruji, “Sir, Please do something about my sinus.” At that time, Guruji asked me to put two drops of Gangajal on my both the nostrils. I did that and that was end of my sinusitis. It has been 25 years and I never got my sinusitis back. This is a Sankalp of Guru. Since, I had to suffer, he made me do that but thereafter he removed it completely.

Similarly, my mother who was not able to climb one staircase having 12 steps of my house, Guruji made her climb Girnar mountain which has 10,000 stairs. How is it possible? Guruji also made her write Gurucharitra which was in Marathi and my mother did not know marathi? She translated entire Gurucharitra which many of the great saints were not able to do? How did this happen? This is a Sankalp of Guruji

Guruji often used to narrate one sentence of Saibaba which said that show me one person those who has shown faith in me, and his/her life is wasted. Likewise, those who believe in Guru and his teachings, their life is never wasted. They reach to their destination as Guru has taken their responsibility.



Now the question is that since Guruji has already taken our responsibility, then why to worry? What we need to do is our karmas and things will be taken care of. Just like what Arjun did. He did his job of fight for dharma and slept peacefully in spite of knowing that next day Bhishma Pitamah is going to kill him. What we need is trust in our Guru. The trust that he is always with us and will never leave us alone. He is there to guide and support. He has made plans for us. What we need to do is trust his plans.

Surrender to Guru is the surest path to success and spiritual elevation.

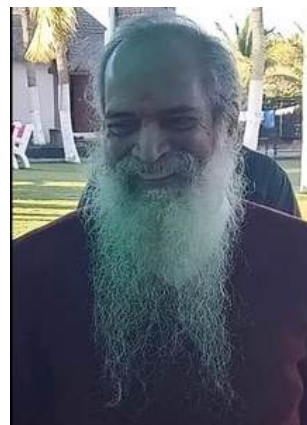
With love, light and Reiki
Krupadidi

Ajit Sir Quotes

“



- Do not hurt anyone
- Accept everyone and everything as it is
- In every situation we have a role to play. Play that role positively.



- We are on this planet not to prove anything
- We are here to improve

”

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|--|--|---|--|---|--|--|---|
| 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

CATERPILLAR

"The caterpillar is also one of my teachers of wisdom. The wasp carries its caterpillar to a safe corner and closes it up in its nest and goes on buzzing about it. The young caterpillar is so frightened by the incessant buzzing, that it cannot think of anything else than the buzzing wasp. The caterpillar too, soon grows up into a wasp! In a like fashion, a true disciple is so charmed and over-awed by the spiritual eminence of his own guru that he cannot think of anyone other than him. That is why he is my twenty fourth guru."

Here, Lord Dattatreya is trying to teach that just like a caterpillar who is caught by wasp and is kept in its nest thinks about the buzzing wasp only. And eventually, it also becomes a wasp. Just like that a true disciple is so overwhelmed by the spiritual prowess of his master, that he/she cannot think of anyone else. And eventually, he/she becomes just like his/her Guru. So, caterpillar was 24th Guru of Lord Dattatreya.

Swami Vivekananda has said that you become what you think about. That is the reason in our culture there is much importance of Satsang. Satsang means to be with the people who are connected to the truth, who are divine. The reason is that when we connect to them, we become like that. When we think of God/Guru, we become like them.



| यत् भावः तत् भवति |

You become what
you believe

Continued...

Similarly, many times we think of people whom we do not like and keep on criticizing them. On doing that, in a way we are happy because our ego gets satisfied but bad qualities us gets enhanced. Basically, when we are able to see bad qualities in others means its seed lies in us. We need to remove that seed because the more we think if bad qualities of others, we attract impurities within us. That is the reason, we need to see good qualities of others. When we are able to see divinity in others, we will experience our divinity.

In Sanskrit there is a saying **Yat bhavo tat bhavati**" means "As you think, so you become". **Bhagavad Gita (Chapter 8, Verse 6)**: This is the most frequently cited origin for the concept. Verse: "yam yam vapi smaran bhavam tyajatyante kalevaram..." Meaning: Whatever state of being (bhāva) one remembers at the time of death, that state they will attain in the next life.

In **Brihadaranyaka Upanishad (4.4.5)**: This text explains the progression from desire to destiny. It says, You are what your deep, driving desire is. As your desire is, so is your will; as your will is, so is your deed; as your deed is, so is your destiny. Even in **Chhandogya Upanishad (3.14.1)**: Known as the Shandilya Vidya, it states that a person is a creature of their will (kratumaya). And in **Rig Veda (Purusha Sukta)**: Some scholars suggest it may be a simplified modification of the phrase yad bhūtaṃ yachcha bhavyam ("whatever has been and whatever shall be").

Hence, to experience our own divine nature, we should think of divine every time. Likewise, a true disciple always thinks of his/her Guru and all the good qualities of Guru manifests in him/her. Guru multiplies himself. He tests his disciple to such an extent where he is able to see his own reflection. This happens when disciple totally surrenders to Guru. There is no identity left of disciple. And then Guru manifests in him/ her. A true disciple allows the Guru to take hold of his/her life and whatever Guru decides for him/her is acceptable to the disciple. This is true also for a devotee and his/her God. When devotee merges with God, God manifests in him and works through his devotee.



Vedic Molecules: From Cosmic Rhythms to Circadian Science

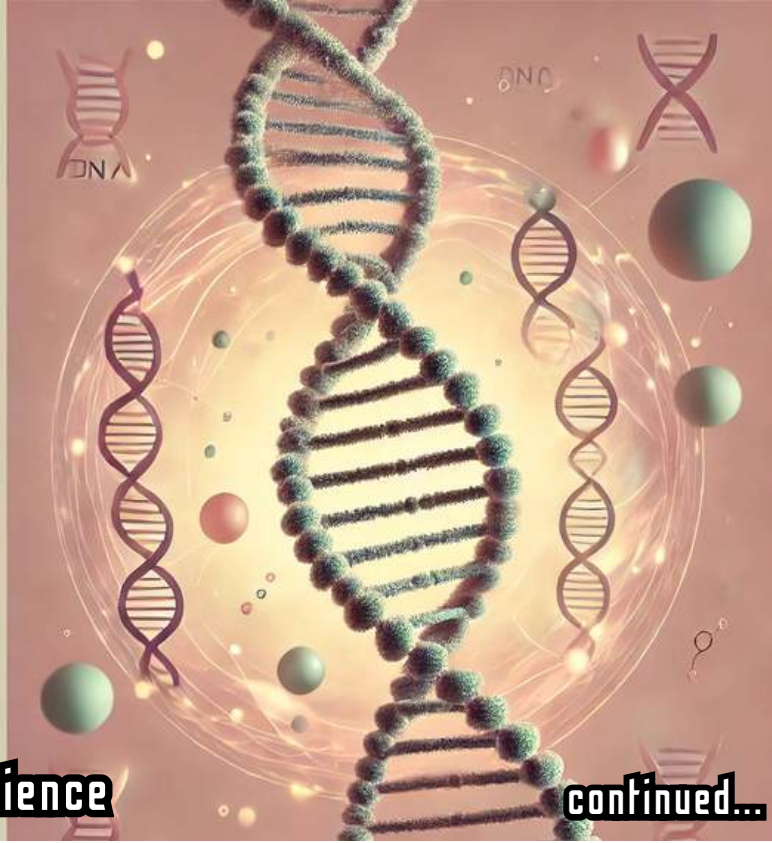
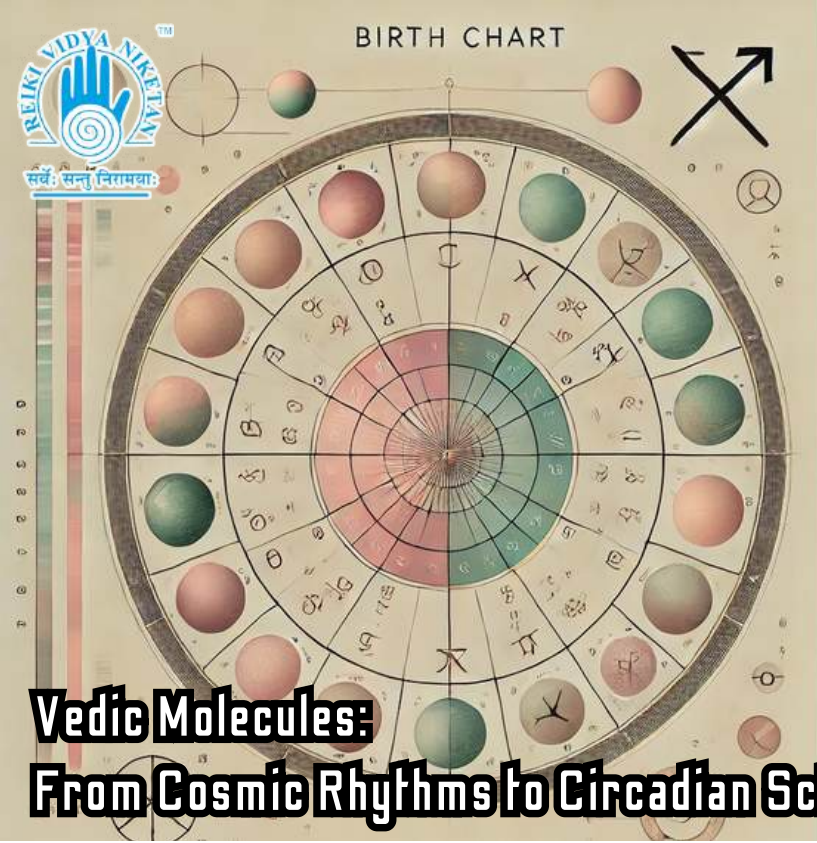


- Dip. SAC Ashwini Telang, India

I recently read an article on India Today and it enticed me a lot, because it emphasized ideas very similar to what we explore in our STRONG program for youth. The article spoke about how the human brain can be seen as a mirror of the Vedas, with its four lobes paralleling the four chapters of Patanjali's Yoga Sutras. That struck me deeply, because it reminded me of the way we show young learners that cosmic patterns repeat themselves across different domains—whether it's the stars in the sky, the scriptures, or even the molecules that make up life.

The article speaks about the similarity of 4 Vedas and 4 lobes of the human brain. Besides, it focuses on, the Vedic literature describing 40 aspects of knowledge that correspond to 40 functional systems in human physiology. Dr. Tony Nader explains this mapping in detail in his book *Human Physiology: Expression of Vedas and Vedic Literature*. Dr Nader mentions that Rig Veda corresponds to the frontal lobe functions (planning, initiation); Sama Veda aligns with auditory and rhythmic processing in the temporal lobe; Yajur Veda reflects motor coordination and action systems while Atharva Veda connects with memory and integration systems.

Beyond the four Vedas, the 40 branches of Vedic literature are mapped to specific physiological systems: Upanishads → higher cortical functions and abstract reasoning; Vedangas (limbs of the Veda) → sensory and motor systems; Smriti texts → memory systems.; Brahmanas → regulatory systems (like endocrine functions); Yoga Sutras → integration of mind-body coordination; Ayurveda → immune and healing systems; and Dharma Shastras → behavioural regulation and social cognition.



Vedic Molecules: From Cosmic Rhythms to Circadian Science

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In this way, every branch of Vedic knowledge finds a reflection in a bodily system, showing that the human physiology is not separate from the cosmic order but an expression of it. Thinking about it again, the Sadhana Pada describes Yama, Niyama, Asana, Pranayama leading towards pratyahara – one activity at a time. Since it practices discipline and regulates us, maybe that’s why it called Sadhana Pada – The path of Consistency in practicing disciplinary activities. These echo the functions of the frontal and parietal lobes, which handle planning and sensory integration. Then with Pratyahara as foundation, the Vibhuti Pada moves inward to dharana, dhyana, leading towards samadhi. That resonates with the temporal and occipital lobes that govern memory, vision, and deep focus.

Isn’t it amazing to know that different forms of explaining the same underlying blueprint? Just as the lobes of the brain work together to create consciousness, the chapters of the Yoga Sutras work together to create spiritual realization.

This parallel shows us something profound: nature seems to organize knowledge and biology with the same rhythm. And when we extend this to Nakshatras and molecules— 20 amino acids, 5 nucleotides, 2 sugars—we see that the same cosmic logic is at play everywhere. Stars, scriptures, physiology, and biochemistry are all woven by the same rhythm.

Each STRONG program—whether it is 1, 2, 3, or 4—contains aspects like these. From understanding the Upanishads to exploring how Nakshatras influence the secretion of amino acids, nucleotides, and sugars, we show that every constellation, every ancient scripture, modern physiology, and biochemistry are all interwoven in the same fabric of rhythm. Modern science calls this rhythm the circadian rhythm and can be directly compared to ancient daily chores that was adjusted according the ritus and kaal – dinacharya.

“In every constellation, every scripture, and every cell of our body, the same rhythm whispers—reminding us that life itself is a cosmic disperse...”



SHIVA HEALS YOU

At the depth of war...



- Vivek Pandey, Vadodara

Currently, the world is going through a world-war-like situation. Superficially, it may appear that a few nations are warring against each other. However, when we look deeper, there is much more to it. The Earth has experienced war since time immemorial. The war has been undertaken for geopolitical and the acquisition of land. This has been done for economic reasons or sheer hatred for people having a different belief system. The majority of the population on the planet does not justify the war, except for the rarest of rare cases like the Pahalgam incident. The US-Israel-Iraq war appears to have been undertaken for the oil wells. But again, there is a spiritual side to the whole story.

The United States of America, the so-called number one country in the world, has been brought to its knees by a small nation like Iran. Logically, Iran should have been made to surrender in max six weeks. However, it not only continues to fight but manages to make the United States of America feel separate and aloof from the rest of the world. What happened to the most powerful nation? With 20 times more assets and foot soldiers, how has Iran managed to bully and take care of everyone around it? The answer lies in the minds of those posing themselves as world leaders.

Ever since Narendra Modi, the prime minister of India, emerged as a world leader. Most nations and their heads have treated and received him with a huge amount of respect and love. His aura carries a whole lot of positivity, and his mind carries a message of a development-led world. Even during COVID, he supplied medicines to the most needy nations. Barring Pakistan, Modi has never shown the intent to wage war against any nation. His intent as a leader has been all-inclusive and spiritual. People are not buying his words; they are buying his aura. A body embodied with positivity and real power is looked up to by all. Naturally, such people also attract and invite a lot of jealousy and envy. Pakistan may someday become friends with India; however, China continues to operate as a perpetual enemy of India. The case of Donald Trump is somewhat different from the geopolitical anomalies of world unrest.



SHIVA HEALS YOU

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If we read all the tweets by the POTUS, one realizes the madness and instability on display. Surely, information warfare is also a part of the war; however, this is a clear case of a person living under assumptions. He started the war with the assumption that Iran, being a small nation, would run out of supplies and surrender in 4-6 weeks. However, it turned out that Russia and China came to the rescue of Iran, making sure that Iran does not lose its ground. A world leader should have foreseen this fallout of events. With Mr. Trump, he was okay in his first tenure as the President of the United States of America. Nonetheless, he felt he was losing his ground as Modi was firmly and positively established as a world leader by then. With the pursuit of regaining his No. 1 position as a world leader, he decided to pose as a person who wanted the world to be free from Nuclear weapons. In the garb of containing nations that were planning to make Nuclear weapons, he ended up with the world exploding from all ends. Trump's fundamental envy of Modi's popularity led to the downsizing of the world economy. Why did he make this mistake? Was he not aware of his position and what it would mean to the world? Again, the answer lies in the philosophy of the East and the West.

The East has always given Buddha's and Peacemakers to the world. Leaders like Prime Minister Modi keep their Ego aside and think only in terms of the welfare of the people. The Power of the Eastern world lies in keeping the ego aside and focusing on the Karma. The west however, has understood power in a completely different way. The exhibition and display of Power is the only power understood by the Western people. They do not understand the power of the soul. Even if they undertake some spiritual practice, they mistake it as a separate program rather than a lifestyle change or a means to realize the self. Modi's power and popularity come from a sense of inclusiveness, whereas in the case of Mr. Trump, the whole ideology is based on ego. It is highly unfortunate that now and then, some idiot appears on the world scene and, to satisfy a few, he takes the world economy back by 15-20 years. For the first time in the history of mankind, almost the entire population had food in their stomach. This was the time for taking the world a step further and not becoming a war-mongering country. Glad we have a prime minister who has the right head on his shoulders. May our nation see its Golden Era once again under his leadership.



Spring springs up a rainbow in our hearts

-Aruna Margam, Bengaluru

Devrukh Brahma Kamal Ashram in March was filled with colourful flowers, fragrance and serenity. It was one of its kind touching the soul. Audumbar is filled with ripe fruits red in colour, Nagalinga flowers near Shiv Pooja place, red pineapples, canopy of red flowers at the entrance. Those colourful vibrant bogunvillas, hibiscus flowers and white chandni flowers all over. Carried all these memories home.

Some flowers were used for decoration in shivpujan, some were more for fragrance like champa, Rose flowers and lotus has its own beauty. I was thinking of so many varieties of flowers blooming for different purposes and having their own uniqueness. Same way we are also of different nature and Swami and Guruji has drawn us to this divine aboard for different reasons. If we have the understanding, we can do our contribution as per the divine design. Without this clarity we might be trying to do which is not part of our design. We might then be in a vicious cycle without an exit.

Then how to understand What is our purpose or design? Once I remember listening to Guruji, how to know which is our path? Guruji replied if your journey is smooth then it is the chosen one. If we have many obstacles, it is time to rethink. Guruji lived as a role model to teach us "Swami has a plan for you, sometimes it is favourable, sometimes it is not but both the times it is his design and the best for the situation" Life is a blessing not your right is another famous saying of Guruji. Are we taking every moment as a blessing and living in Soul consciousness or living as a right and staying in Ego consciousness? Guruji asked us to ask ourselves just one question "Do you believe Swami is in your life a guiding light?" If yes, it is always a yes. If No is always a No.

I read a quote "Life is either it is your Will or HIS Will". Everything ends up to acceptance. Accepting every moment is the only way to sail through. Another analogy of the Guruji small boat, if it is tied to the bigger ship then storm or turbulence every moment is taken care of. We are the small boat and the ship is Swami. Swami and Guruji are the anchor, they are light houses guiding us through our journey of life.

Staying connected to the space, like our Devrukh ashram, reiki seminars, Wave of Faith online sessions, Guru parayan etc. Five principles of reiki are the essence of life. As a sadhak let us all bloom even if the conditions are not favourable like a Brahma Kamal.



The Sacred Twins: The Divine Dance of Chaitra and Sharad Navaratri

- S Ramakrishnan Iyer

In the vast, spiritual landscape of India, the rhythmic cycle of the seasons is mirrored by the soul's journey toward the Divine. Among the most sacred of these cycles are the Navaratri—the nine nights dedicated to the primordial energy, Shakti.

While there are technically four Navaratri in a lunar year, two stand out as pillars of devotion: Chaitra Navaratri, which heralds the New Year in the spring, and Sharad Navaratri, which celebrates the triumph of light as the days grow shorter in autumn.

1. Chaitra Navaratri: The Dawn of the Spirit

Occurring in the Hindu month of Chaitra (March–April), this festival marks the beginning of the Vedic New Year. As nature sheds its wintry slumber and bursts into blossom, the devotee seeks a similar "spiritual spring."

· The Religious Significance:

Chaitra Navaratri is deeply associated with the birth of Lord Rama (celebrated as Rama Navami on the ninth day). It signifies the descent of the Divine into the human form to establish Dharma (righteousness).

· The Spiritual Essence:

It is a time of Sankalpa (firm resolve). Just as the earth prepares for new growth, the devotee undertakes fasts and prayers to purify the body and mind for the year ahead. It is a period of "Satvik" renewal, focusing on internal cleansing and the cooling of the senses after the heat of worldly desires.

2. Sharad Navaratri:

The Triumph of the Soul. The most widely celebrated of the two, Sharad Navaratri falls in the month of Ashvin (September–October). This is the "Maha Navaratri," a grand spectacle of faith that culminates in Dussehra.



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• **The Religious Significance:**

This period commemorates the fierce battle between Goddess Durga and the buffalo-demon Mahishasura. For nine nights, the Devi battles the forces of ego, ignorance, and greed, finally slaying the demon on the tenth day.

• **The Spiritual Essence:**

If Chaitra is about a new beginning, Sharad is about transformation. It represents the soul's struggle to overcome its lower nature. The nine nights are divided into three stages:

1. Days 1–3: Invoking Durga to destroy our inner vices.
2. Days 4–6: Invoking Lakshmi to cultivate spiritual wealth and virtues.
3. Days 7–9: Invoking Saraswati to attain the highest self-knowledge.

Comparison of the Two Sacred Navaratri:

| Feature | Chaitra Navaratri | Sharad Navaratri |
|---------------|-----------------------------------|--|
| Season | Spring (Vasanta) | Autumn (Sharad) |
| Primary Theme | Creation and New Beginnings | Victory of Good over Evil |
| Climax | Rama Navami (Birth of Rama) | Vijayadashami (Victory of Durga) |
| Energy | Gentle, regenerative, and cooling | Powerful, transformative, and protective |

The Unified Message: The Divine Mother

Regardless of the season, both Navaratri serve as a reminder that the universe is governed by a compassionate, feminine power. Whether she appears as the nurturing mother of the spring or the warrior queen of the autumn, the message remains: Surrender the ego to the Infinite. Through fasting (Vrat), chanting (Mantra), and meditation, the devotee realizes that the Devi is not just an external idol, but the very consciousness (Chetana) that breathes within every living being.

"To worship Shakti is to acknowledge that every breath we take is a gift from the Cosmos."

FROM ILLUSION TO TRUE SELF: NETI, NETI—NOT THIS, NOT THAT HOMA PSYCHOTHERAPY By Barry Rathner, Clinical Psychologist



In Genesis 1:26, God said, "Let us make humankind in our image, according to our likeness". So the very beginning of the Old Testament throws down the gauntlet. We are made in the image of God.

What is this concept called, 'God?' "The Supreme Spirit is designated in the Vedas as THAT. Words cannot limit IT and hence, IT could only be described as, 'not this, not this.' THAT is perceived when the mind conditioning is blasted."

The idea is that by the process of elimination, we can eliminate so much, such that the only thing remaining is GOD. Similarly, with our search within. I'm not my job, not my social status, not my personality and—contrary to some bigots—not my skin color-- and not my Facebook profile, for sure.

NETI, NETI -

- You are not your thoughts.
- You are not your labels.
- You are not your narrative.
- You are not your job.
- You are not your social role.
- You are not your personality.
- You are not your self-story.

What's left gets us closer to WHO AM I?

Being born in the image of God at first glance may seem like a complete blessing without a downside. However, using this birth RESPONSIBLY goes along with this gift. That is no small thing. USE IT OR LOSE IT, goes the popular saying.

This business of self-study has an Achilles heel. How do I study my self without becoming overly consumed by the process? In other words, how can I serve (others) while staring at my navel?

First, let it be understood that this is not a tit for tat endeavor. It is not a Lego project. It may be more like putting together a difficult puzzle, but bits of self-realization (may we label it?) can unfold while folding diapers, emptying diapers, buying diapers.

Neti Neti (Sanskrit : नेति नेति) is a Sanskrit expression which means "not this, not that", or "neither this, nor that" (*neti* is sandhi from *na iti* "not so"). It is found in the Upanishads and the Avadhuta Gita and constitutes an analytical meditation helping a person to understand the nature of Brahman by negating everything that is not Brahman. One of the key elements of Jnana Yoga practice is often a "neti neti search." The purpose of the exercise is to negate all objects of consciousness, including thoughts and the mind.



FROM ILLUSION TO TRUE SELF: NETI, NETI—NOT THIS, NOT THAT HOMA PSYCHOTHERAPY By Barry Rathner, Clinical Psychologist



And psychologically, there is a difference between ‘rumination,’ (unhealthy self-focus) and ‘self-reflection,’ (healthy study of self).

RUMINATION:

Why am I like this?
What’s wrong with me?
What does this mean about me?

SELF-REFLECTION

Interesting reaction I am having.
There is fear here.
There is ego here.



Then there’s attachment.

"Creative powers and true knowledge dawn through Tapa (self-discipline). If we remain UNATTACHED to these creative powers and do not hanker after them, we enter higher states of consciousness". ("Light Toward Divine Path," page 18)

"Let us learn to fill this moment with love and nothing else is required. Let us fill all the spheres with love". (op. cit., page 2)

Easier said than done, you wonder. Perhaps; but big rewards require big effort.

And, furthermore, all journeys are never the same for each of us. We all may end up in New York City eventually, but how painful or how joyous or how timely the trip is, depends upon us—the current us, the old us, and even the previous incarnation us (for those so inclined).

Since it is unlikely that we can discern the previous incarnation, HUMILITY is a necessity as NONE OF US KNOW FOR SURE WHAT THE HELL IS GOING ON HERE!

If you think you do know, think again. Or better, do not think at all. And embroider IDAM NA MAMA on your favorite towel. Tatoo it on an easily visible location.

Idam na mama -this is not mine- not my will but THY will be done. Suffering can increase when we try to own our success, our reputation, our insight, and certainly our suffering. Much better to turn it over to the Divine.

Call it FAITH, if you wish, but the hope, the premonition, the instinct all point towards our journey to home, or to New York City or to our ultimate Home as being the most important game in town. And we all must play this game. Our FREE WILL determines whether we do this the easy way or the hard way.

Good if we choose carefully and wisely. SERVICE, HUMILITY, HUMOR help our choosing.

1. Celebration of Math Vardhapan Divas:

On 15th March Devrukh Brahmakamal Ashram celebrated its 26th Anniversary. The day started with Swami's Kakad aarti and Agnihotra. Thereafter, chanting of Shri Swami Samarth was done at the Guru Smarak from morning till evening. In the afternoon, after Mahaprasad and Mahaaarti, Rudra Abhishek was performed on Swami's paduka. Thereafter, evening aarti was performed which was followed by Satsang by Shri Yogesh Katdhare. Yogesh started his performance with classical music which was followed by bhajans and abhangs. Mayuresh accompanied him on tabla and Ashish Prabhudesai accompanied him on harmonium.



2. Devrukh Swachetna Shibir on 28th and 29th March, 2026:

On 28th and 29th March, 2026, a Swachetna shibir was organised in Devrukh Ashram. The shibir got overwhelming response. 71 participants came from various places viz. Devrukh, Ratnagiri, Chiplun, Satara, Lanja, Kudal, Goa and Kolhapur. Various sessions like Chanting of Mantras, Sending Reiki to the world, Guru pujan, Yog Nidra, Agnihotra, Transcendental Meditation, Trust walk, Awareness games, Question and Answer session were conducted by various masters within the span of two days. All the participants thoroughly enjoyed the session.





Reiki sadhak Aniket Bapat from Chiplun awarded 'Gautech 2026' Award:

At the 'Global Gautech Summit 2026' organized in Pune from March 20 to 23, our Reiki sadhak Mr. Aniket Anil Bapat from Chiplun Center was honoured with the 'Gautech 2026' Award.

Experts from across the country provided guidance on various topics related to Indian cattle in this four-day summit. The program received a huge response and was attended by lakhs of citizens. During this time, various stalls, indigenous cattle exhibitions and information about various breeds were provided to the citizens.

Highlighting the importance of indigenous cows in the fields of human health, agriculture, environment and spirituality, the Maharashtra Gau Seva Aayog Chief Shri. Shekhar Mundada, Dr. Kulkarni and Dr. Vallabh Kataria guided the gathering. Also present on the occasion were the Chiefs of Gau Seva Aayogs of four states, popular director and actor Praveen Tarde.

In this program, Aniket Bapat was given special honors in recognition of his work. He is an alumnus of Premajibhai Asar Primary School, United English School and D. B. J. College and has pursued further education in the field of Panchagavya Medicine and Naturopathy in Kolhapur, Nashik and Tamil Nadu. He has also completed a Reiki Healing Camp at Swami Math in Devrukh.



REIKI EXPERIENCES

Jay Gurudev 🙏

Myself Dipali Upadhyay blessed by reiki, I want to share my experience towards to you all. so that you can get all the benefits of reiki.

Firstly, my mother had three problems detected in both eyes at the age of 72. (1) retina (2) glaucoma (3) cataract. Her left eyes vision was already gone. Right eye has a still chances. In left eye there was a space(hole) of 1,446 mm according to this report medical science says this space was more than advance stage of risk, so doctor said, this type of damage was not covered fully means vision is not possible in left eye.



REIKI EXPERIENCES

Still, she had a above three operations in left eye to save further damage and Dr. Performed two surgery retina and cataract in one go in right eye and filled oil also for retina.

After six months he performed 2 surgeries in which he took out impure oil and glaucoma to save vision of right eye.

But unfortunately, after 15 days, her eye infected with pus. It was cleared by medicines and drops but as a side effect of high steroid drop eye temperature was going to increased and increased like 32 .which isn't normal for healthy eye. In this situation one can't see.so she was unable for seeing. Dr. Said Glaucoma operation isn't a lifetime operation. Again, surgery was needed else eye must be removed.

It had shocked me and my family was not ready for more operations. So, I prayed to God, My Guruji Shree Ajit sir and Reiki.

As per advice of my master, I started Group reiki to my mother before 3 days of operation. And she was also started to take reiki herself. In night there was a much loss of water in both eyes and little swelling also. So, we consulted Glaucoma specialist Purvi Bhagat. She said Mam, your mother's eyes are normal. Temperature was normal, no need of surgery. That day the pressure was 22 and next day 14. The Miracle happened in only one day of group reiki. Not only this, but her left eye vision is also going to increase with spectacles she can see and do her routine work very easily. All thanks to Reiki.

Ashram Wisdom



In Ashram one of the Sadhak asked why do we perform Rudra Swahakar?

On this, I answered that our Ashram is a spiritual center where we come to elevate ourselves. When we come for sewa at Ashram, the idea is to rejuvenate ourselves, to raise our energy level and to reduce our karmic debts. Guruji has introduced Rudra Swahakar in our daily routine of Ashram as Rudra is a very powerful mantra of Lord Shiva in the Krishna Yajurveda.

It is right in the middle of the Krishna Yajurveda. Chanting of Rudra cleanses our nadis and gives lots of energy. It is also called “Sarva Roga Nivaran” mantra. “Ru” means light and “dra” means to flow. So, its actual meaning is flowing light/ energy which is non other than Reiki. When we perform Rudra Swahakar, it absorbs all negativities from the atmosphere. It clears karmic obstacles grants spiritual growth and worldly prosperity.

SEMINAR SCHEDULE - APRIL 2026

| Sr. No. | Scheduled Date | Master | Location | Degree |
|---------|-----------------------|---------------------|----------------|---------------|
| 1 | 1st-2nd April, 2026 | Kalpita Keer/ Meena | Lanja | 1st |
| 2 | 4th-5th April, 2026 | Krupa Choksi | Devrukh | 2nd (Hindi) |
| 3 | 4th-5th April, 2026 | Rakesh Kumar | Hyderabad | 1st |
| 4 | 11th-12th April, 2026 | Vishal Shridhankar | Devrukh | 2nd (Marathi) |
| 5 | 11th-12th April, 2026 | Krupa Choksi | Palanpur | 1st |
| 6 | 11th-12th April, 2026 | Sangita Kulkarni | Palanpur | 1st |
| 7 | 11th-12th April, 2026 | Rakesh Kumar | South Mumbai | 1st |
| 8 | 11th-12th April, 2026 | Bharati Zinzuwadia | Ahmedabad | 1st |
| 9 | 11th-12th April, 2026 | Seema Trivedi | Rajkot | 1st |
| 10 | 18th-19th April, 2026 | Jairam Athalekar | Nashik | 1st |
| 11 | 18th-19th April, 2026 | Krupa Choksi | New Delhi | 1st |
| 12 | 18th-19th April, 2026 | Aruna Margam | Bengaluru | 1st |
| 13 | 18th-19th April, 2026 | Seema Trivedi | Thane | 1st |
| 14 | 25th-26th April, 2026 | Jairam Athalekar | Mumbai | 1st |
| 15 | 25th-26th April, 2026 | Rakesh Kumar | Pune | 1st |
| 16 | 25th-26th April, 2026 | Kalpita Keer | Chiplun | 1st |
| 17 | 25th-26th April, 2026 | Bharati Zinzuwadia | Vadodara | 1st |
| 18 | 25th-26th April, 2026 | Vishal Shridhankar | Battis Shirala | 1st |
| 19 | 25th-26th April, 2026 | Kalpita Keer | Devrukh | 1st |