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REIKI VIDYA NIKETAN



Your way of Life defines your life.....

Recently a friend of mine called me and said that her friend's best friend who was a doctor herself passed away having risen in BP and heart trouble and then her brain got dead within no time. She again said that in that week only another Sadhak's friend died in the same way. She regretfully asked me why this is happening and what we should do. I told that I was sorry to hear that news. But then I asked her that do you know the history of that lady. She said no. I asked her that see we are seeing the event in isolation and we do not know what kind of life she was leading. Was she having any stress, any anxiety, was she sick? She said I am not aware. So I had to tell her that everything is to be known before passing any judgment.

These days people feel that we should be fit and start going to Gym, do lot of exercise, run marathon. Everything is fine but there has to be a sense of appropriateness. This is what we call "Vivek Buddhi". Everybody is going after Artificial intelligence forgetting the divine intelligence. God has designed day and night where we are supposed to work during day time when Sun is on and rest during night time when sunsets. We are "Manushya" means Mann + Ushya, who has got Mann (Mind) and Ushya (Energy of Sun). Before sunset we need to do the physical activity as we have Solar energy with us. Once the sun sets, when can do some indoor activity like reading, writing, playing indoor games, etc. but we should not do any physical activity like running, playing cricket, going to gym after sunset. All our ancestors used to follow this model and that's why they were healthier. They lived life longer and were more happy and contented.

Today people workout in the evening after coming from office and they think that what they are doing is right. But sometimes we suddenly get a news that a person who was so health conscious, died all of a sudden of a heart attack. The reason is we use our savings of energy when we go to Gym or do workout after sunset. The saving if not recouped, will get depleted at one point of time and a person will get pressure in the heart.

Besides this, People have lot of confidence in Allopathic medicine. They feel that gulping tablets will make them healthy. People forget that every medicine has got side effects and gulping tablets will only keep the symptoms in control. Here I do not say that medicine does not cure disease. It cures but only at a body level. But the stress which builds up in the entire existence and impacts the vital aura, does not get refurbished. In order to be happy, healthy and harmonious, our Vital aura has to be strong.



Now the question is how to refurbish the vital aura? Vital Aura is the life force surrounding each living being. It is subtle and luminous energy field around our body. The only way to refurbish our vital aura is to do some spiritual practices. Reiki, Agnihotra, TM and all other meditations refurbish our Vital aura. If our vital aura is strong nothing can happen to us but if it gets weak, all our emotions affect our body. And finally we get some disease.

Today many people are not aware of this angle. Spirituality is a need of an hour. As everyone's life is full of exertion, stress and there are lot of relationship issues. All these affects our vital aura. Even the lifestyle of new generation is such that they do not take proper sleep. Remaining awake in the night and sleeping during day time also drains our vital energy. When we do full body Reiki, all our unfulfilled emotions get complete. Our mental stress gets released and it gives deep relaxation. It connects us to our core i.e. our soul consciousness and thus we become healthy. And when we are happy and healthy we feel like doing something for the society, nation and entire humanity. Somewhere we will have to explain to everyone that medicines are not enough and we take medicines only when disease occurs. Instead we should do something which prevents the diseases and makes us healthy in all the aspects viz. Physical, mental, emotional, intellectual and spiritual.

In our Vedas, the shloka is there “ॐ सर्वे भवन्तु सुखिनः । सर्वे सन्तु निरामयाः । सर्वे भद्राणि पश्यन्तु । मा कश्चित् दुःखं भाग्भवेत् ॥” This means, may everybody be happy, may everyone be healthy and may everyone experience their own goodness, nobody should be sorrowful.

This shlokas are written by Rishis who were accomplished in Spiritual Prowess. They were happy, healthy and harmonious and then they felt that everyone should be like them. Their Vital aura was of so many miles. They lived for the upliftment of the society. Their life was an example for all of us. Their existence itself made an impact on the society.

On this new year, let us take a resolution to be holistically healthy. Let us understand ourselves and awaken more people that idea of life is not just to make and impact but to be happy first and then make an impact. In fact, whatever you do after being happy will make an impact automatically. We are stressful because we have not understood the game of life. We are not using our inner empowerment which Guruji has done through Reiki, Agnihotra and Meditations. Practicing all these regularly will give you immense happiness and empower you to handle anything and everything. You will never be stressful.

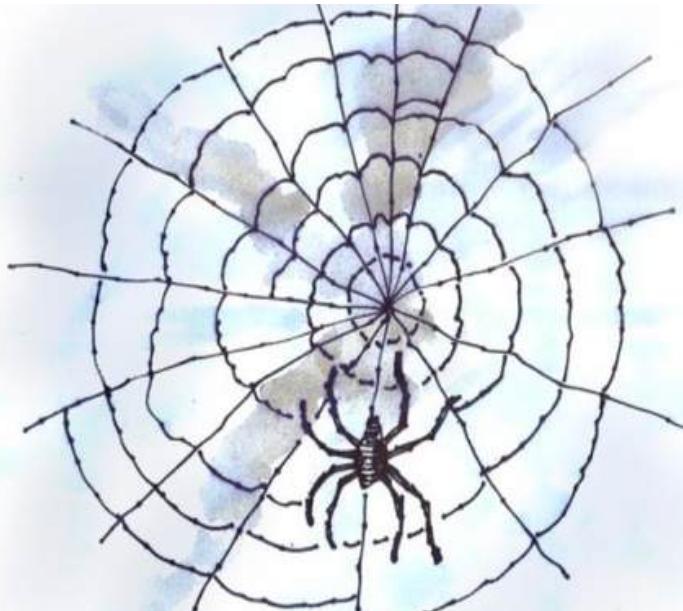
Have wonderful year ahead!

With love, light and Reiki,

Krupa Didi

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

24 Gurus of Lord Dattatreya



THE SPIDER

"The spider is my twenty first guru. It weaves its web from the thread in the form of a fluid. After sometime, it gathers up the web into itself. The supreme projects the whole creation out of itself and after sometime, withdraws it into itself at the time of dissolution. The individual soul too, bears the senses and the mind within itself at its birth. At the end of its life's duration, the soul again withdraws the senses, mind and acquired tendencies. This have I learned from the spider."

Here, Lord Dattatreya explains that just like a spider spreads its web by secreting a fluid to catch the insects, just like that a Soul also plays game of life by connecting through five senses. A Soul is a supreme member of our existence. It gave a birth to Ego to play the game of life. Ego gives us identity viz. our name. Our name. If we want to live in this world, we need an identity as with identity the duality is created. If we are in soul consciousness, there is no discretion. We have this feeling that I am part of everyone and everyone is part of me. Atma (soul) knows everything and nothing is required to be communicated. But live in this World, we need duality. I am separate from you gives me a chance to interact with others. If I am separate from others then only I can relate with others. So to play a game of life, Atma created an identity by giving birth to ego.

Then Atma (Soul) created Intellect, Mind, Breath, Body and Memories. So now there are seven members in a family of our existence. They are Soul, Ego, Intellect, Mind,



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Breath, Body and Memories. In our existence, Soul is head of the family and rest of them are children. Through intellect, we imagine things, we get ideas to do something in life and we get inspiration to do something. That ideas they travel to mind and it becomes thoughts. Now these thoughts they travel to breath and it becomes our emotions. We get the passion to do something very intensely and lastly when those emotions touches our body, a karma (action) is created. Now those actions they become part of our memories and then we get propriety of our action and it becomes our egoism. We say "I have done it". Thus, we get impressions in our existence in form of sanskara as it settles on our soul

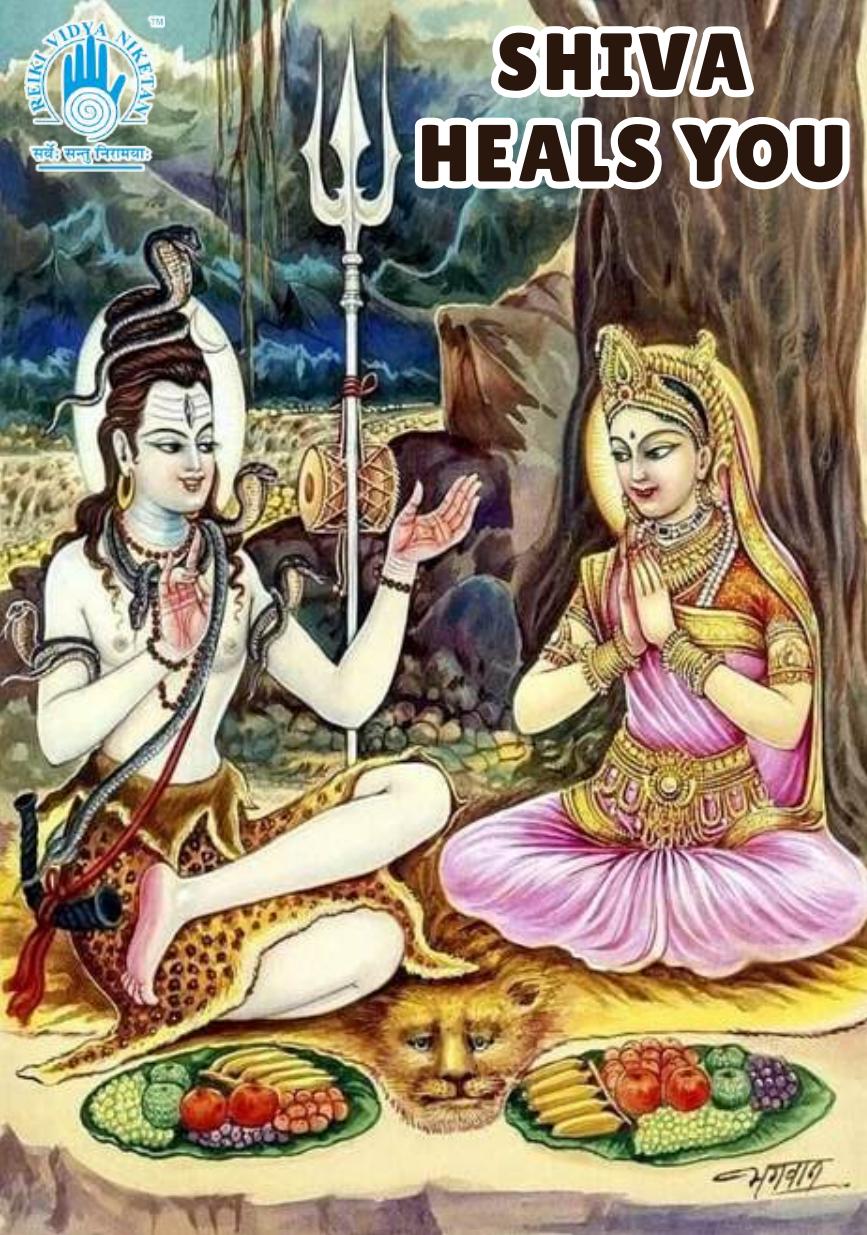
Our soul connects to the outside world through our mind. Our mind gets connected to the outside world i.e. people, things and situations through our five senses. The five senses are touch, taste, smell, hearing and our sight. When we connected through our five senses, our reactions come. And life is nothing but our reactions to the people, situations and thing. We give external as well as internal reactions. And this is how we play the game of life.

After birth, the child gradually starts relating to the world through five senses. He gets knowledge of this world through five senses. He starts his game of life and thereafter gets involved in the life. When we understand the purpose of life is to remove our impressions and get moksha, we start becoming internal. We start purifying our mind by disconnecting through five senses, which we call meditation.

Now the question is why a soul has to connect to our five senses and play the game of life and thereafter disconnect and become internal again? This reminds me of a story which Guruji often used to say. There was one King. He was very able king and all his citizens in his kingdom were very happy with him. Once he went for hunting in the forest. He took his chef along with him. He instructed him that I am going for hunting, you keep the food ready. He gave some wooden logs to him to cook. And then he said that you can lit fire with these logs and once the cooking is over, you extinguish the fire. Now he goes for hunting. And after sometime after hunting some deer and other wild animals, he comes back tired and exhausted. He was very hungry. He calls his Chef and asks him to serve the food. The Chef says he has not cooked anything. Now the King is furious. He asks him why he did not cook. The Chef says that you asked me to lit the fire, cook the food and again extinguish the fire. So I thought if I have to extinguish it why should I lit the fire. The King puts his hand on his head. With a disgusted look, he explains the Chef that between lighting and extinguishing fire, there was one more purpose and that was cooking the food which you forgot.

Similarly in life also the Soul plays the game of life to remove the impressions accumulated since past so many lives and then when it is removed, it again internalises its mind by blocking five sense and prepares to go back to its original form.

SHIVA HEALS YOU



Vigyan Bhairav Tantra-1

Travelling with the breath technique.

- Vivek Pandey, Vadodara

Vigyan Bhairav Tantra is a book containing 112 meditation techniques shared by Lord Shiva to Maa Parvati. Unlike other books, this book does not invite any intellectual discourse, nor does it dive into a philosophical debate. Instead, it takes you on a journey beyond mind and absorbs your entire existence. Vigyan means science, Bhairava is Consciousness, and Tantra refers to the technique leading to the highest Consciousness. If the Bhagavat Gita is a manual of the mind, Vigyan Bhairav Tantra is a manual of energy.

Please take note that the word Bhairava is used for Lord Shiva, as he had transcended the mind and gone past the dualities of the world. The questions coming from Maa Parvati were the result of a clustered mind. The response from Lord Shiva was not in the form of a collection of words, but he chose to transcend Parvati by teaching 112 techniques through the Vigyan Bhairav Tantra. Almost every meditation technique present today is a derivative of the 112 meditations based on the Vigyan Bhairav Tantra. The most ancient yet the most relevant technology present for mankind to transcend.

In this article, let us explore the first meditation technique based on breath. The technique is unbelievably simple and yet so deep that Gautama the Buddha managed to attain Nirvana based on this. Our whole life exists between two breaths, the first taken during birth and the last released during the time of our death. The breath is the bridge between life and death. The breath also serves as a bridge between us and the universe. The breath is not linear in its path. It takes a curve when we breathe in, and again takes another curve when it moves out. Just to remind the readers that before understanding this technique of breath, we must not confuse it with any Yoga or Pranayam. Pranayam is based on organizing the breath. Pranayam focuses on making the breath rhythmic. The objective is to control the mind by controlling the breath. But this technique does not teach us to control the breath. Lord Shiva says, let your breath be the way it is, we just need to focus on certain points while the process of breathing is going on.



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Shiva continues to say and preach, "that the breath has two ends, the first one people recognize when it enters the body, and the second one when it gets released from the body and touches the universe. People seldom realize what happens when the breath is released."

Technically, when we breathe in, we are alive. When we breathe out, we are alive. However, in between two breaths, there is a very small gap. This small gap is the door to becoming enlightened. A small gap between the two breaths also occurs when the breath releases the body. So technically, we have two focal points that can serve as a door to moving beyond the mind and duality forever. It needs a lot of patience and observation to reach this point. Shiva deliberately does not instruct us to focus on the gap, as that can cultivate yet another desire for enlightenment. Instead, he suggested simply witnessing the breath and allowing the gap to appear by itself. One does not need any special preparations to practice this technique. It can be practiced simply by anyone existing on this planet. To explore the gap that is beyond life and death, beyond the dualities of this world, beyond the good and the bad, beyond the pain and pleasure, one needs to follow the steps mentioned below.

1. Be seated in Padmasana in a comfortable position with a straight back, and the eyes closed.
2. Bring all your energies to witness the breathing process that keeps us alive.
3. Forget everything and just witness the incoming breath and its pathway.
4. Feel the breath touching your nostrils and travel with the breath in a completely awakened state.
5. Remember not to move ahead of your breath and also not to chase. (That is, your consciousness should witness and walk along with the breath.)
6. Slowly, while travelling with the breath, one cannot help but also become conscious of the gap between the two breaths.
7. Remember to focus only on the breath; the gap will appear.

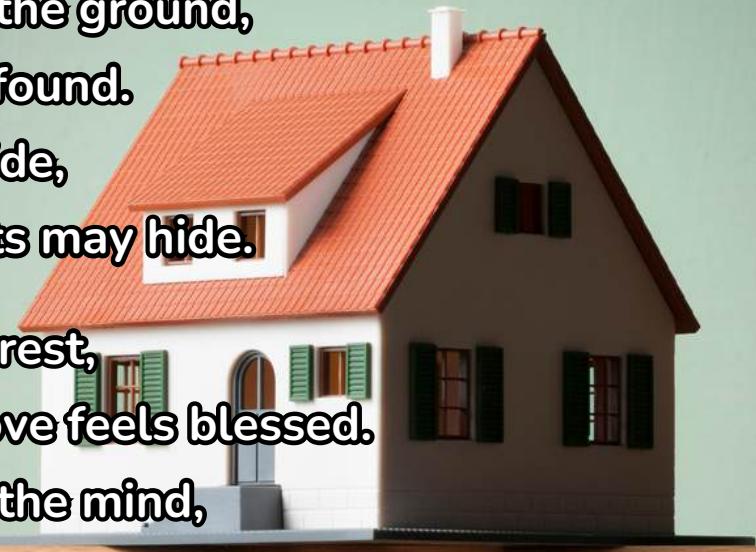
When you practice this consistently with polite-intensity, the gap becomes wider and more important to your existence. One becomes a Yogi at this point and moves beyond the phenomenon of life and death.



House or Home?

-Kaushikiswaroopa, Thane

A place of walls, of beams and stone,
Where silence lingers, yet feels alone.
It guards from storm, it holds the ground,
But echoes chaos, turmoil profound.
A shelter built, yet hollow inside,
A vessel of living, where hearts may hide.



A place where spirit learns to rest,
Where kindness dwells and love feels blessed.
It warms the heart, it soothes the mind,
A refuge gentle, tender, kind.
When nature calls, its song is heard,
In laughter, in peace, in every word.
Not walls alone, but bonds that bind,
A dwelling of soul, where joy we find...

Ajit Sir Quotes

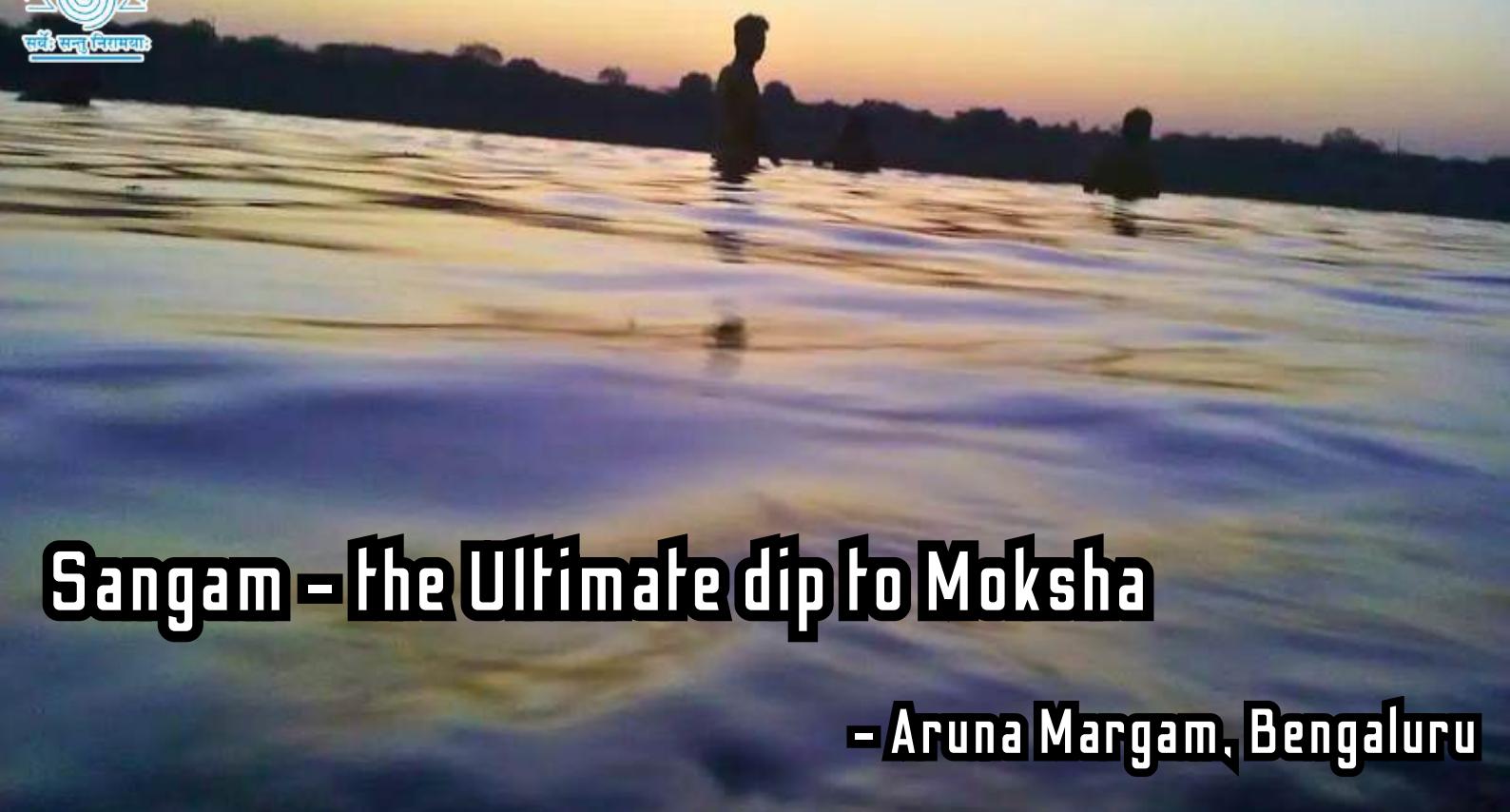
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- Equation of Life
- $A + B + C = X$
- Manage your left side so your right side is managed in the equation of life.
- Left is your right and right is wrong.
- Make efforts and you will get the results



We should have expectation about the results but should not have desire
Expectation + Ego = Desire
Desire leads to attachment
Drop attachment



Sangam - the Ultimate dip to Moksha

-Aruna Margam, Bengaluru

We had samoothik Gurucharitra Parayan in Akkalkot. Before reaching there we got an opportunity to visit Gangapur Narasimha Saraswati Sthan. Gurucharitra has a few stories of the Bhima- Amaraja Sangam. Also the Ashta Thirtha was shown and its importance was told by Guru to his Shishyas in gangapur.

We all have heard about the sangam in different parts of India. We all know Prayagraj is famous for its holy confluence of three sacred rivers. The Ganga, Yamuna and the mythical Saraswati known as Triveni Sangam. A dip in the Sangam is highly sacred, believed to cleanse the sins and leads to Moksha. Kumbh Mela once in 12 years draws people to take a dip during that period of the month January. Once in 144 years there is a Maha Kumbh too considered to be very auspicious. There is one more in West Bengal known as Tribeni , confluence of Ganga, jamuna and Saraswati. There is another Triveni in Kanyakumari in Tamilnadu. Here the three seas Arabian Sea, Bay of Bengal and Indian Ocean meet. This is also a major Pilgrimage centre. We had a beautiful experience bathing in Bheema- Amaraja Sangam. As I was bathing remembered Guruji's guidelines pilgrimage can be done every day by practicing Full body reiki too.

This word Sangam means confluence, this reminded me a special knowledge taught by our beloved Guruji.. The five elements outside is also inside, we are babies of mother nature. So this sangam is happening inside us too. Out of 72000 Nadis in our energy body the three most important are Ida , Pingala and Sushumna. Ida is female and Pingala is masculine and sushumna is neutral. All the three meet at various points known as Chakras or Energy centres and the final culmination is our Third Eye Chakra. This is our "Triveni point" which helps us to touch the higher consciousness like Intuition, Intention and Wisdom. How do we touch or bathe in this sangam within us?



Sangam – the Ultimate dip to Moksha

Continued...

Reiki practice keeps our chakras clean and helps the Sushumna Nadi to rise up and merge with the Ida and Pingala Nadis and merge with the Third Eye. Meditations like TM also helps us to reach the higher consciousness that is from the gross body consciousness rise to touch the subtle form of us the energy body. Whenever we do these we are taking a bath in Triveni Sangam isn't it?

In Yoga, Sangam is union of Mind, body and Soul. When we shift from Ego consciousness to Soul consciousness we experience Moksha here and now. Moksha is not a place it is an understanding. In Guruji's words Moksha is freedom from suffering. As we understand everything in this world is Impermanent, we suffer because of holding and not able to let go due to Ego Consciousness. That moment onwards we live this life with the right understanding and Experience Moksha as we live in this World. A great saint Muktananda said Death of Ego is the real Death. Moksha is not be reached after Death but while living in this world with the right understanding. The Tiveni Sangam is within us. Let us all take bath every moment and benefit from the freedom from Suffering. Moksha the transcendent state attained which is nothing but freedom from the eternal cycle of life, death and rebirth. While writing very grateful to Guruji and his teachings for giving us the profound teachings of Vedas and Upanishads in a simple and a natural way.



"PAIN IS INEVITABLE, SUFFERING IS OPTIONAL"



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



It is stating the obvious that there are times in life when pain will visit us. Being born itself has enough pain to go around—for mother and baby—not a particularly auspicious beginning on the pain scale. Well, no one said there wouldn't be some prices to pay for all this joy. And, of course, in addition to physical pain, is emotional and mental pain.

Besides the fact that we all have different magnitudes of pain tolerance, SUFFERING sometimes cannot be avoided. Some say pleasure and happiness are opposites to suffering. I beg to differ.

If happiness includes increased wisdom and understanding as well as personal evolution, and suffering can expedite these traits, then who are we to give suffering such a bad name? St. Thérèse of Lisieux wrote about suffering with joy so that one could love God better.

To C.S. Lewis is attributed, "God whispers to us in our pleasures, speaks in our conscience, but shouts in our pain: it is His megaphone to rouse a deaf world."

Pastor Tim Keller wrote in his book, "Walking with God through Pain and Suffering, "... suffering is meaningful. There is a purpose to it, and if faced rightly it can drive us like a nail deep into the love of God and into more stability and spiritual power than you can imagine."

And a personal friend of Mother Teresa wrote that she said, "**Embracing suffering can be redemptive.**" Well then, that certainly puts a more positive spin on pain—and suffering.

We are all indeed playing with "HOUSE MONEY," when it comes right down to it. A gambler playing with house money, has greatly reduced the fear and anxiety that he may lose his money—as it's house money, winnings he did not have when he started the gambling session.

This HOUSE MONEY EFFECT can help us take a step back, take a few deep breaths, and see and feel that our tendency to worry, be afraid, stress out and be anxious not only is not part of our 'job description,' but is more a function of habit and perhaps misguided perceptions, and past impressions on the mind (samskaras).

The miracle of life is not of our own doing; it's been gifted to us. Of course, we want to make the most of it as this correlates to feeling fulfilled and happy. That others can benefit from our efforts creates a wonderful win/win scenario. I win and others do as well. How we use the gift is our choice. The Master of the House in the Sky has



**"Truth suffers
but never dies."**

St. Teresa of Avila



"PAIN IS INEVITABLE, SUFFERING IS OPTIONAL"



HOMA PSYCHOTHERAPY

By Barry Rathner, Clinical Psychologist



provided us with the opportunity to grasp a “One Way Ticket to Paradise,’ as the song goes.

We were told quite some years ago by Shree Vasant:

“MANTRA IS EVERYTHING...WHAT SEEMS COMPLICATED NOW BECOMES TERRIBLY SIMPLE. YOU WILL LAUGH AT IT LATER ON.”

Over the years, at times we are exhorted to have no fear, no stress, no anxiety.

It may be very well to inculcate the mindset and heartset of surrendering or “turning it over,” as one of the Anonymous Programs’ more ubiquitous slogans goes.

Turning your life over to your Higher Power—we all have one—not only envisions surrender, but nearly automatically, reduces stress, anxiety and fear. It is Idam na mama—not my will but Thy will be done.

For those of us more inclined to service, reducing mind disturbances not only increases our own serenity, but having done so, we are better instruments (of the Divine) so we may better help others.

This age we live in cries out for help needed by those whose societies have rendered them forgotten, purged, ignored and consigned to rubbish heaps. And the more we project positive behavior and vibrations, the better the effects on the planet. We can avoid the misery that is yet to come—and help others do the same. And lest we forget, as it is said, “Whoever saves a life, it is as though he had saved the lives of all mankind” (Quran 5:32).

Mary said: "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed... Luke 1:38

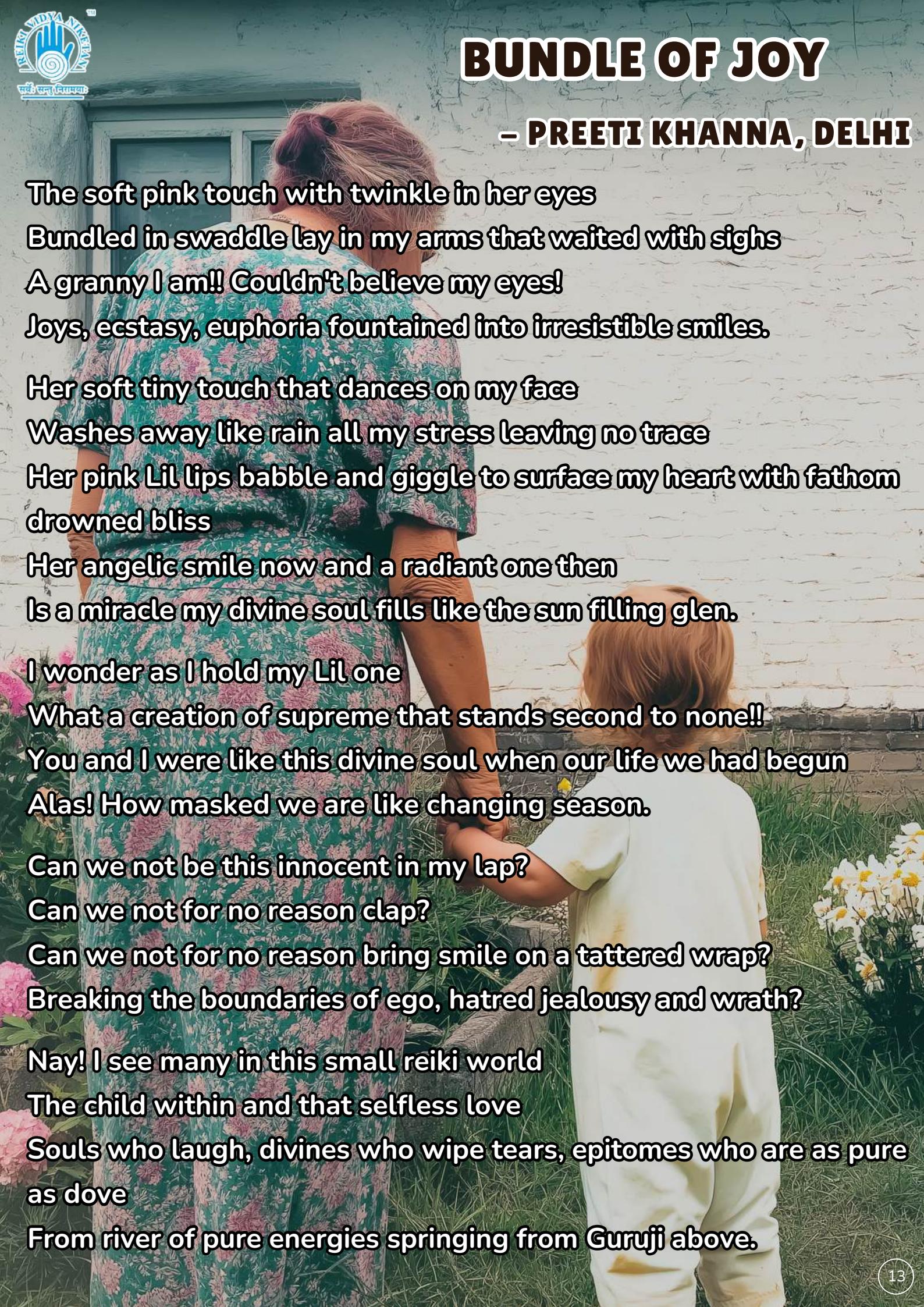
So, we should not underestimate the value of our roles now. That would be a disservice to ourselves and to those we are serving. Then there is the question, “How can I best serve?” Parts of the answer may be WHAT RESONATES WITH YOU? If, for example, you have tried serving food in a soup kitchen for the homeless, did the feelings you had indicate that you were doing what you were meant to do?

If your experience sharing Agnihotra copper pyramid healing fire with others, gave you a sense of purpose and feelings of joy, then by all means shout it from rooftops, post on social media, try to get a chemtrail pilot to draw an Agnihotra pyramid in the sky.

As individuals, not only do we have our own Vikarmas (specific task related to our purpose in life), but our destinies are ours to play out. And time is of the essence!

BUNDLE OF JOY

— PREETI KHANNA, DELHI



The soft pink touch with twinkle in her eyes
Bundled in swaddle lay in my arms that waited with sighs
A granny I am!! Couldn't believe my eyes!
Joys, ecstasy, euphoria fountained into irresistible smiles.

Her soft tiny touch that dances on my face
Washes away like rain all my stress leaving no trace
Her pink Lil lips babble and giggle to surface my heart with fathom
drowned bliss

Her angelic smile now and a radiant one then
Is a miracle my divine soul fills like the sun filling glen.

I wonder as I hold my Lil one
What a creation of supreme that stands second to none!!
You and I were like this divine soul when our life we had begun
Alas! How masked we are like changing season.

Can we not be this innocent in my lap?
Can we not for no reason clap?
Can we not for no reason bring smile on a tattered wrap?
Breaking the boundaries of ego, hatred jealousy and wrath?

Nay! I see many in this small reiki world
The child within and that selfless love
Souls who laugh, divines who wipe tears, epitomes who are as pure
as dove
From river of pure energies springing from Guruji above.



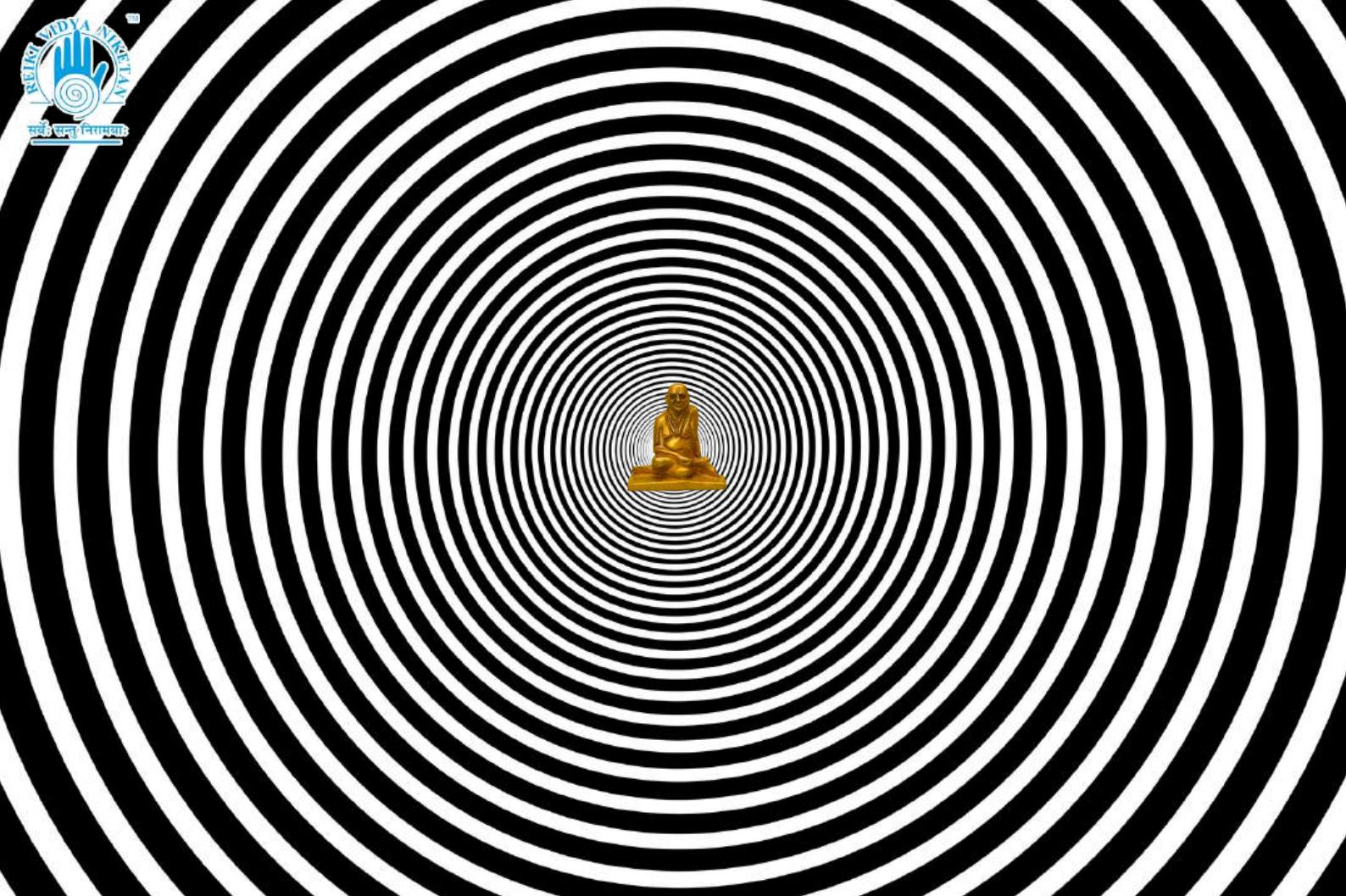
Experience of Gurucharitra Parayan

– Aditi Deshpande, Thane

In December 2025, I got the opportunity to do parayan at our math in Devrukh. It was a really nice experience and absolutely worth the excitement I had felt for days, if not months. Over those seven days, I experienced a part of myself healing that was connected to deeply rooted fears—fear of insects, animals, and even the unknown.

For instance, just a small experience, I used to be extremely scared of lizards. One day, I found one on a window near my bed, and then it jumped onto the mat. I remember being terrified, but I had to take it out because only one of us could use the mat (and that was me). So, I took a broom and shooed it out of the room. But the funny part is that all these insects, or whatever it is that you're scared of, are just mediums to make you work through your fear. It may seem like you're only dealing with a fear of animals, but there is much more to it than we can imagine. It's about clearing a block. That day, while I was shooing the lizard away, I also felt anxiety leaving my body. And when I saw another lizard a few days later near the window again, I was completely calm. After a few minutes, I saw it walk out of the room through a small hole, and that's when I realised that all of this is here to teach me, to make me better.

So, one day, I decided to sit with my fear—fully, with its intensity—because the only way through IS through. In that moment, I felt a strong urge to write down what I was experiencing, and in that flow, I felt Swami's love as well. The journal entry begins below. I hope it helps you in some way, just as it helped me.



Experience of Gurucharitra Parayan

Continued...

Illusion of Fear

You'll realise that it is not really fear that grips your heart if you truly sit with it. The past few days have been anxiety induced for me—especially in the evenings, or whenever I think of situations that scare me. But I noticed that whenever I actually sat with my fear or anxiety and faced it, it didn't feel as nerve-wracking as I had imagined. And I think this applies to everything I am afraid of in life. That is because, in this moment, I can literally feel Swami taking care of me. Not even once have I found myself in a real situation where the thing I feared actually happened. It feels as if he is telling me: whenever you are afraid, it is not truly fear—it is only an illusion you have created by focusing too much on everything happening to you. In reality, nothing is happening to cause you suffering. Everything is happening for you. Look at any situation you once worried about in the past, and look at how it turned out. Look at yourself now. I am always taking care of you, even when you don't realise it. You have been well. You are doing so well in this parayan and in life. So why live in constant worry? Look within and feel my presence. Feel, with your heart, the things I do for you. Feel, with your heart, the things people around you do for you (तुला सगळ्यांमध्ये मी दिसेन). Open your heart. Feel gratitude deeply. Feel love deeply. पश्य. मी तुझी काळजी नेमही घेतो. माझां प्रेम बघ. मी दिसेन तुला. भीऊ नकोस मी तुझ्या पाठीशी आहे. (I am always watching over you. See my love in everything around you. You will see me then. Do not be afraid, I am always standing beside you.)



Experiencing the purity of 24 Carat Gold!

- Jayesh Kulkarni, Pune



Jai Gurudev!

Shree Swami Samartha Math, Ozare... We were at gate on 17th Dec'25. A pious cow and a little calf welcomed us and we got in. Atmosphere was filled with freshness and calmness. We, from Pune were at Devrukh for Swami seva for five days. The experience was no less than the purity of 24 Carat Gold!

Aditi guided us to Reiki Arogya Mandir to begin with. She (she's in her twenties) explained the concept. She was connected with Reiki and Swami Seva for more than a decade. I must take names Khyati, Samhita amongst other youths joined. It was pleasant wow feeling to see youths following Reiki, Spirituality at such early stage in life. Gurucharitra room facilitates sadhakas to follow Parayan, the scientific way. Sadhakas across all age groups practice parayan with entire approach followed. We had opportunity to spend time in meditation hall adjacent to Gurucharitra room for reiki sadhana and practicing meditation where many of us experienced state of trance.

A separate hall is set up where Sir's (Dr. Telang) samadhi paduka and photograph is placed. Room is empty, yet is full of serenity. Sir's eyes in the photograph connect with you, talk to you. They build confidence in sadhaka's mind instilling a big source of positivity.

We were privileged to be part of daily Rudra-pooja of Swayambhu Shivling, Abhisheka, Datta-maharaj Murty, Trishul, Pipe placed at Nishabda Room and a special Deepmala. Stories of each one of these convinced us to fact all these carried divine and mystical significance. Swamiji's gabhara, murty, sadhaka's anubhuti and spiritual satisfaction is beyond words. The experience is beyond any comparison and no purity benchmarks apply to this world.



Experiencing the purity of 24 Carat Gold! Continued...

Kitchen is mainly handled by lady sadhakas and occasionally by gents. Simple and satvik food served was tastier than any 5-star restaurant due to 'shraddha aur man' put in by sadhakas into it. It has Annapoorna-devi's blessing and we not only had unlimited nourishing meals but also had unlimited nurturing smiles.

In Gau-shala ~20+ cows lived. Manasi, Mitra and other cows greeted us with a big moo and an affectionate look as if they were waiting for us for long and fondly joggled with us. Not as usual seva but we were lucky to know how Sakharam mama milk cows, taste of dharoshna milk, making of hand crafted cow dung cakes as fuel. Garden around has variety of flowers, trees, grasses useful to feed cattle, trees denoting twenty-seven nakshatras.

Sadhakas across India/ out of India gather for seva. Friends from Delhi, Bangalore, Hyderabad, Pune, Thane & local devrukh had gathered on different dates during our stay. All sadhakas were connected through Reiki and Swami-bhakti. It was our chance to know them all and build friendship with them all.

A distinct mention of Kripa-deedee and Jitesh-bhai. They spent time with us sharing experiences and THE DIFFERENCE which Reiki and Swami-bhakti brought in their lives. Both maintained simplicity and clarity of purpose for which we were at the place. Both interspersed amongst all of us fondly and devotedly. It uplifted us higher on emotional quotient. We all experienced sensitivity and were weepy while leaving math after completing seva and no sadhak was exception to this. Credit to Kripa-deedee and Jitesh-bhai for embracing us lovingly, caringly and leading us through, making us part of this larger family.

The experience was no less than the purity of 24 Carat Gold!

Reiki Vidya Niketan Activities

1. Guruji's Birthday celebration on 2nd December, 2025:

On 2nd December, 2025, Guruji's birthday was celebrated by having group chanting of Rudra which was followed by Satsang in the evening. Around 75 Sadhaks attended the same. Guruji's one of the recording from the "Wave of Faith" program which is conducted online on every Thursday, was shown. Guruji explained the importance of chanting Omkar and the method of chanting Omkar. This was followed by Satsang in which 11 singers participated in the event. On the same day Dutt Yag also started which went for 3 days till Dutt Jayanti on 4th December 2025.



2. 21 Satya Dutt Pooja on 3rd December, 2025

On 3rd December 2025, 21 Samuhik Satya Dutt pooja was performed by Sadhaks from all the centres of Reiki Vidya Niketan in the Nakshtra garden in the Ashram. It was an overwhelming experience for all the Sadhaks who participated in the pooja. 21 Satya Dutt pooja was done for the 2nd time in the history of Math. The whole atmosphere vibrated with the Dutt energy and divine blessings of Lord Dattatreya.

Reiki Vidya Niketan Activities



3. Datt Jayanti Celebration on 4th December, 2025

Celebrations of Dutt Jayanti was done with great enthusiasm by all the Sadhaks. Around 120 people came to the Math from various centres viz, Mumbai, Pune, Nashik, Thane, Rajkot, Palanpur, Delhi, Hyderabad, Ratnagiri, Chiplun, Goa, Ahmedabad, Devrukh, Kota, Chicago, USA, and Vadodara. The Dutt Yag which was started on 2nd December 2025 got over on 4th December at 12 pm after doing Purnahuti pooja. At 4 pm Rudra chanting was done which was followed by Satsang and Datt Bavani. After Mahaaarti, Palakhi was arranged for Swamiji and all the sadhaks took part in the same. This was followed by Mahaprasad and again one Satsang was done by sadhaks who were available in the math premises.



Reiki Vidya Niketan Activities



4. Samuhik Guru Charitra Parayan at Akkalkot on 18th December, 2025

On 18th December, 2025, a Samuhik parayan was read by around 300 sadhaks from 11 different centres in the divine abode of Swami i.e. Akkalkot. These centres were Devrukh, Nashik, Pune, Mumbai, Thane, Vadodara, Rajkot, Ahmedabad, Bengaluru, Chiplun and Hyderabad. The parayan started at 4 am in the morning and was over by 7.30 pm in the evening which was followed by Mahaarti and Prasad. The glimpse of divinity was seen in the eyes of all the sadhaks. There was a shower of blessings of Swamiji and Guruji on everyone who had come there. The whole atmosphere was vibrant and overwhelming. The divine presence of Guruji was felt every second.



Reiki Vidya Niketan Activities





The Core Statement...

Once Guruji had a great insight. He was sharing that with some of the sadhaks at the ashram in the early morning over the first cup of tea. He said “Everyone is born with a core statement”. A statement that states that I am like this or I am this. Throughout a life he/she keeps on creating situations to ultimately substantiate that core statement. Believe me, this statement is happening deep within and may not be known to a person at all. Most of live this life in peripheral existence. We hardly go to our core. This statement comes deep within the core like a small spring coming out from the womb of the earth. That core statement is your driving force. It drives you to create situations without even your knowing that, you are driven from within. Not knowing this we blame the whole world around. We forget that your inner driving force is creating these situations. They are all made by yourself. That explains while a lot of people when they seem to be on a beautiful path of life, suddenly change their course and turn around for no known reasons. Possibly, they start realizing that if they continue of this course, they may go away from their core statement. They sense it some or other at their core and the core commands the peripheral to take a turn away. Just apply this to your life and see where this fits in your own life.

You will realize that many of the situations in your life have ultimately ended into the same place, living the same feeling. It is like a classical singer after a lot of aalaps and twists and turns to his musical notes, lands finally on where he started. I have a strong belief that when this happens the person is extremely blissful, having achieved the equilibrium. That equilibrium is a bliss. What happens the moment you are aware about your core statement? You become enlightened. The moment your consciousness descends from peripheral environment to the core, you have arrived. Now that you know your core statement, you can rewrite that and keep on changing that all the time at will. Then you are no longer the slave. You become a real master of your own life.

SEMINAR SCHEDULE JANUARY 2026

Sr. No.	Scheduled Date	Master	Location	Degree
1	3 rd & 4 th January '26	Reiki Master	Pune	1st
2	3 rd & 4 th January '26	Reiki Master	Devrukh	1st
3	3 rd & 4 th January '26	Reiki Master	Thane	1st
4	5 th & 6 th January '26	Reiki Master	Ayushman	1st
5	7 th & 8 th January '26	Reiki Master	Ayushman	2nd
6	9 th & 10 th January '26	Reiki Master	Ayushman	1st
7	10 th & 11 th January '26	Reiki Master	South Mumbai	1st
8	10 th & 11 th January '26	Reiki Master	Vadodara	1st
9	10 th & 11 th January '26	Reiki Master	Bengaluru	1st
10	10 th & 11 th January '26	Reiki Master	Kudal	1st
11	27 th & 28 th January '26	Reiki Master	Ayushman	1st
12	28 th & 29 th January '26	Reiki Master	Batish Shirala	1st
13	31 st & 1 st Feb '26	Reiki Master	Ahmedabad	1st
14	31 st & 1 st Feb '26	Reiki Master	Mumbai	1st
15	31 st & 1 st Feb '26	Reiki Master	Hyderabad	1st