



# DRK's News Letter

Issue No: 2  
June, 2016

## AT THE REIKI MEGA EVENT – WITH HEMA MALINI AND DR. SAVITA SHARMA OF REIKI FOUNDATION

### Mega Reiki Conference in Delhi

I attended the "The Awakening" - a day long mass training programme of Reiki Healing Foundation at the Thyagaraj Indoor Stadium, Delhi.

A record number of 3000 persons are attended the daylong programme, claimed to be the largest such programme in the world.

Along with Hema Malini, Subhash Patriji, I also addressed the conference. Hema Malini has been a Reiki Channel and practitioner since 4 decades. She explained how throughout her life Reiki helped her to be successful at every stage.

Hema Malini told me that the sandalwood Shiva Parvathi Memento that, I as Superintendent of Police of Dharwar District had presented to her 45 years back when she

came for the Dharwar district police benefit show, still occupies the pride of place in her house in Mumbai.

When I told her that even after 45 years, she has not changed much, she said may be due to Reiki and her disciplined life - taking care of her food/dance/exercise.

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She said she is determined to be fit enough to dance till the very end of her life.

While Prof. NK Sharma and Dr. Smt. Savitha Sharma, founders of the Reiki Healing Foundation thanked me for agreeing to be the Chief Advisor, I thanked them for pressurizing me to be an active part of this unique event.

With Hema Malini, Dr. NK Sharma  
and Spiritual Masters



Amma (my wife Kala) and I did learn Reiki when we were in Hyderabad; but did not keep up the practice. I intend practicing this energy healing process from now onwards. I would strongly recommend this to everyone who want to lead a peaceful, and healthy life.

### Growing Menace of TEXT NECK

Dr. Ketan Shah is a gifted healer – Reiki and Acupressure. He has been coming to my Delhi home on 2<sup>nd</sup> of every month – and treating anyone and everyone the next day - on the 3<sup>rd</sup> the whole day. About 100 and more patients come on hearing by word of mouth of his healing abilities. He has been doing this for nearly 7 years in memory of my dear wife Kala who passed away in sleep on 2<sup>nd</sup>/3<sup>rd</sup> night in August 2009.

When we meet he always mentions to me some strange and new cases that came to him and which he is able to treat successfully through Reiki and Acupressure treatment.



With Subhash Patriji

Today (3<sup>rd</sup> June) he mentioned about increasing number of youngsters coming with serious problems of back ache / vision, hearing etc. One case is mentioned here in his own words -

“Today a girl studying in 9<sup>th</sup> standard came to me with a unique problem.

She was complaining of headache, so the parents took her for check-up including brain MRI on 12<sup>th</sup> Feb. All her medical reports did not reveal any abnormality. The headache became more frequent and blurring of vision started. Again she was taken to a Multi-Speciality Renowned Hospital on 22<sup>nd</sup> February. Again all the reports were taken and no unusual

things were found. On 26<sup>th</sup> morning the girl got up with total loss of vision. Since then the parents are running from one hospital to the other, to get the 14-year-old girl to regain her vision. No luck so far.”

“Today they finally came to try alternate therapy Acupressure, after medically everything else failed. On checking the pulse, I found pressure building up on her cervical area. On checking with the parents they confirmed, she was complaining of neck pain since some time. This is caused due to TEXT NECK by excessive usage of computers, IPad and mobile in wrong postures.

‘TEXT NECK’ refers to overuse syndrome or a repetitive stress injury, where you have your head hung forward and down looking at your mobile electronic device for extended periods of time.



The line of treatment suggested for this girl is to release the pressure on C2 vertebra using Acupressure to restore the blood circulation to OPTIC NERVE”.

His Contact detail:  
[ketvi@yahoo.com](mailto:ketvi@yahoo.com) Website:  
[www.healingpressure.com](http://www.healingpressure.com)

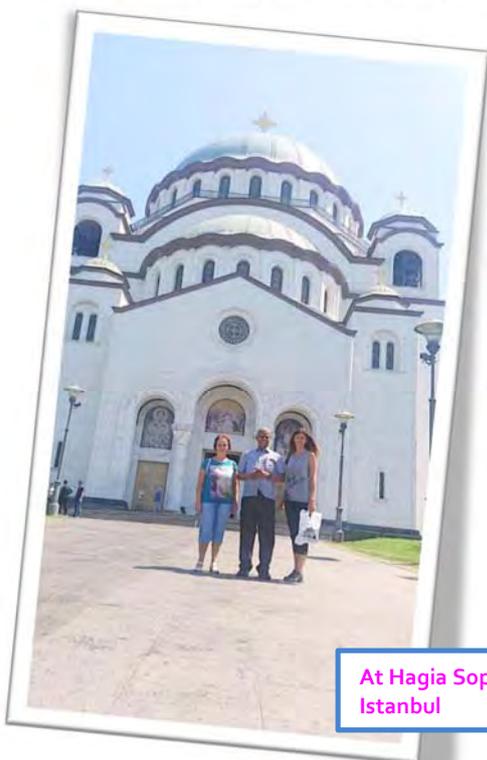
I will share with you the progress of this line of treatment by Dr. Shah through Reiki and Acupressure.

Meanwhile all concerned and in particular the youngsters / children are advised to visit the link given below and avoid wrong/bent postures while TEXTING using mobile /ipad/laptop.

[Click Here](#)

Conference in Belgrade (Serbia)

I had visited Belgrade last long ago when it was capital of Yugoslavia. It was in 2006 it became the capital of Serbia.



At Hagia Sophia, Istanbul



With Sunyogi and Conference Team at Belgrade

What I saw was amazing, how a city which suffered enormous damages in bombing a decade ago could not only come back to life, but has been able to rebuild the infrastructure admirably.

The city has very ancient history changing hands between many empires over the last many centuries. It is said that because of its strategic location, the city was battled over in 115 wars and razed to the ground 44 times. Many buildings were damaged due to bombing by NATO forces in 1999. Some of the remnants of the damaged buildings are seen even today.

The alliance bypassed the UN under a “humanitarian” pretext, launching aggression that claimed hundreds of civilian lives and caused a much larger catastrophe than it averted.

Codenamed 'Operation Allied Force,' it was the largest

attack ever undertaken by the alliance. It was also the first time that NATO used military force without the approval of the UN Security Council and against a sovereign nation that did not pose a real threat to any member of the alliance.

In a Bush at Belgrade Fort with Sunyogi



NATO demonstrated in 1999 that it can do whatever it wants under the guise of "humanitarian intervention," "war on terror," or "preventive war" – something that everyone has witnessed in subsequent years in different parts of the globe.

In what the alliance described as "collateral damage," its airstrikes destroyed more than 300 schools, libraries, and over 20 hospitals. At least 40,000 homes were either completely eliminated or damaged and about 90 historic and architectural monuments were ruined.

The Chinese embassy in the Yugoslav capital of Belgrade was also hit and set on fire by NATO airstrikes on May 7, 1999. The alliance called the attack "a mistake."

In spite of the huge loss of life and damage caused during the attacks in 1999, what I saw now during my visit was amazing. A city devastated by the bombing just 16 years ago has rebuilt its infrastructure admirably. The city and its surroundings are

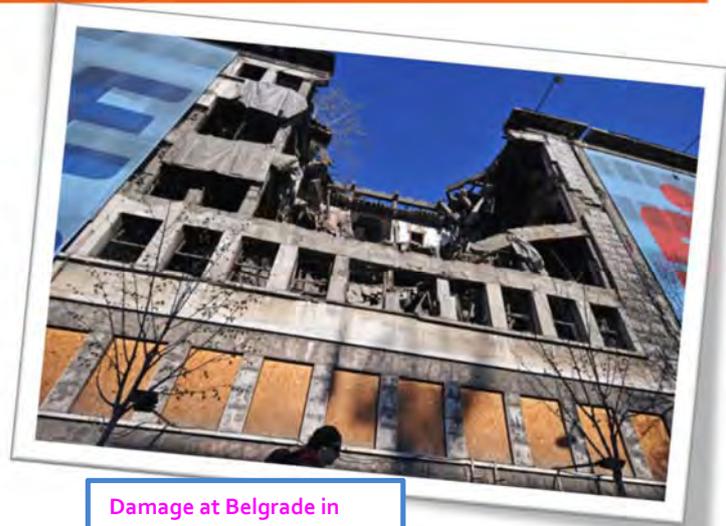
green, clean and full of flowers and forests.

In the center of the city a long and wide road is meant only for the pedestrians. It is full of life with thousands walking, shopping and enjoying eating sitting on the hundreds of chairs under shamianas in the middle of the street. How I wish in the centre of all our cities we could create such "walker streets"!

The people are vibrant, happy and smartly dressed.

I was in Belgrade on invitation to participate in a two-day Conference on Peace, Harmony, Health and Oneness. Many of the participants are not very comfortable in English, but had great knowledge of India and anything Indian. They are very well-versed in ancient Indian thoughts, philosophy, yoga and meditation.

Along with Sunyogi



Damage at Belgrade in 1999 bombing by NATO

Umashankar, who has built up a loyal following in Serbia, the key functionaries including the leader Ms. Vesna received me warmly at the Belgrade airport. They kept me busy from early morning till late at night with deliberations and taking me around the landmarks of the beautiful city of Belgrade. Belgrade has a lot to offer to tourists.

When the Indian Ambassador at Belgrade Ms. Narinder Chauhan received us at the Indian Embassy, Vesna made a request to her to create facilities for them to learn Hindi language. As there are not many Indians living there, Vesna agreed to the request of the Indian Ambassador to gather large number of people for the public function to celebrate the International Day of Yoga on 21st June.

I have agreed to visit them again next year, provided there is considerable increase in the membership of the Yoga association and if the practices are regular with more members.



At Belgrade Seminar with Sunyogi

## I met the happiest woman!

Along with me the conference was addressed by Prof. Spomenka. She is 73-year-old retired professor of medicine. Spomenka means "forget me not".



She has three grandchildren of 26, 22 and 5 years. She is perhaps the happiest person I have ever met anywhere. She is dynamic, active and laughing all the time. She believes laughter is an aid to the healing process. She says there is no event or person who can deprive her of her joy and laughter. I was reminded of the 100-year-old Dadi Janki, Chief of Brahmakumaris who always said, "don't give sorrow to others and don't let others to give you sorrow". She has been a devotee of Ramana Maharishi and has visited Thiruvannamalai. She has also met Guruji of Vipassana S.N. Goenka Ji and has undergone many sessions of Vipassana Meditation. She greeted me with the blessing message of Vipassana – "Bhavatu Sabba

Mangalam", as Guruji Goenka ji used to say in his lifetime.

I am amazed at the reach of Indian philosophy, yoga and spirituality though hardly any Indian has made Serbia the home.

## Istanbul - Turkey

I was keen on visiting Istanbul again after visiting the city 11 years back. The beautiful historic landmarks attracted me to visit again.

Though Ankara is the capital of Turkey, Istanbul is the most ancient and famous city in the country. It is historically also known as Constantinople and Byzantium, is the most populous city in Turkey and the country's economic, cultural, and historic center.

Its commercial and historical center lies on the European side and about a third of its population lives on the Asian side.

It was instrumental in the advancement of Christianity during Roman and Byzantine times, before the Ottomans conquered the city in 1453 and transformed it into an Islamic stronghold and the seat of the Ottoman Caliphate.

**If the Earth were a single state, Istanbul would be its capital.**

**- Napoleon Bonaparte**

Blue Mosque, Istanbul



About 13 million foreign visitors arrived in Istanbul in 2015, five years after it was named a European Capital of Culture, making the city the world's fifth most popular tourist destination. The city's biggest attraction is its historic center, partially listed as a UNESCO World Heritage Site.

I was happy to visit again some of the amazing structures, attracting millions of tourists from around the world.

**Hagia Sophia** - a former Greek Orthodox Christian patriarchal basilica (church), later an imperial mosque, and now a museum (Ayasofya Müzesi) in Istanbul. Famous in particular for its massive dome, it is considered the epitome of Byzantine architecture and is said to have "changed the history of architecture".

Hagia Sophia was, as of 2014, the second-most visited museum in Turkey, attracting almost 3.3 million visitors annually. The 1400 year old massive structure is still intact, by and large.



At Topkapi Palace, Istanbul

**Topkapi Palace** - large palace in Istanbul, that was one of the major residences of the Ottoman sultans for almost 400 years. It is now a museum and as such a major tourist attraction. It also contains important holy relics of the Muslim world, including Muhammed's cloak and sword. It contains large collections of porcelain, robes, weapons, shields, armor, Ottoman miniatures, Islamic calligraphic manuscripts and murals, as well as a display of Ottoman treasures and jewelry.

**The Blue Mosque** –The Sultan Ahmed Mosque or Sultan Ahmet Mosque is a historic

mosque in Istanbul. The mosque is popularly known as the Blue Mosque for the blue tiles adorning the walls of its interior.

**The Basilica Cistern**– "Cistern Sinking Into Ground"), is the largest of several ancient cisterns that lie beneath the city of Istanbul – underground water storage tanks.

The enlarged cistern provided a water filtration system for the Great Palace of Constantinople and other buildings on the First Hill, and continued to provide water to the Topkapi Palace after the Ottoman conquest in 1453 and into modern times.

These amazing massive and beautiful structures, and the perfect hygiene and cleanliness with which the entire area is maintained. naturally attract millions of visitors from all over the world. Even the highways and roadsides are maintained with green lawns and beautiful trees and flowers all over.

**Istanbul - Turkey - Konya - Place of Rumi**

I visited Istanbul after more than 11 years. Earlier visit was just for a day just to visit the Blue Mosque and also Konya, made famous by Jallaluddin Rumi, my favourite Sufi poet.

Basilica Cistern – huge underground water tank



Rumi was a 13th-century Persian poet, jurist, Islamic scholar, theologian, and Sufi mystic. His poems have been widely translated into many of the world's languages and transposed into various formats.

With Children at Istanbul



Rumi has been described as the "most popular poet" and the "best selling poet" in the United States.

Rumi died on 17 December 1273 in Konya; his body was interred beside that of his father, and a splendid shrine, the Yeşil Türbe (Green Tomb, today the Mevlâna Museum), was erected over his place of burial.

His epitaph reads: -

*When we are dead, seek not our tomb in the earth, but find it in the hearts of men.*

Due to my admiration for the Sufi poet, I had visited Konya in 2005 - on 17th December, the anniversary of his death, which is observed as Rumi Ceremony by hundreds of his admirers coming to his shrine from all over the world. Lewis Elbinger, an American diplomate friend of mine who was at that time stationed at Istanbul, was good enough to drive me for over 8 hours to reach Konya in time. Lewis Elbinger himself has been an admirer of India and its ancient philosophy.

I still recall our being able to witness them, the moving spiritual dance - Whirling Dervishes, famous for its Sufi dance also known as the Sama ceremony.

It was Rumi who celebrated death equally as life and said: -

*As stone I died and rose again a plant;  
As plant I died and rose an animal;  
I died an animal and was born a man.  
Why should I fear? What have I lost by death?*

It was much later in November 2006, on the invitation of the State of Punjab, Pakistan, I had the opportunity to participate in an International Conference on Interfaith Harmony and "Sufism-A Path to Peace" at Lahore, Pakistan and hailed the thoughts of Rumi and Sufism as the path for peace and inter-faith harmony.

The vast majority in the audience agreed with me and took me to the famous local mosque. I was also taken to the large Lahore fort which had an inscription "This fort is said to be built by Luv, son of Hindu God Ram".

### A MODEL MINISTER !

I had known Shri. Suresh Prabhu for several years. As early as 21<sup>st</sup> March 2003, I had taken him to Aliyar, Coimbatore to address a National Conference on Interlinking of Rivers at the Temple of Consciousness of Spiritual Master Shri. Vethathri Maharishi.

I have been greeting him at the airports and at public functions now and then. He has been gracious enough to invite me home at Mumbai earlier and again after becoming Minister for Railways. I did not want to disturb him when he is totally



*With Shri. Suresh Prabhu, Railway Minister at Rail Bhawan, Delhi*

involved in revolutionizing the Railways making it more efficient and customer friendly.

It was only on 1<sup>st</sup> of June I sent him an email message asking for time to call on him. The call came the same evening if I can see him the next day. Accordingly, I went to Railbhawan at 2.40 PM. The PS showed me the list according to which every visitor including MPs have been allotted five minutes each. Even before my time, I was called in by the Minister, who welcomed me with an affectionate hug and made me sit by his side. While talking to me and introducing me to whoever came, I had spent with him for over 90 minutes.

That gave me an opportunity to personally witness the efficiency, the care, the respect and thoroughness with which he heard every visitor – an MP or an ordinary person – and found an immediate remedy by calling in the officer concerned. He was very polite and firm in telling even VIPs that he does not interfere with the tendering process and recruitment and postings of personnel. A photographer came and took photographs.

He told me he is very much interested in Ramakrishna Mission and Vivekananda Centre and after his present term he would like to join the missions in serving the society. I told him even as a Minister he is rendering commendable and admirable service to the society

at large and in enhancing the efficiency of Railways for better service to the passengers.

He told me he insists on every letter from everyone being replied to, though the past practice was sending replies only to letters received from VIPs.

He told the interviewing the journalist from Wall Street Journal "Railways is more of a service organization than a commercial venture and service to the traveler is his prime concern". The journalist wondered how the busy minister is able to handle twitter messages from all over then and there!.

How I wish people holding public office – ministers and officers emulate the example of Shri. Suresh Prabhu!.

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

The tongue is like a sharp knife... kills without drawing blood.

Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.

- *Buddha*

Big Egos are Big Shields for lots of Empty Space

- *Diana Black*



With Minister Suresh Prabhu and Kumari. Nivedita R. Bhide of Vivekananda Kendra, Kanyakumari