



Jan 2015
TODAY

(NEWSLETTER OF EURASIA REIYUKAI)

Year : 3, Vol. 19

www.eurasiareiyukai.com

Reiyukai Teaching is the means to make a human world where we make others' happiness as our own happiness and others' misery as our own misery.



We wish all Eurasia Reiyukai members, leaders, organisations and all the well wishers a very happy and prosperous New Year 2015. In this year we wish that we all unitedly continue practice to bring peace in our home, society, nation and at large in the whole world too.

Yushun Masunaga, Founder President Eurasia Reiyukai

What kind of organisation is Eurasia Reiyukai ?

"Reiyukai" is a Japanese word. According to the Devnagari it means a society for philosophical bonding and friendship. The intention of Reiyukai is to develop more and more people who can contribute to the society and helps to bring world peace.

There are three pillars of practice in Reiyukai Teaching, viz. 1. Ancestral Remembrance 2. Purification of deeds (karma) and 3. Self realisation of sins through repentance. The basis of Reiyukai Teaching is Gratitude. We all have our ancestors from whom the relation of their blood and deeds transcends to us. For this reason we avail the opportunity to keep the replica of the names of our forefathers from both paternal and maternal side. Eurasia Reiyukai never differentiates between any religion, race, community or of political background. Any man can become a member of this organisation. There are many societies which are chanting Saddharmakapundarik Sutra (Lotus Sutra) after doing Odaimokubut members of Eurasia Reiyukai avail the opportunity to learn and implement the Teaching of Bushogonen, a treasure hidden in the Saddharmakapundarika Sutra. In the process of practicing this Teaching, the practice of remembering forefathers written in the Busshogonen, we avail the opportunity to rejuvenate the Bodhisattava of living and passed away forefathers. As the teaching teaches that by doing Michibiki, the Bodhi soul is rejuvenated in every individual and who can contribute to his society.

Eurasia Reiyukai is not a society to help one to get rid off his physical illness. The practical Teaching of Reiyukai like, doing Namaskar, saying thanks and please forgive and by implementing Gratitude, the basis of Reiyukai Teaching, in one's life makes him feel the difference. Not only this but encouraging others to do the same and with the feeling of forgiveness one avails the opportunity to step up oneself. This organisation bears performing this responsible duty.

Eurasia Reiyukai organises Citizens Cleanliness Campaign that provides opportunity to develop team work by joining hands and through the power of wishes bring awareness among people and also helps to develop more and more people who would help to bring world peace. Thus, this organisation is purely a social organisation that upholds the responsibility to developing a happy family, a happy world and handing it over to the coming generation.

Khangyo Training

Khangyo Training of 2015 is been scheduled from 6th January to 4th February 2015. Opportunity is been provided to all interested leaders above the rank of Jun Hozashu. Further information regarding this training can be availed from respective Mihata Branches or from respective Shibuchos.

"Today's Impressions"

My name is Janakram Bhandari. I am working as a senior veterinary doctor under the Agriculture Ministry of Nepal Government. I have availed the opportunity to practice as a Jun Shibuchos under the 22nd Branch of Eurasia Reiyukai. I and my members are availed with the opportunity to read the Newsletter of Eurasia Reiyukai every month. The contents of the newsletter are really beneficial and useful to every member of a society.



The guidance provided by the Founder President of Eurasia Reiyukai, responsible Shibuchos, experiences shared by different trainee leaders and also articles on different topics like health, education, environment, agriculture, drinking water have been providing all necessary information. Besides these, mass awareness appeals with information regarding different diseases and articles on different activities performed by our organisation are all providing timely information to the members of Eurasia Reiyukai and other people of the society. We hope that the publication of "Today" shall continue covering more and more important topics. Truly saying Eurasia Reiyukai's newsletter "Today" has been successful to become "Today's of today".

Best Compliments



Dr. Laxmi Prasad Mainali

On 17th December 2014 the legal advisor of Eurasia Reiyukai Sri Laxmi Prasad Mainali has successfully completed his PhD on 'A Critical Study on Juvenile Justice System in Nepal'. On his great success Eurasia Reiyukai family congratulates him with best regards and complements.

Eurasia Reiyukai Family

Be proud of being born on the land of this country and strive for making this nation where forefathers can be remembered.

An experience of happiness

Name: Hozashu of 28th Branch Smt. Binjala Ray
Age: 42 years
Address: Bhadrapur, Ward Number 5
Oya: Spouse Shibuchho Smt. Sumitra Shreshtha
Namaskar to all!



My name is Binjala Ray. My Oya Smt. Sumitra Shreshtha graced me with the opportunity to meet with Reiyukai Teaching on 8th May 2011. Since then I availed the opportunity to practice this Teaching by establishing Sokaimyo. This practice, as directed by my Shibuchho, should not be limited to oneself rather we should help our relatives, neighbours and friend circle to meet with this Teaching. Walking on the path shown by my Shibuchho I availed the opportunity to do Michibiki in areas like Mahespur and Chandragadi and established Sokaimyo, taught them the process of offering Sutra chant and helped them developing their feelings and process of maintaining Gohoza. While doing these practices, I, myself, availed with the opportunity to learn many things and invited my members at my Gohoza and together with them offered Sutra chant. By doing this I made them understand that how important is to do Michibiki and encouraged them to do the same. As the time progresses I availed the opportunity to make more than 50 members. At this my Shibuchho asked me to take further training by receiving the Jukkai Gohonzo and also availed the opportunity to established the same. In this way, I availed the opportunity to participate in the Gohomyo Ceremony and completed 100 days training within the 100 days.

Through the medium of Homyo, I availed the opportunity to realise the great responsibility and duty of returning gratitude to the forefathers.

I realised that I must make my family members acquainted with this Teaching and did Michibiki to my husband, son and another member. I also made the three persons participate in the Gohomyo Ceremony and successfully completed the 100 days training programme within the stipulated time. This has brought an enormous happiness in my house. The happiness, now I realise would never be bought by paying money.

I have been availing the opportunity to participate at the monthly meetings. Five members from my team have availed the opportunity to participate in the Gohomyo Ceremony. This has given me a great happiness. I have also been able to provide them training and practices. I have availed the opportunity to receive the happiness, beyond my imagination, I get while walking on to the houses of my members and establishing Sokaimyo at their houses. I have been distributing 'Today Newsletter' to all my members which have provided them an additional encouragement. In the large gathering of Eurasia Reiyukai in 2014, I received as the virtuous fruit for my continuous practice, the certificate of honour 'Guru Ko Roku Jyu Toku' from the hand of the Founder President. This has given me enormous encouragement. I promise that I shall further work with an intention to become Shibuchho by using my hand, foot and body by availing the opportunity to implement Walk Million Immediate Implementation Campaign.



Sanitation Programme



Botticca Training , 17th Branch



Finaal Makeing Training , 28th Branch

Liginaryas Disease

For the first time new water transferable disease has been found in Nepal. Epidemiology and disease control board has said that the investigation is on to find out how the disease has entered into the country. According to the board the disease has been found in two patients in Kathmandu. They are expecting that the disease should not be generated in Nepal but it must have come from those people coming from foreign countries. When the disease came into notice for the first time the board has made alert to all hospitals in Kathmandu to increase preventive measures.

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Symptoms of the disease

Cold, cough, fever, breathing problem, loose motion are the symptoms of the disease. According to the doctors the virus of this disease transfers from the drops of water and through breathing reaches the lungs and if the treatment is not done at this juncture it may cause acute pneumonia.

Precautionary measures

Drink boiled water only and it is better to use boiled water for other purposes too. Air conditioner, water bubbles, bathing shower, swimming pool, vapour inhaling machine in hospitals are the prime medium through which the disease transfers. Hence necessary precautions should be taken before using these items.

What is Diabetes?

Generally the food we eat gets digested in our body through different stages and converts into sugar or glucose. The glucose is carried to different cells of our body with the help of insulin generated from the pancreas and in these body cells the glucose is changed into energy and helps to perform different activities of our body. But if the insulin is produced in pancreas or if the generated insulin is not properly utilised the glucose gets accumulated in our blood which is called Diabetes.

1. In case of any family member suffering from diabetes / hereditary problem
2. If the body weight is higher or BMI (Body weight in kg X height in metre / 2) = >22.9
3. Size of waist: in case of male – 90 cm or 35.5 inches and in case of female – 80 cm or 31.5 inches.

Possibilities of being Diabetic

1. Inactive lifestyle and lesser physical exercise
2. In case of being diabetic at the time of pregnancy
3. In case oil content in the blood gets increased
4. In case of high blood pressure
5. In case of mental stress and tension
6. With the increasing age, generally crossing 30 years
7. In case a female is suffering from Polycystic Ovary Syndrome

Diabetes can cause the following health hazards:

1. Brain Stroke
2. Heart attack
3. Blindness
4. Problem in nerves
5. Kidney Problem

Precautionary measures from being diabetic

1. Proper sugar/glucose level in blood should be maintained
2. Body weight should be proportionate to that of height
3. Blood pressure should be at 120/80 mmHg

Measures to control or prevention from diabetes

1. Balanced and healthy diet
2. Regular exercises
3. Use of medicine and insulin intake
4. Consultation of a doctor