

HEALING HANDS

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World Reiki Day 2010



World Reiki Day 2010





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EDITORIAL

Dear friends,

Wish you a very happy and prosperous New year.

It is my pleasure to inform you all that "Reiki centre of India" has completed 11 years and we are celebrating WORLD REIKI DAY consecutively from 2000. Most of the members are successfully practicing Reiki with the sole intention of propagating the ancient system of healing through cosmic energy. During this year free healing camps were organized and the public were pleased with results. There is a great demand for alternative medicine. Since Reiki does not involve complicated diagnostic tests or any medicine, my humble request for all healers to reach the people to alleviate them of their miseries. Our association news letter is meant for sharing your experiences and clarifying doubts. Since the news letter reaches the public free of cost the articles would draw the attention of the public and they will seek the help of healers. So contribute to the "HEALING HANDS" for promoting Reiki the unique healing system.

We also wish to convey our sincere thanks to PRINT SHOP PVT.LTD, Chennai 96, for free printing and sponsoring on world reiki Day 20011 Healing Hands.

**Perform
"AGNIHOTRA"
for pollution free atmosphere**

**Group Meditation for global peace
Chant "Gayathri Manthram"
Everyday 7 a.m - 7.10 a.m.**



- Editor

WORDS OF POWER

One of the most spiritual practices next to meditation is the repetition of the names of god in various ways. The use of mantra is by far the most powerful. Repeating of the name of God and visualizing his form is one that acquires a very high state of vibration. Why is vibration so important? Because this is your credit balance and your passport to heaven.

How does one raise this vibration?

1. By leading a life of selfless love
2. By meditation and visualization
3. By chanting mantras
4. By healing self, others and mother earth
5. By performing Agnihotram
6. By doing some service for mankind such that it is remembered even after the soul has ascended.
7. By chanting Positive affirmations,.

The law of the mind is that energy follows thought that is, thoughts create reality when you chant the name of God., you eventually become that which you are chanting. If you say the name of God enough time you actually are cleansing your physical, emotional, mental and etheric bodies to the point of total illumination and enlightenment that they reflect only God.

chanting mantras in times of stress, worry and anger focuses the mind. Constant chanting brings one closer to God.

Studies were conducted in America to check the vibration frequency of mantra and on the Idol on which it was chanted. A certain

frequency of sound were beamed on the cancer cells and it was found that cancer was completely healed. When we chant a mantra we are programming perfection into our subconscious mind. The chanting of mantras build up our light body which is the body we use in an ascended or elevated state..

Mantras protects us from Maya or illusion.

Chanting the divine name of the lord or the devi before going to sleep takes a person to the best possible dimensions as the body's soul will use the vibration for ascension purpose.

The prime or the ultimate purpose of reciting the names of God or mantras is to blend your consciousness with the God consciousness. This is the highest form of spiritual discipline where by the chakras, the earth, star and the soul starts get connected spreading the auric field wide and in light.

Singing of bhajan, kirtan and slokas set to tune have a very energizing and soothing effect on one's mind, body and soul. Playing soft soothing music or singing verses of Soundarya Leheri or chanting or even listening to such sacred sounds has healing and enlightening effect on one's soul and leads to higher dimension.

Chanting creates sacred vibration. Chanting can be done with faith in any language..

Courtesy

Smt. Bhuvaneswari

EFFECTS OF PRECIOUS AND SEMI PRECIOUS STONE IN REIKI:

To understand the effects of stones, we should understand about its formation. Stones influence due to the chemical elements present in them and due to their system of crystals. The seven system of crystallization have been formed as a symbol of seven crystal rays. They can be co-related to the seven chakras.

The vibration and energy of the colours of the stones may be received with the help of the seven major chakras. The seven colours correspond to the seven chakras. Stones and their colours enable us to associate them to the colours of the chakras.

For example - indigo colour stones Azurite and Lazurite are associated with Ajna chakra, which enhances intuitive power.

Stones have always had the curing abilities. Stones contain chemical elements and minerals which our body needs. Chemical elements are useful for our metabolism since they provide the good working of our organs, eliminating toxins. Minerals are also important for the tissues. They are mainly influenced by nutritive, since they help the body to lose toxins, as well for the soul and the spirit to become pure.

Each stone has its own vibrations; it protects, creates harmony and energizes the chakras and the aura. Stones send energy through their crystalline structure, colour and our body gets that through its chakras. So we

should use the right stones to activate the chakras and to see the benefits.

Some of the stones and their benefits are:

To improve the metabolism - Jade, emerald should be used.

For Intestine assimilation Ruby is used.

To annihilate hyper acidity Alexandrite is used.

For arthritis Topaz and emerald are used.

For rheumatism emerald and blue sapphire are used.

To stimulate mind moon stone and ruby are used.

To get rid of allergies aquamarine is used.

For good working of nerves and muscle system pearl is used.

To control Cholesterol and Diabetes emerald is used.

To stimulate, opening up of third eye (ajna chakra) azurite is used.

To control menstrual pain moon stone is used.

To build self confidence and to increase memory power amethyst is used.

Regards

Ajay vasant
9444052660



It gives us immense pleasure to place it on record that, under the the Guidance of our Guru Dr. P.S. Lalitha who is our leader and well wisher, we have been visiting Adyar Cancer Hospital reguarly for Reiki healing for the benefit of young children who are in the age group of 1 - 12 years and undergoing treatments for Cancer in paediatric Division.

We had also organized a magician's show and other entertainments to make them happy and to forget the strain of the disease for the children for the time being relief. Many of our company employees had contributed voluntarily from their wage/ salary for the betterment of the children's

happiness and we all feel happy to extend our Reiki healing services on the coming weeks also which will certainly give good impact on the children's health.

It is needless to mention that, we should be very much thankful to issue us a recognition letter for the services rendered by our healing staff and the liberal contribution given by various staff of our company Print Shop Pvt. Ltd which will be published in our Reiki journal which is being published and circulated to various people about the activities of our healing staff.

Dr. L.G. Ramaswamy

Reiki Grand Master

9884013721

GENERATOR OF STEMCELLS

Human Body, God's marvellous creation has the unique feature of healing by itself. The best example is Fracture, the broken ends are brought together and are made immobile. The fractured ends start growing and healing takes place. Another simple example is in case of a small bleeding wound, bleeding gets arrested by itself by clotting mechanism. Similarly, all the organs have embryonic reserve cells, and at the time of used, they compensate for the loss due to wear and tear. Recently more research is being done on stem cells and the public is made to feel that stem cells therapy is panacea for all diseases, including diabetes.

In diabetes, beta cells in islets of langerhans are either absent or unable to meet the demand of insulin for CHO metabolism. In fact, in foetal life, pancreas takes its origin from duodenum and starts growing as a branch of the latter. Growth in the form of a bunch of grapes having stalks. A few of their buds, detach themselves from the main gland and isolates themselves as Islets of Langerhans with group of microscopical cells called alpha beta and delta cells. The beta cells in islets of Langerhans are responsible for the secretion of insulin.

Any stress, anxiety, or any emotional disturbance would interfere with the production of insulin leading to diabetes. So to augment the production of insulin by beta cells the embryonic cells (stem cells) should be stimulated. If the pancreas can be stimulated it can give rise to some more islets

of Langerhans and beta cells. In addition to the beta cells in islets of Langerhans, these beta cells are diffusely distributed in the gastro-intestinal system. So stem cells are always available throughout the digestive system. By keeping the gastro-intestinal system healthy, inherent production of insulin can be maintained. For augmenting the production of islets of Langerhans by exocrine pancreas the thyroid can be stimulated for the growth of islets. Since thyroid itself is under the control of pituitary, pituitary gland has to be stimulated. Thus body has got the capacity to bring about harmony among the endocrine glands including islets.

So in alternative medicine especially in Reiki the therapy is directed to the metaphysical chakras- ajna chakra (pituitary gland), vishudhi chakra (thyroid) and manipura chakra (Islets of langerhans) (endocrine pancreas). All the organs in our body have got their own stem cells, in case of failure of stem cells in a specific organ pleuri potential cells mesemchymal embryonic cells distributed in several parts of the body can be stimulated for producing stem cells for a specific malfunctioning organ. So insulin production should come from within, so alternative system of medicine especially Reiki should be applied.

Reiki is an ancient system of medicine using cosmic energy which has got the capacity to reach the root cause of the problem.

Dr. P.S. Lalitha
98400 44198

REIKI IN THE OFFICE

If you have Reiki and work in an office, there are many ways you can use Reiki to decrease stress, improve efficiency and enhance creativity. All three of these areas are important to the purpose of any office and therefore important to your boss and the business owner. By using Reiki in the ways mentioned here, you'll make your job easier and more enjoyable. At the same time, you'll make yourself a more valuable employee and enhance the work environment for your fellow employees as well.

Combining Reiki with Work

You can do Reiki at the same time that you are doing your work. As an example, if you're entering data into a computer, typing a letter or filling out a computer form, ask Reiki to flow while you perform the task. To do this, draw the power symbol and/or the mental/emotional symbol on your hands before starting the task or project. If you haven't taken Reiki II yet and don't have these symbols, just think of Reiki. While drawing the symbols, intend that Reiki will flow the entire time you're working on the project.

As you type or work on your project, allow some of your attention to remain with the flow of the Reiki energy from time to time as it pulses through your arms and hands. This would be similar to the way you might be aware of a cool breeze or the warmth of the sun as you work. Reiki will flow both to you and to the project you're working

on. You will enter a more relaxed yet alert state. You'll type more quickly with fewer errors, and you'll get more work done.

If it's a creative project, you'll be able to solve problems more easily and combine ideas in clever and unique ways to create new processes and techniques. Your memory will also be enhanced, and you'll be more present and focused on your project. Your communication will be clearer, more effective and to the point, yet contain a greater level of harmony that will be pleasing to those who read what you have written. If you remember to do this often, you'll get to the end of your workday feeling less fatigued, more refreshed and with a greater feeling of accomplishment.

Reiki and the Telephone

Use Reiki when talking to customers, clients or fellow employees on the telephone. Draw or think of the distant symbol and intend that Reiki flow to you and to the person you're talking with. You can also add the power and mental/emotional symbols. (This process will work without the use of symbols, just by thinking of Reiki and intending it to flow, but if you use the symbols, it will be more effective.) This will create a wonderful feeling of peace and harmony between you and the other person, and these pleasant feelings will help make your communication more effective. Both you and the person you're talking with will have a greater tendency to really hear and understand what the

other is saying. This will be helpful with all telephone communication, but can be especially valuable when talking to an upset customer or handling difficult calls.

Some might wonder about the appropriateness of sending Reiki to someone who hasn't asked for it and who has no knowledge that it is being sent. Keep in mind that Reiki has its own intelligence and will respect the free will of the other person. If they don't want it, Reiki will know this and will not force its energy onto the other person. In cases like this, the Reiki energy will remain with you, helping you to remain calm, centered and focused in the moment and able to communicate more effectively. You'll also be able to deal with difficult situations without being drawn into someone else's distress.

I suggest you try these two methods of adding Reiki to your office activities and see how you like them. Note the results you get and if you find them useful, remember to use Reiki often. As you do this, the regular use of Reiki will become a habit, a very positive habit that will create noticeable benefits.

If you have Reiki and work in an office, there are many ways you can use Reiki to decrease stress, improve efficiency and enhance creativity. All three of these areas are important to the purpose of any office and therefore important to your boss and the business owner. By using Reiki in the ways mentioned here, you'll be a more valuable employee at that same time you make your job easier and more enjoyable for you as well as for your fellow employees. Part I which appeared in the

October online newsletter explained how to combine Reiki and work and using Reiki on the telephone.

Reiki and the Office Environment

The state of energy in your work space has a direct affect on how well you are able to do your job. If there is tension in your office whether from fellow employees, deadlines or office projects, your boss or simply because you're having a bad day, your efficiency, creativity and personal well-being can be compromised. In situations like this, it's important to make use of your Reiki energy and skills to maintain a state of harmony and balance in your office environment.

If you arrive to the office stressed because of personal issues, traffic on the way to work or lack of sleep; take a few minutes to do Reiki on yourself. This will reduce your stress level and create refreshing feelings that will keep you going. Then take a few minutes at regular intervals throughout the day to give yourself short Reiki treatments. This can be done by placing your hands on your legs or if that's not possible, then by simply thinking of Reiki while you stare at your computer screen.

Reiki will flow throughout your aura and physical body creating soothing feelings the refresh and relax. One important technique that will help everything you do at the office is creating a sacred space around your desk that prevents tension and negative energy from affecting you.

Use crystals or other stones charged with Reiki and pointed outward to maintain a filter that prevents Reiki from reaching

your work area. Charge each crystal by placing it in your hands, drawing any Reiki symbols you know over it and especially the power symbol and holding it between your hands as you think of Reiki. This only takes a few minutes. As you give the crystal Reiki intend that its purpose is to maintain your sacred, stress free work area. Then arrange the crystals around your desk with point outward. From time to time, meditate on Reiki and on charging your crystals with Reiki and on maintaining the Reiki filter. You can do this simply with intention and without the need to place your hands in any particular position. You can also use one or more potted plants to help maintain your filter.

If a situation is creating tension in your office, it's possible to send Reiki to the situation to reduce the stress it's creating and to help it be resolved. Think of the situation, then think of the distant symbol by visualizing it in your mind or saying its name to yourself. Then send Reiki. This can be done while engaged in any activity such as typing or doing other work. You don't need to do anything special for this to work. Reiki can flow directly from your aura or from any of your chakras or simply from your being. From time to time, think of Reiki and about sending Reiki to the situation. This will reduce your stress about the situation at the same time it reduces the overall stress it was causing in the office, thus helping everyone.

If an individual causes you stress and is difficult to be around, and you're not able to avoid the person, privately send Reiki

to him or her. Use the distant symbol and ask that the Reiki be sent only if this honors the person's free will and that their spirit chooses to allow it to benefit them. Do this internally by thinking of Reiki and the distant symbol with the intention of sending it to the person. This will create a positive energetic relationship between you and the other person and help the two of you get along better. If the person chooses not to receive the Reiki you send, then the energy will simply stay with you acting to reduce the stress you experience from the person and helping you focus on your work. You can also do this with your boss.

Reiki at Meetings

Office meetings can sometimes be boring or otherwise be tedious and unproductive. Reiki can help this situation. Start by sending Reiki to the meeting before it starts. Just think of the meeting, the time and location where it is to be held and think of the distant symbol. Send Reiki for five or more minutes a half an hour before the meeting, or anytime before when you have time. While at the meeting, use the power symbol and the mental/emotional symbol as you send Reiki into the room and to everyone involved in the meeting. Do this inwardly with your mind only. This will act to make meeting go more smoothly and efficiently and keep the meeting on purpose. You'll be amazed at the difference this technique can make.

Courtesy:

**The International Center for
Reiki Training**

REIKI IS A BOON FOR 'MANKIND'

Reiki treatment given to those people whom so ever has benefited amass satisfaction physically and mentally. Ever i am thankful to God making me an instrument of Reiki channel and to my Guru who taught me.

In the month of April 2010, my niece from Kakinada, Andra Pradesh called me complaining about Acute Piles which was troubling her very much. With the Reiki energy she was cured and has much belief in this Divine Healing.

I am thankful to her being my patient and believing this treatment par excellence. She was receiving almost every day, noting the time of receiving Reiki Energy was indeed amazing and was encouraging for me.

My nephew in Rudrapur complained of sever back pain and leg pain where he could not walk or stand for as much time. On his request Reiki healing was sent to him for 3 to 5 days and look now he is back to normal by this divine healing.

Really i thank Dr.Mikao ushi for discovering such a wonderful divine therapy for us. Reiki is a boon for the people who are suffering. Beware and accept this therapy

with no side effects of not much cost. It is only patience and faith. Last but not the least my recent and stunning results with this treatment was my husband who suffered from an abscess under the buttocks.

He could not sit for long and fever was persisting. It was of much irritation and pain he asked me apply Reiki on him Reiki and Acupressure was applied and he slept undisturbed the first day. The next day he left to office for he felt no pain.

Later in the evening the pain started to worry him and Reiki and Acupressure was given on the second day. Believe it or not the abscess broke by oozing of blood and puss.

There was no pain at all. Its an achievement for us because 15 years back the same complaint erupted making him to undergo a minor operation causing us physical and mental strain. As this practical experience is amazing and I say a very big thanks to Reiki and of course to my lord who is always-all ways guiding me in the right direction.

Kala Bashini
98406 33779

REIKI MEDITATION

This incident is going to be freaky for those who don't know the power of reiki.

This happened when my son boarded his train to his college in Ranchi.

He had a general ticket since his waiting list to A/C was not confirmed.

He met the TT Checker and had got a upgrade to III tier A/C on availability. By then the train had left central station. It was 11 pm. Now the TT Checker had asked him to occupy his seat immediately. His baggage was with his friends. So he immediately left to collect them to come back to his confirmed seat.

This was when I received a call from him saying that the entrance to the A/C compartment and that of the next was connected by the pantry and it was closed and had learned that they will open only the next morning.

He was in a fix. Now he has a ticket and yet unable to use it.

As common sense prevails I told him not to alight in the next station to go to the other

compartment. But he was desperate. He wanted to go and sleep in his allotted place.

This is when he asked me to do reiki.

I asked him to just believe in its power.

There came an sms from him confirming the same.

I did REIKI MEDITATION .

In next 5 mins. I got another sms saying that the pantry door was open and he could occupy his seat.

He was spell bound after that .

This incident I narrate just to tell that reiki is not for just physical health .

It reaches all aspects of life.

Learn it . Apply it .

Feel the magic

Happy New Year.

Mrs. Vasanthi

93805 71682

SCIATICA CURED

Sciatica is cured in 4 days. this is unbelievable, but it is true. I was suffering from severe pain (even in my sleep I could feel) in my left leg for the past 2 years.

I took allopathy, then homeo, then ayurvedic medicines. None of them worked. Meanwhile my pain became unbearable. Again I repeated the same one after the other with a hope if one does not work, the other might work. My hopes were crumbling down. My shelf was filled with medicines .

There was literally no change in my condition. I dragged the days with painkillers though I know how harmful they were to my health. I was filled with frustration.

I only prayed to God to show me an alternative solution. It is only after

my complete surrender to God I found Dr. P.S. Lalitha on website. She has those healing hands. I could feel the warmth flowing through her hands to me.

In my first sitting itself the pain in my left leg shifted to below the knees. In another 3 sittings Sciatica is completely cured.

All I can say is, my heart is filled with gratitude. She has compassion. With her heart and soul she works to remove the pain of the patient.

As for me she is an Angel. She also proved that holistic healing such as Reiki does wonders. I thank her once again from the core of my heart.

A.Sharda,

C.I.T.Nagar, Chennai-35

Phone: 044-42867587

THE POWER OF SAMIR

After completing IIIA Reiki my parents have just become "trial grounds" for my reiki experimentation oops! I am sorry to say that. After, Each and every reiki session, they simply get energised by the reiki power. my father, a diabetic and a leg amputee, lost complete sensitivity over his left leg.

One day, as usual I was giving reiki to my father I has noticed a few droplets of water(fluid) popping out of my father's left leg. When I enquired about this he seemed to be unaware of the developments probably, due to his numbness in his leg. Later, I came to know that ulcers were caused by termites sting. Hence, I focussed

on giving hosanna and zonar symbols in the local area (of course, along with the traditional syambols). Immediately, i.e. the swelling around the local area got subsided.

However, ulcer didn't heal as I expected. just brushing up my level II reiki I drew samir symbol just above the local area. Gotcha, wahat a remarkable recovery the ulcer had shown healing effect on the very next day. It just took next two sittings the ulcer simply gone, poiachhi, jolligaachi, poindhi whatever you want you say about it. that is the power of samir a symbol for insect bite.

Nagarajan

REIKI IN THE TREATMENT OF CANCER

A lady aged forty years was diagnosed of having breast cancer on her right side and advised surgery for the removal of the affected breast. She also underwent surgery and chemotherapy was then advised. She was undergoing chemotherapy and sometime later she developed complications, namely, difficulty in breathing and could not lie down in bed and sleep. She had to get connected with oxygen supplementation for normal breathing.

She was referred to me for Reiki treatment and I obliged. With the consent of her husband I started doing Reiki for her in the hospital for a few days and continued the same at her home after discharge.

Initially for three consecutive days whole body was cleansed and all the chakras were energized focusing particularly on Ajna, Anahatha and Manipuraha. The second day itself she expressed that she was able to feel her body getting energized. After few days I started 'distant healing' for her. I was told that she was progressing slowly and gradually. I requested one of her relatives who is also a Reiki healer to continue the Reiki treatment for complete recovery.

Thanks to Reiki, the spiritual energy.

Dr. T.G.Prabhakar

98405 18135

CHAKRAS – STAGES OF DEVELOPMENT

Dr. P.S. Lalitha

Reiki Grand Master, Acupuncturists, Chennai
www.pslalitha.com

The seven chakras are the source of our birth, survival, growth, health, disease and death. All the chakras are located in the inner aura and are the energy centres, which breathe the spiritually guided cosmic energy. The energy received through the chakras reaches the corresponding endocrine gland within the physical body, endocrine system, activate neurotransmitter and thus the stimuli reach the nervous system.

Though the chakras cannot be handled like the physical organs, as the source of energy they influence body and mind. Any emotional disturbance reflects on the physical plane like palpitation, breathlessness, nausea, migraine including heart attack.

In health, they are responsible for growth, behaviour, thought process, hormonal balance and proper functioning of all systems. Since life starts from prenatal stages, the origin, function, influence on emotions, malfunctions and the resulting symptoms in relation to chakras would throw light on the health and cause of diseases.

The human body is placed between the cosmos and mother earth, receiving energy

from both the sources. For the sole existence on the earth, grounding is essential. So, the function of grounding the body to the earth is by the first chakra, mooladhara.

Physical body is the hardware and for programming the mind and body, chakras are used as software. Programming depends on the need, environment, family background, society, and cultural background. These act on the chakras, which receives the energy from the cosmos and mother earth. The energy from the cosmos flows from above downwards makes the person grounded while the energy from the mother earth flows upwards for making a person spiritual.

Since the grounding is essential for survival, the chakra responsible for grounding is the first chakra i.e. Mooladhara Chakra connects the body to the earth serving as the root. Though at birth the infant is born with all the chakras, all of them are not functional. Each chakra has got its specific location, but the stage at which it starts functioning is different.

Development of seven major chakras begins from prenatal stages and is completed around 21 years. Proper development

and environment at home and society at developing stage of each Chakra are responsible for personality and character of every human being.

MOOLADHARA CHAKRA serves as the root for mere survival and grounding and is the first one to start functioning within the uterus of the pregnant mother. The foetus is provided with a protective atmosphere for the growth. As the body has to grow and survive, the mooladhara chakra develops during mid-pregnancy. Growth continues up to one year after birth. Survival and grounding are by balancing of Earth element and adrenal gland associated with Mooladhav Chakra.

SWADHISHTANA CHAKRA becomes functional from 6 months after birth and continues up to 12-18 months. At this age, the child starts crawling, to sense objects and starts exploring with tactile sense. Water element enhances movement and this chakra is associated with sense of pleasure. Endocrine gland - in female—Ovary and in Male -- Testis

MANIPURA CHAKRA blossoms at 1-½ years and extends up to 4 years. This is the stage of personal identity, development of autonomy, ego, unconscious social identity based on the development of the first two chakras. Learning, connecting language with action, discipline of the mind commence at this stage. Proper training for grooming

gets registered in the subconscious mind. FIRE being the element, vitality increases for a healthy life. Wisdom is the emotion and associated with endocrine Pancreas.

ANAHATHA CHAKRA develops from 4 years to 7 years. This is the tender age of learning socialisation. Heart opens up to relationship with outsiders. Developing friendship, expressing love, thinking and becoming inquisitive about happenings around self based on which self acceptance develops.

These characters form the base for the functioning of the next upper chakra. Centrally located between lower three chakras [for materialism] and upper three chakras [for spirituality] Anahatha chakra forms a link for transcendence. With AIR as element, first stage of spirituality with pure LOVE starts developing. Thymus is the associated endocrine gland.

VISHUDHA CHAKRA starts functioning from the age of seven and continues up to 12 years. Based on the development of curiosity and social identity, expression and creative tendency develops. This is the crucial stage for identifying and supporting the child's ability by promoting creativity and self-expression; decision making tendency gradually blossoms. Thyroid and parathyroid are endocrine glands VOID, the element associated for expression and for physical growth.

AJNA CHAKRA is the stage of adolescence. Though social identity is established unconsciously during the developing stages of Manipura chakra, there is tendency for examining this trait consciously. There is a tendency for gathering information through literature, mythology, movies etc. and imitate or imagine.

Psychic power increases and decision on future of self depends on the functioning of the Ajna chakra. With VOID being the element and located at the centre of forehead it acts as the seat of intelligence. Having control over Pituitary gland [master gland] and autonomic nervous system it is responsible for creating a balanced character without the interference of the lower chakras.

SAHASRARA CHAKRA is the seventh chakra and it is the last to blossom at early adulthood and continues to be the guiding force thereafter. Once the social identity is realised, pursuit of knowledge, learning to observe the world and inner self develops.

Though the mind is mature enough to analyse and understand the society and self, it is the formulation stage for the future.

Sahasrara chakra development is based on the development of the other chakras and any interference in the developing stage of the other chakras would reveal in the behavior pattern of the adult. Located at the summit of the head and associated with the element VOID Sahasrara chakra is responsible for spirituality.

HUMAN BEING CONSTITUTION

TWO FUNDAMENTAL COMPONENTS

PHYSICAL AND METAPHYSICAL

PHYSICAL Visible external form and internal organs

Physical body for growth and for performing all functions

METAPHYSICAL Invisible aura and chakras; determines the personality and character. Controls Emotions Source of energy for physical body

MY EXPERIENCES WITH REIKI

A staunch believer in the development of natural immunity to combat any ailment, I was highly impressed by Reiki when I saw TV interviews of Dr. Lalitha. Subsequently I seized the first opportunity to consult the doctor to cure a nagging pain in my stomach and recurring muscle sprains.

The great feeling at the end of the very first sitting cannot be expressed in words. At the end of the treatment I was enthused to be initiated into the world of Reiki and finished the first, second and third(A) stages of the training under the tutelage of Dr.P.S.Lalitha. Since then I have been practicing Reiki healing in my own small way.

Personally I am proud to say that I have not had any major or minor illness since my initiation to Reiki healing. I have also been attending to my wife in her recurring problems. Though not in a position to go into professional practice, I have been attending to minor ailments of my friends and relatives.

Nearly 18 months ago, Dr.Lalitha entrusted me with a chronic Rheumatoid Arthritis patient who was suffering for the past 5 years. He was virtually bedridden and finding it very difficult to take care of

himself. Since then he has been given Reiki sittings twice a week. Within couple of months, he started showing very good signs of recovery. Thereafter a holistic approach of treatment was resorted to.

Besides the regular energizing of the Chakras, attention was paid to the individual joints which were causing excruciating pain. A combination of physio excercises for the joints with Reiki has shown tangible results.

The patient was taking injections of costly imported allopathic medicines almost every week. Now it has come down to an injection after 60 days. The patient is now able to take care of himself and is able to go for walk everyday.

I have been fortunate to be a part of few camps conducted under the guidance of Dr. Lalitha. Most satisfying of such camps is the weekly visits to the Pediatric ward of the Cancer Institute, Adyar.

I consider a great privilege to be a member of the Reiki community.

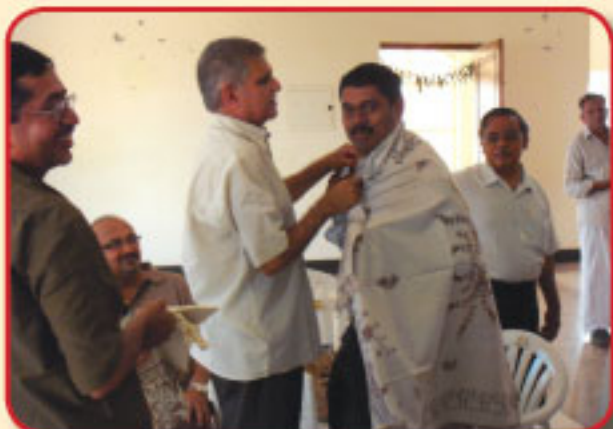
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World Reiki Day 2010



World Reiki Day 2010



Reiki

2011

மதுப்பழக்கத்திலிருந்து மீண்டேன்

நான் ஒரு தனியார் அச்சக நிறுவனத்தில் பணிபுரிந்து வருகிறேன். எனக்கு தினமும் மது குடிக்கும் பழக்கம் இருந்தது. குடி பழக்கத்தினால் நான்கு மாதங்களுக்கு முன்பு எனது உடல்நிலை மோசமடைந்தது.

எனது கை, கால்கள் நடுக்கம் ஏற்பட்டு செயலிழக்கும் நிலையை அடைந்தது. அதனால் சரியாக வேலைக்கு செல்ல முடியாத நிலையில் இருந்தேன். குடிப்பழக்கத்தினால் உடல்நிலை மோசமானதை உணர்ந்த நான் அப்பழக்கத்தை விட்டுவிட வேண்டும் என்று உறுதியாக இருந்தேன். இதனால் மருத்துவர்களிடம் சென்று சிகிச்சை எடுத்துக் கொண்டிருந்தேன்.

மருத்துவர்கள் கொடுத்த மருந்து, மாதிரைகளாலும் எந்த பலனும் இல்லாமல் போனது. கை, கால்கள் நடுக்கம், சோர்வு, செயலிழக்கும் தன்மையால் அவதிப்பட்டதால் மது குடித்தால் நடுக்கம் குறைவானதாக கருதி மனமில்லாமல் மீண்டும் தொடரவேண்டிய நிலைக்கு ஆளானேன். எனது நிலையை அறிந்த எங்கள்

கம்பெனியில் கணக்காளர் அவர்கள் ரெய்கி ஹீலிங் சிகிச்சை முறை மூலம் குணப்படுத்த முடியும் என்று அறிவுரை கூறினார். அவரிடம் தொடர்ந்து 15 நாட்கள் ரெய்கி ஹீலிங் சிகிச்சை எடுத்துக் கொண்டேன்.

15 நாட்கள் ஹீலிங் சிகிச்சைக்கு பிறகு நான் பரிபூரணமாக குணமடைந்து விட்டேன். இப்போது எனக்கு மது குடிக்கும் எண்ணமே வருவதில்லை.

மது குடித்ததால் ஏற்பட்ட கை, கால்கள் நடுக்கம், சோர்வு, செயலற்ற தன்மை முற்றிலுமாக மாறி மிகவும் சுறுசுறுப்பாக இருக்கிறேன். இப்போது வழக்கம்போல் வேலைக்கு சென்று வருகிறேன்.

மீளவே முடியாமல் போகுமோ என்று பெரும் கவலை கொண்டிருந்த என்னை ரெய்கி ஹீலிங் சிகிச்சை, கொடிய மதுப்பழக்கத்தில் இருந்து மீட்டது. ஆதலால் அற்புதமான ரெய்கிக்கும், ரெய்கி ஹீலிங் சிகிச்சை அளித்த ரெய்கி மாஸ்டர் அவர்களுக்கும் எனது மனமார்ந்த நன்றி.

Patients name withheld on request

Alcoholism is a chronic disorder characterized by excessive and compulsive use of the drug alcohol. Several people engage in risky drinking patterns that could lead to the development of alcoholism. Some risk factors for alcoholism include having a family history of alcoholism, being male and having a mental health disorder, such as depression.

Signs and symptoms of alcoholism include blackouts (loss of memory after drinking), loss of interest in once pleasurable activities and legal problems, among others. Alcohol is a drug, a substance that affects the function (and often the judgment) of the person using it.

Although alcohol is not illegal, it can still have negative effects when it is misused, and can lead to addiction. Alcoholism usually includes the following components:

- Craving. A strong urge to drink.
- Loss of control. The inability to limit intake or to stop drinking once started.
- Physical dependence. After heavy drinking, symptoms of withdrawal are experienced, such as nausea, sweating, shakiness and anxiety.
- Tolerance. The need for increasingly greater amounts of alcohol to achieve the same level of intoxication.

The following may indicate a problem with drinking alcohol:

- Feeling the need to cut down on drinking
- Becoming annoyed at criticism about drinking
- Feeling bad or guilty about drinking
- Having a drink in the morning to steady nerves or get rid of a hangover
- Inability to fulfill major work, school or home responsibilities
- Drinking in dangerous situations, such as while driving a car or operating machinery
- Legal problems that result from drinking, such as being arrested for driving under the influence of alcohol
- Ongoing relationship problems that worsen due to drinking

Alcoholism depresses the central nervous system by acting as a sedative. Excessive alcohol use can result in harm to the brain and nervous system and cause fatigue, short-term memory loss and weakness and paralysis of the eye muscles. It can also cause the following health problems:

- Liver disease. Heavy drinking can cause alcoholic hepatitis (inflammation of the liver). This

can lead to cirrhosis (irreversible and progressive destruction of liver tissue).

- **Gastrointestinal problems.** Alcohol can cause inflammation of the stomach lining (gastritis). It can also damage the pancreas (pancreatitis).
- **Cardiovascular problems.** Heavy drinking can lead to high blood pressure (hypertension) and damage the heart (cardiomyopathy).
- **Diabetes complications.** Alcohol prevents the release of glucose (blood sugar) from the liver and can cause it to fall too low (hypoglycemia). This is dangerous for people with diabetes.
- **Sexual and menstrual dysfunction.** Alcohol can cause erectile dysfunction in men and can interfere with menstruation in women.
- **Birth defects.** Drinking while pregnant can cause fetal alcohol syndrome. This condition results in a small head, heart defects, shortening of the eyelids and may lead to developmental disabilities in the child. Research also indicates that alcohol consumption during pregnancy may lead to behavioral problems in children.
- **Neurological problems.** Heavy drinking can affect the nervous system and cause numbness of the hands and feet, disordered thinking and dementia.

- **Increased risk of cancer.** Chronic drinking can increase the risk of developing cancers of the esophagus, larynx, liver and colon.

Alcoholism tends to develop gradually over time as heavy drinking increases or reduces brain chemicals, which causes a person to crave alcohol to elevate their mood or to avoid negative feelings.

Prevention methods for alcoholism

The best way to prevent alcoholism is to abstain from drinking alcohol. For those who drink, recognizing a family history of alcoholism is an important first step in preventing alcoholism. Also, recognizing signs and symptoms of problem drinking (such as binge drinking and drinking shortly after waking up) is important. Problem drinkers who change drinking habits may prevent the development of alcoholism in the future.

Early intervention is particularly important with teenagers because they can become addicted to alcohol more quickly than adults. Parents can curb alcohol use in teenagers by:

- Talking to children about alcohol, including the legal and medical consequences of drinking.
- Setting a good example with alcohol by drinking responsibly.
- Spending time with children, but also understanding their need for independence.

- Establishing boundaries with children and letting them know what behaviors are accepted and not accepted.

Coming to the cure part, Reiki provides excellent treatment for alcoholism; both by physical and psychological methods. For the first ten days, depending on the patients and the level of alcoholism, both front and back of all the seven chakras (full body) are healed. (The seven chakras are muladhara, swathishtana, manipura, anahata, vishuddha, ajna and sahasradhala). This eliminates all the toxic elements from the

body caused due to excess intake of alcohol. With continuous healing (front and back of ajna chakra and manipura chakra and back of anahata chakra), the tendency to drink and anxiety reduce as it influences the brain activity.

Self confidence also increases. This process can be speeded up by yoga and meditation.

Dr. L.G. Ramaswamy

Reiki Grand Master

9884013721

REIKI MAGIC

This incident is going to be freaky for those who don't know the power of reiki. This happened when my son boarded the train to his college in Ranchi. He had a general ticket since his waiting list to A/C was not confirmed. He met the TT Checker and had got a upgrade to III tier A/C on availability. By then the train had left central station It was 11 pm. Now the TT Checker had asked him to occupy his seat immediately. His baggage was with his friends. So he immediately left to collect them to come back to his confirmed seat.

This when I received a call from him saying that the entrance to the A/C compartment and that of the next was connected by the pantry and it was closed and had learned that they will open only the next morning. He was in fix. Now he has a ticket and yet unable to use it. As common sense prevails I told him not to alight in the next station

to go to the other compartment .But he was desparate. He wanted to go and sleep in his allotted place.This is when he asked me to do reiki. I asked him to just believe in its power. There came an sms from him confirming the same.

I did REIKI MEDITATION.

In next 5 mins. I got another sms saying that the pantry door was open and he could occupy his seat.

He spell bound after that .This incident I narrate as so tell that reiki is not for just physical health .

It was all aspects of life.

Learn it . Apply it .

Feel the magic

Vasanthi Karthik

vasanthi134@yahoo.in

USING IMAGERY HEALING FOR HEALTH AND WELLNESS

To reduce the frustrations that can occur with bone healing during the recovery and rehabilitation period make a relaxation and imagery tape to be a part of your healing ritual. The following script will help you form correct biological images of bone healing – reaction, regeneration, and remodeling. Focus on how your body is solidly laying down calcium as the foundation for new bone. If our fracture repair requires plates, pins, or screws, incorporate images of these special objects being strong and let them be a welcome part of you for the rest of your life. Finish your session with end state imagery of being fully and completely healed.

Set aside twenty minutes several times a day to rehearse bone healing, first choose a relaxation exercise. Then read or record the relaxation exercise . and then the script that follows.

As your mind becomes clearer and clearer (insert your name) feel it becoming more and more alert . Somewhere deep inside of you... a brilliant light begins to glow Sense this happening. The light glows brighter and more intense. This is the body mind communication center. Breathe into it. Energise it with your breath. The light is powerful and penetrating, and a beam begins to glow out of it. The beam shines into the area of your fracture.

In your relaxed state, allow yourself to imagine a natural process that is occurring within your body. New cells are gathering

very fast at the site of your fracture. This is an important process that lays the foundation for our bone healing. With your next breath in become aware of the fact that right now your body is allowing those new cells to multiply rapidly. Your blood cells at the site of your fracture are arranging themselves in a special healing pattern.. You can relax even more if you want to as you continue with this very natural healing process.

N a few days your body will begin to create a strong lattice network of new bone from these cells .This will allow your bone to become stable, bridging the broken ends. As you focus in a relaxed way... you help your healing... for relaxation and positive healing images increase this natural process. Imagine your relaxation to be like a gentle breeze that flows over and throughout your body. In a few weeks , your new bone will be formed. Natural deposits of calcium from our body will be taken into the place of healing. Allow an image to come to your mind now of beautiful, healed bone. In about six weeks you will have a beautiful bridge where the calcium has formed new bone.

Can you imagine hearing the healing colors that are within you right now.? Just for a few minutes more Allow yourselfto relax into the healing process. Feel... as you breathe into the healing moment.

SARASWATHI K.S.

REIKI MASTER.

ரெய்கி -

அருஞ் காப்போம் - அருளினும் காப்போம்.

ரெய்கி நம்மை சிந்திக்கும், அப்பாழைத் துருக்கும்
பூர்த்தி சாவித்தனமாக சக்தி. இந்த மருந்தில்லா மருந்தாததுடன்
பூர் அங்கம் அண்டி ரிசைவலாம். அன்புணர்வு. அன்பும்
இதை கற்கலாம், சந்தஸ்ரெய்கி அதன் மானசை அருவே
தேர்ந்தெடுக்கும் அன்றம் சொல்லலாம்.

புதுவக துன்னையே துனக்கு உதவி அன்பர்.
சந்தஸ்ரெய்கி மூலம் துன்னை பிறர்க்கும் உதவும். இது உன்மலம்
துவிர நமது அபிஷேகம் அல்லா துன்புறவுப் பயன் படுத்தலாம்
அருஞ் காப்போம் அன்பு, அருளினும் காத்திருக்கின்றோம்
அன்பு சொல்லலாம்.

சுதன் நியைன் ரெய்கி மூலம், துன் நையே துனக்கு
உதவியாக செயல்படுத்தமுடியும். துன்னை நியைன்
காலம், திடம், பொருள் கருதும் துன்றெய்கி சக்தியை
பயன்படுத்துவாம். துன்னை நியைன் நியைன் பூர்
பயன்படுத்தலாம், மந்திரங்களை அழகியும், கருக
நோக்கலாம். இதை பூர்த்திசெய்து துன்னை மானசை
மூலம் கற்கமுடியும்.

துன்னை பூர்த்தி அபிஷேகம் பூர் துன்னை பூர்த்தி
சென்றதையே உணர்வாம். ஏன் எனின், துன்புற நமக்கு
மருந்து அச்செய்து, மருகம் அதிமுகமெனது. துன்னை
துன்புறக்கி அந்திய செய்து, துனக்கு அப்பிதிர்த்தி
போய்கொண்டிருக்கிறது. ரெய்கி மூலம் துன்னை துன்கலாம்.

நமது உன் உபாசகதனக்கு நமது அண்ணங்கண்
காப்போம் அன்பு ரெய்கியின் மூலம் துன்பு. நம்
அண்ணங்கனையும், நம்மை சிந்தி உன்னையெனின்
அண்ணங்கனையும், அதன் செயல்பாடுகளையும்
சீர்திறன், பூர் அருளினும் மானசை துன்னையெனின்
நம்மால் உதவியெனும் - ரெய்கியின் உதவி கொண்டு.

அபிஷேகமும் அபிஷேக வனமுன்

ரெய்கி அன்புடன்
அபிஷேகம் வி துன்னை 9/1/2011

REIKI - THE ULTIMATE THERAPY

The need of the hour is relief from diseases, esp. without medicine. Healthy life depends on a stress free mind. Of late drugless therapy, esp. Reiki is becoming popular, may be because the name is attractive and foreign or it heals without warranting any diagnostic tests or any drug. Surprisingly, reiki appears to be the answer for all physical and psychosomatic diseases, and hence let us see the origin of this therapy.

In ancient India, saints who wished to reach the stage of Mukthi used to perform penance in dense forests. Total isolation, living with nature, made them experience the power of Nature. By observing Nature they realized that the entire universe, created by the supreme soul is constituted by five elements. Common to both Universe and the human beings are five elements namely, earth, water, fire, air and void. As human beings are creation of supreme soul, penance made them realize that the living beings are part of Nature, and have the same constituents as that of nature. The five elements are distributed in seven major chakras. The Chakras are the energy centres, located in the inner aura and invisible to the naked eye.

For realizing the Nature and the power of Nature, meditation formed the foundation. It is through meditation the saints realized that the divine power is distributed in both universe and the human body. The human body is made up of visible physical and invisible auric body. This awareness of divine power in the creations, by the enlightened saints was the beginning of

a spiritual healing science "healing by touch". It was customary to bow in front of the saints and get blessings by mere touch which had the power of healing. Since in ancient India the knowledge and experience were imparted thorough Gurukulam system, nothing was recorded. The disciples learnt the art of healing only by close association with the gurus and scrupulously following the master's foot steps. Subsequently this knowledge was lost either by foreign invasion or by misuse of this sacred system. Vedas have evidence of this system of healing. Ayurvedha is derived from Atharva vedha. Dhanvanthri known as physician of Gods taught this system of medicines to saint Sushrutha. Ayurvedha- The word is composed of two parts -- Ayush -life; Veda -knowledge. Ayurvedha is science of life and is for treatment of both human beings and animals. According to Ayurvedha the human body [microcosm] is part of the Universe [macrocosm]. It has seven major chakras. Ayurvedhic treatment is aimed at by prescribing medicines for balancing the chakras.

Saint Pathanjali was known as "PITHA" of Raja yoga. Yoga is meditation to perfect the mind and body and is aimed at the union of Jeevathma with Paramathma.

Pathanjali yoga emphasized the need for meditation and taught the means of raising kundalini shakthi. Raja yoga involves practice of eight disciplines - yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. The stage

of dhyana i.e. meditation is prerequisite for the last stage i.e. Samadhi .Samadhi is a stage where mind merges with the soul .It is at this stage the Jeevathma becomes one with Paramathma. Hence Raja yoga paved the way for disciplining mind and body.

Lord Buddha though Prince by birth was moved by sufferings of human beings, searched for knowledge of healing the physical sufferings. He meditated and achieved enlightenment. What he achieved by rigorous meditation he began to preach and heal.. Buddhists school emphasized meditation as a religious practice. Initiation by guru into particular practice was mandatory if one wanted to make progress towards the stage of "Nirvana" the ultimate goal of any saint. Initiation empowers them to practice. .Higher level of initiation includes higher level of meditation. Chanting mystical manthra was mandatory to reach the stage of "Nirvana".

CHINESE ACUPUNCTURE:

Acupuncture is a system of treating diseases by applying five elements principle. Traditional Chinese acupuncture was promoted by yellow emperor.. With the sole intention of keeping everyone healthy, barefoot doctors were promoted .Acupuncture is based on the principle that yang (cosmic) energy and yin (Mother earth) energy continuously flow through the human body in two opposite directions. The flow of energy is continuous and follows certain specific pathways, called meridians. Fourteen meridians have been specified and each one is associated with one major organ and the energy is called "Chi" .All meridians are associated with five elements-.The energy is in constant movement, and one gives rise

to another and the elements are always in balance and in harmony resulting in good health. Imbalance among the five elements leads to disease .Block for the flow of energy is removed by application of needles at the appropriate points to restore health. Acupressure is also based on the above principle but application of needle is eliminated .Finger pressure is adopted .Su jok acupuncture is a refined version of traditional acupuncture. Entire body is represented in the hand [SU] and foot[JOK]. The meridians are in index finger, representing the hand and middle finger, representing the foot[jok]. Treatment is application of needles on the points representing the five elements.

Siddhas (seers of Tamil Nadu) who could heal the sufferers with herbs realized the power of Pancha Boothas and their distribution in the chakras of human body .Tamil verses mentioning the names of Chakras are well known to Tamil scholars. Thiru Mantiram of Thiru moolar has verses on Chakras. The seven major chakras are Mooladhara, Swadhishtana, Manipura, Anahatha, Vishuddhi, Ajna and Sahasrara. In addition Thirumanthiram has verses on yoga and the eight stages to reach mukthi.

Lalitha Sahasranamam, sound harayalahari have verses on seven major chakras as part of Shakthi

All these systems briefed above are ancient system of medicine and were in vogue in ancient India. Relentless effort of Dr.Mikao Usui, a Japanese monk was responsible for reviving this ancient system of medicine. From Japan he was supposed to have reached India and

could lay his hands on the lost treasure i.e. healing by touch in the form of suthras. As a Japanese with a lot of love for his mother tongue, he coined a Japanese term "Reiki" for healing by touch. Reiki means "Universal life force energy".

Reiki is the essence of the olden systems listed above: but to suit the modern needs, it is simplified. Simplification is at all stages, but a real knowledgeable and experienced master is required. Gurukulam system is not mandatory; but a guru is required for attunements. The knowledge on Aura, Chakras, and the link between metaphysical chakra and endocrine organs within the physical body is imparted in a few hours. Modern Reiki explains health and disease with reference to chakras and internal organs to satisfy the western scientists.

Teaching is mainly aimed to make the student a spiritual healer and to make the healer live with the Nature. Students are made to realize the Pancha boothas in self and in Nature. Meditation which was done for a number of years to reach the stage of bliss in ancient India, can be achieved in a few hours with the proper guidance from guru. A deep level of meditation chanting specific Manthras associated with Chakras on his own self makes the person a great healer.

In this system of healing no medicine is required. Students are taught to draw the cosmic energy and channelise the same to keep self and others healthy. The sacred symbols that are used by reiki practitioners have the capacity to move faster than light to reach the patients in need. This

is the principle based on which distant healing is done. Whether healing self or others, knowledge of aura, chakra and five elements is mandatory. Balancing of chakras and five elements associated with the chakras keeps the body and mind in good health. Imbalance among the chakras and five elements block the flow of cosmic energy resulting in disease.

Simple chakra meditation with specific manthras for each chakra of self is part of reiki lessons. Chakra meditation awakens kundalini shakthi and enhances the power of all chakras. Though Reiki is a Japanese term meaning universal life force energy, the terms "chakra" Mooladhara, Swadhishtana, Manipura, Anahatha, Vishudhi Ajna and Sahasrara are Sanskrit terms and have their origin in Hindu philosophy.

These terms have not been translated into Japanese language, indicating that reiki itself has originated from India. Unlike western medicine this system is mind oriented energy based, drugless, cost effective, no side effects, reaches root cause of the disease, reaches physical emotional, mental and spiritual levels

Hence learn Reiki and lead a stress free life and help others also to lead a healthy life. Let us realize the healing energy within and it cannot be replaced by chemicals. Through REIKI we can create a healthy peaceful world. Then the world in which we live becomes Heaven.

Dr. P.S. Lalitha

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REIKI IS A CONSTRUCTIVE THERAPY HAS NO SIDE EFFECTS

Reiki is a constructive therapy has no side effects. Reiki reposes faith in the spiritual power and spiritual aspect of life. So it is also the threshold of higher levels of human life. In the modern times of materialistic world, Reiki has become more significant. High-tech and high aspect of life has become a burden full of mental tension and stress. People are addicted to medicines for relief and sleep. Reiki gives sleep and removes imbalance and disorders.

Reiki supports a person even to accept death. A terminally ill patient about 42 years of age insisted on taking healing everyday of 6 months, at least once and on many days even twice. He knew he did not have much time, but the healing energy provided him the energy to face death; to accept the truth. The healing energy and the patient's acceptance, gave moral support to the family, his parents, to accept loss.

Reiki is based on Lord Buddha's teachings, Lord Buddha recognised that attachment is the root cause of all problems and this message conveyed to all Reiki disciples in his Reiki class. The same principle is explained. If we realize that everything that happens in one's life including birth and death is decided by God, we will not have any anxiety or stress. The reason for conveying this message is that I came

across several cases who blame God for everything. For example, one of my students had to undergo an operation due to doctor's suggestion for her developed complication. Suddenly she suffered from heart attack, when she was hospitalized, she was repeatedly stated that Reiki had not saved her from their sufferings. Finally she died.

In another incident, a student of mine, a Reiki master, whose daughter developed cancer and died, feels Reiki had not helped her daughter. Before her daughter's death, she was over enthusiastic about Reiki and now she has no faith in Reiki nor blame God. Several such cases I came across.

Reiki practitioners should realize that we are only tools, to channelize divine energy but we cannot change destiny. When a patient seeks our help we can channelize divine energy and God decides the fate. It is us to save humanity from sufferings. Reiki has been created. For any failure, suffering, death or other complication, let us not blame Reiki nor God.

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QUESTION & ANSWER

Q: Why some patients respond immediately to Reiki treatment quickly, some after a while and some don't?

A: Reiki Healing is done with divine force. Healer channelises divine energy through his palm to the chakras of the patient. During healing, there is a link between cosmic energy and the patient's energy. Cosmic energy reaches in and replaces the negative energy, resulting in recovery. During this period, the patient should surrender to the divine force with an open mind which results in immediate response.

In cases, where there is delayed response, the patient may be unaware of Reiki or expects miraculous cure for chronic diseases. When he doesn't know what to expect, his conscious mind blocks the flow of energy.

When this block happens, the subconscious mind doesn't receive the stimuli or energy. Gradually when the body feels the progress, he starts believing and accepting the cosmic energy with an open mind. This permits the flow of abundant energy resulting in recovery.

Certain cases don't respond. People accustomed to taking pills, injections

or subjected to surgery. If they do not believe in this therapy, it doesn't work. Some people have faith only in allopathic medicine but come unwillingly, forced by parents or someone. In such cases, the energy flow will not happen mainly due to the patient's closed mind. Reiki works only when patient WANTS to be cured and believe the energy will cure.

This is sometimes true is allopathic medicine also when people have been given tablets which have no medicinal value but were told that it was medicine, experienced relief - called the placebo effect. For e.g. pain killing tablet only stop the message going to the brain and doesn't act on the foot where you may have pain. so it's the brain that decides whether you have pain or not.

Nothing works unless the patient believes it will work. In cases when the patient refuses to believe, the healer must try to explain and convince. If that doesn't work, give up.

For people wanting 'scientific proof', let us all remember science hasn't answered all the questions. What we call science is only what the humans have managed to answer, sometimes not fully. Darwin's

evolution and Big Bang are only 'theories'. There hasn't been any 'scientific proof' for why there is life on earth or why the animals in each environment have physical characteristics to handle it - why a polar bear has been given the extra fur to handle that weather (while an Eskimo doesn't) and camel to handle the desert.

For those wanting scientific proof, ask them to go to any lab in the city and ask for a medical report (scientific proof as they call it) to prove that they are hungry! Or if hunger is purely a physical occurrence to do with the stomach, why someone who is very hungry suddenly loses appetite when he gets some bad news!

Q: Can incurable disease as defined by allopathy, be cured?

A: World Health organization has enumerated several diseases as 'incurable ones' Curable and incurable are determined by human beings and even for the so called incurable diseases. Drugs are prescribed. Drugs are only chemicals which cannot be equated to the cosmic energy within the body created by the supreme power.

Reiki reaches physical, emotional, mental and spiritual levels. The cause of the disease may be physical or mental. Whatever the problem may be, Reiki reaches the root cause. The cosmic energy which enters

the aura, chakras and the physical body, replaces the negative energy which is the cause of the disease. Hence, cosmic energy has the potency to reach root cause for the diseases and as far as reiki is concerned, the question of curable and incurable diseases does not arise.

Certain cases respond immediately. A few cases may need prolonged healing and certain cases fail to respond. It depends on the patient's co-operation, faith and healer's experience and dedication.

Q: There are so many Reiki forms like Traditional, Karuna, Thera mai, Rainbow Reiki etc. Which is better?

A: In all the types you have listed, one word is common - Reiki. Traditional Reiki is one which, the original reiki symbols are taught, stage by stage and there is no deviation from that taught by Dr.Mikao Usui and his disciples.

Subsequently, a few traditional reiki masters brought additional symbols and the masters have designated them as per their inner guidance.

Whatever it is, the original traditional symbols are common to all these schools; but additional symbols are given to the other forms. Without traditional symbols, the additional symbols do not have any

value. The original reiki symbols from the solid foundation and the additional symbols have added value.

Q: Should I become a pure vegetarian, if I practice reiki ?

A: Human being is allive because of life force energy [Ki,Chi, Pranna] . This energy is in the Universe and by breathing it reaches the body to keep the persons alive and healthy.

Since breathing alone is not sufficient to keep the physical body in health to supply this energy food is taken. This food is supplementary to the cosmic energy which is positive energy. The food which we consume should have positive energy.

Which is the food which can be a source of positive energy? Let us analyse the source of food. Nature is full of plants trees and herbs. From these sources we get vegetables and edible fruits. When we pluck vegetables or fruit from the plants we do not destroy or uproot the plants.

These plants even after removal form the source when kept for a few days at normal room temperature do not putrefy. Moreover these vegetable and fruits bear seeds which can give rise to plants. How

is it possible? Plants have life and the root is one source of life and the other source is cosmic energy available in plenty in all parts of plants because they are also capable of breathing. So when vegetable or fruits are kept the same alive. When such vegetables and fruit are healthy food with plenty of cosmic energy.

Q: So what happens when non vegetarian food is consumed?

A: For non vegetarian food we have to kill animal, bird or fishes. When an animal is killed its root in this world is lost i.e it loses its life permanently. When an animal is slaughtered, it is in agony accumulates as toxic material in the meat. Meat is obtained from a dead animal it is full of negative energy.

That is the reason for putrefaction of meat within a few hours of slaughter. When we consume non-vegetarian food we acquire negative energy. Negative energy is the root cause of disease.

Food we consume should supply us with positive energy not negative energy. So it is for you to decide which will make you a better healer.

Founder Secretary

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