

# *Healing Hands*

Vol. 25

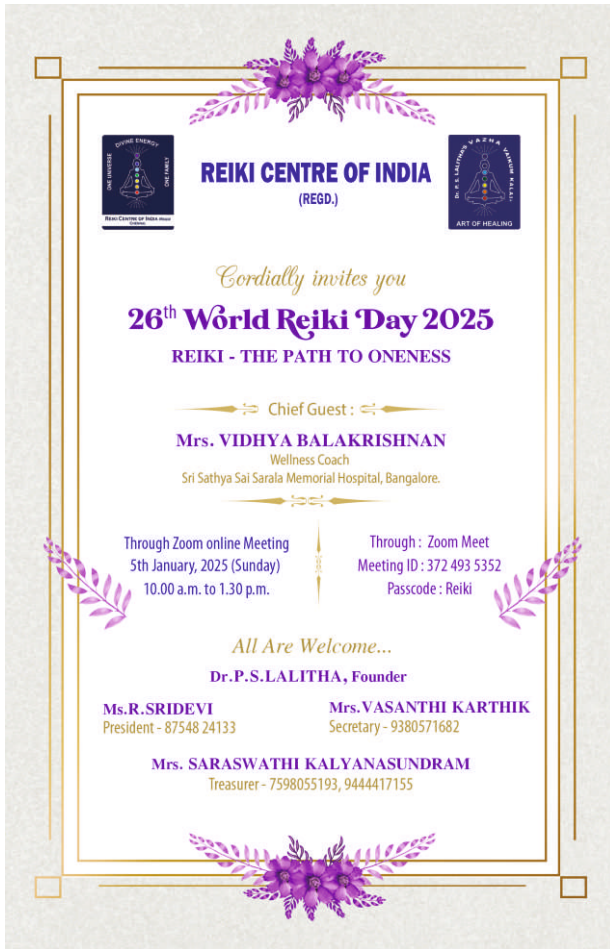
**REIKI - THE PATH TO ONENESS**





Published by :  
**REIKI CENTRE OF INDIA (Regd.),**  
Chennai - 600 078.

**JANUARY 2025**

# 26TH WORLD REIKI DAY - 2025 INVITATION



 **REIKI CENTRE OF INDIA**  
(REGD.) 

*Cordially invites you*  
**26<sup>th</sup> World Reiki Day 2025**  
REIKI - THE PATH TO ONENESS

— Chief Guest —

**Mrs. VIDHYA BALAKRISHNAN**  
Wellness Coach  
Sri Sathya Sai Sarala Memorial Hospital, Bangalore.

Through Zoom online Meeting  
5th January, 2025 (Sunday)  
10.00 a.m. to 1.30 p.m.

Through : Zoom Meet  
Meeting ID : 372 493 5352  
Passcode : Reiki

*All Are Welcome...*  
**Dr.P.S.LALITHA, Founder**

**Ms.R.SRIDEVI**  
President - 87548 24133

**Mrs.VASANTHI KARTHIK**  
Secretary - 9380571682

**Mrs. SARASWATHI KALYANASUNDRAM**  
Treasurer - 7598055193, 9444417155



**Programme Agenda**

10.00 am Prayer  
10.05 am Welcome Address  
**Mrs.VASANTHI KARTHIK**  
Secretary, Reiki Centre of India  
10.15 am Report on Reiki Centre Activities  
**Ms.R. SRIDEVI**  
President, Reiki Centre of India  
10.30 am Chief Guest Address  
**Mrs.VIDHYA BALAKRISHNAN**  
Wellness Coach  
Sri Sathya Sai Sarala Memorial Hospital, Bangalore.  
**Topic : Holistic Wellness**

11.00 am 🌸 Launch of Healing Hands Magazine 🌸  
🌸 Video Launch on Development of Chakras 🌸

11.15 am **ROUND TABLE WITH DISCIPLES**  
The Lineage of Dr. P.S. Lalitha

11.30 am **EXPERIENCE OF HEALERS**  
Reiki Centre of India

12.30 Noon Interaction with the audience  
12.45 Noon **GUIDED MEDITATION**  
1.15 Noon Vote of Thanks  
**Mrs.SARASWATHI KALYANASUNDRAM**  
Treasurer, Reiki Centre of India

Through : Zoom Meeting  
Meeting ID : 372 493 5352  
Passcode : Reiki

Kind Note :  
• Please Login by 9.50 a.m  
• Please Mute yourself once logged in

*All are Welcome*  
(We extend the invite to your Family / Friends / Relatives)



**Patrons :**

Padma Bhushan Mrs. P. Susheela  
Play Back Singer.

**Executive Editor :**

Dr. P.S. Lalitha  
Mob. : 98400 44198

**Editor :**

Ms. R. Sridevi

**Associate Editor :**

Mrs. Rajeswary Sooriyan  
Mrs. D. Arundhathy

**Founder :**

Dr. P.S. Lalitha - 98400 44198  
e-mail : lalithareiki@gmail.com.

**President :**

Ms. R. Sridevi  
98406 41393

**Secretary :**

Mrs. Vasanthi Karthik  
93805 71682

**Treasurer :**

Mrs. K.S. Saraswathy  
94444 17155

**Executive Committee Members :**

Mrs. Subhashini Damodaran  
98413 34549

Mr. S. Nagarajan  
79047 27198

Mrs. C. Bhuvanewari  
98842 37914

Mr. Raghuram Natesan  
9840784590

Mr. Thanickachalam  
7299677651

Dr. Yashoda Sethuraman  
Bangalore. 97907 40114

Mrs. Seethalakshmi Sivaram  
Bangalore 96637 92572

**EDITORIAL**

Dear Readers,

Wishing a transformative journey of 2025 that blesses everyone of us with cluster of miracles and restoration of higher energy for the path of divine oneness.

We congratulate our Beloved Mentor of Reiki - Dr. P.S. Lalitha , on her vibrant warmth of compassionate healing services and teaching the art of healing to several thousands of people with devotion and great passion. We as reiki family with a motto of one universe ,divine energy and one family are stepping firmly into the 26th year of celebrating the World Reiki day under her dynamic leadership.

The disciples of Dr.PS.lalitha with their grit and determination to touch many lives are becoming a living example in the healing realm with integral consciousness of serving the humanity. This magazine comprises miraculous moments of reiki healing which has been as an essential part of life in everyone's life. The year of 2024 had been a year of collective learning, experiences and holds good for the collective responsibility to heal and uplift the lives of those who sought us in unison with the spirit of healing.

The dauntless effort by the healers, masters and Grandmasters produced by Dr.PS.Lalitha is marching towards the bigger purposes who are keeping up the momentum by the remarkable life saving moments through the divine healing of Reiki extensively across the globe.

We in deed congratulate and owe our overwhelming gratitude to Dr.PS.Lalitha and the associates for the virtues of healing that brings divine oneness amongst all with the humanitarian spirit.

Editorial Team

Perform  
"AGNIHOTRA"  
For pollution free atmosphere

MEDITATION  
For Global Peace Everyday  
7.00 a.m - 7.10 a.m

## *Founder's Page*



Dr. P.S.Lalitha , M.V.Sc, Ph.D, Reiki Grand Master, Acupuncturist is a distinguished name in drugless therapy world. Dr.PS.Lalitha is the Founder, Secretary of Reiki Center of India which holds the higher core values, ethos and passionate healers produced by her, under her lineage... She has established the Reiki Center of India association as a cluster of healing family which holds an expertise of people who had been trained under her...systematically like an ancient Gurukul system.

After 34 years of teaching & research in Madras veterinary college, treating the patients since 1993 through a combination of Reiki, Acupressure and Acupuncture, Crystal therapy and Magneto therapy. She was a consultant in leading hospitals in Bharathi Rajaa Speciality Hospital ,Sri Rama Chandra Medical Center and Devaki hospital, Chennai . She has initiated thousands of Reiki healers and acupuncturists who carry the torch of Holistic Healing and spreading it all over the world . She has presented several research papers at national and International seminars and is a winner of several awards and had been rewarded with titles like "Master of Millennium, Woman of the year, Milestone, Distinguished academician" . Her Unique treatment technique is patented with name as "**Vazha Vaikum Kalai**" (Art of Healing) which is a combination of Reiki, Sujok acupuncture and acupressure.

As an ardent Reiki practitioner with combination of her other expertise of healing, Dr.PS.Lalitha had treated more chronic patients like cancer patients, Multiple sclerosis, Polio, fertility issues, Trigeminal neuralgia, Coccygodynia, carpal tunnel syndrome and many more where her healing resonated with motherly touch with compassion, her guidance and healing skills is so profound that she inculcates the essence of life to each one who seeks her healing or learning the art of healing from her...and the legacy is carried forward under her dynamic leadership to all associates of her.

It is an immense delight and true blessings for all who had learnt from Dr.PS.Lalitha - an Iconic Epitome of Reiki... who is a reservoir of Healing and bountiful Wisdom ....Salutation to her for producing the HEALING WORLD in REIKI with an authentic methodology in healing people...



## *Contents :*

1. Raising Kundalini Shakthi The Obvious Pathway : Dr. P.S.Lalitha
2. Reiki – The Nectar of Life : Ms. R.Sridevi
3. Experience with Reiki Divine Energy : Mrs. Arundhathy
4. Guiding, Guarding Light : Mrs. B.Bagyalakshmi
5. Ida-pingala-sushmana Nadis  
and Reiki Perspective : Mr. Venkata Raman
6. The power of intention in Reiki Healing  
Enhancing your practice : Mr. Vickneswaran Meganathan
7. Reiki Symbols– A Game Changer : Mr. Partha
8. My Experience in Distant Healing : Mrs. Periyanyaki
9. A journey Through Healing and Miracles  
My path with Reiki : Mrs. Priyadharshini Ramesh
10. Unlocking the Synergy of Reiki & Neuroscience : Ms. Sowmya Krishnan
11. Reiki and Its benefits for pregnancy,  
babies and Children : Ms.Thinisha
12. Keep Yourself Eternally Aligned  
with divine Reiki : Mrs.Uma Seetharaman
13. Reiki- As integral part of life : Mrs.Uma Mageswari Srivatsan
14. Udal Arokyamum vazhimuraikalum : Mrs. K.S. Saraswathi (Tamil)
15. Reikiyin Magathuvangal : Mr. Natarajan (Tamil)
16. Impact of Group Healing : Mrs. Seethalakshmi
17. Regeneration of Hip Joints : Dr. Yashodha Sethuraman
18. Feedback from Client : Mrs. Vasanthi Karthik
19. Enakku Vendiathu Kidaithathu : Mr. Thirumal (Tamil)





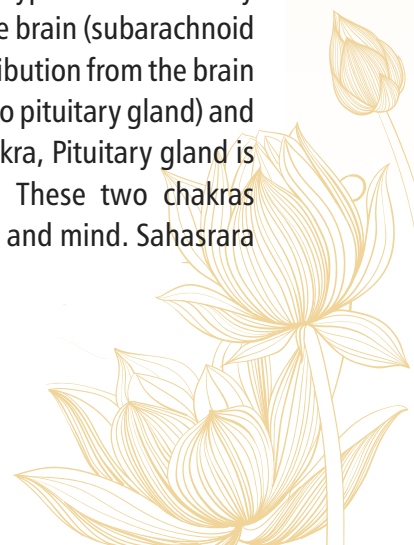
## *Raising Kundalini Shakthi The Obvious Pathway*

Scientific Papers presented in the 41st Anniversary of Medicina Alternativa, Colombo, Sri Lanka Oct. 2003

The interior of the brain contains cavities called ventricles filled with cerebrospinal fluid (CSF). CSF formed in the ventricles passes through the foramina to the cisterns and subarachnoid spaces. CSF occupies the subarachnoid space around the brain and spinal cord. Subarachnoid space is filled with CSF and is in direct contact with the fourth ventricle of the brain by means of three apertures - foramen of Megendie and foramina of Lushcka. In the spinal cord, there is a wide subarachnoid space between pia and arachnoid. Below the caudal tip of the spinal cord, the space extends to the depth of duralsac and cauda equina (the site of lumbar puncture). CSF is supposed to have mechanical function serving as a water cushion for the central nervous system and aiding in the maintenance of relatively constant intra cranial pressure. It also removes waste products from the brain and spinal cord.

The human body, visible to the naked eye has electro magnetic field' around the body called aura, (invisible to the naked eye) in which energy centers called chakras are present. The seven major chakras, namely Mooladhara, Swadhishtana, Manipura, Anahatha, Vishudhi, Ajna and Sahasrara are located in the midline, and each one is associated with an endocrine gland and has a specified mantra. Chakras outside the physical body and the endocrines internally keep the body, coordinate to keep the body and mind in health and harmony. By meditation, the inherent divine power gets enhanced. The posture, Padmasana or Suhasana, facilitates the absorpton of the divine power from mother earth which activates mooladhara chakra (root of survival and Spirituality). Activated Mooladhara chakra (at tip of back bone) awakens Kundalini shakthi, which is in the form of coiled serpent. Once stimulated, the uncoiled shakthi (energy) ascends up to reach the Shiva's abode at Sahasrara chakra. It is at this stage the meditator reaches the stage of Nirvana and becomes one with God (Samadhi).

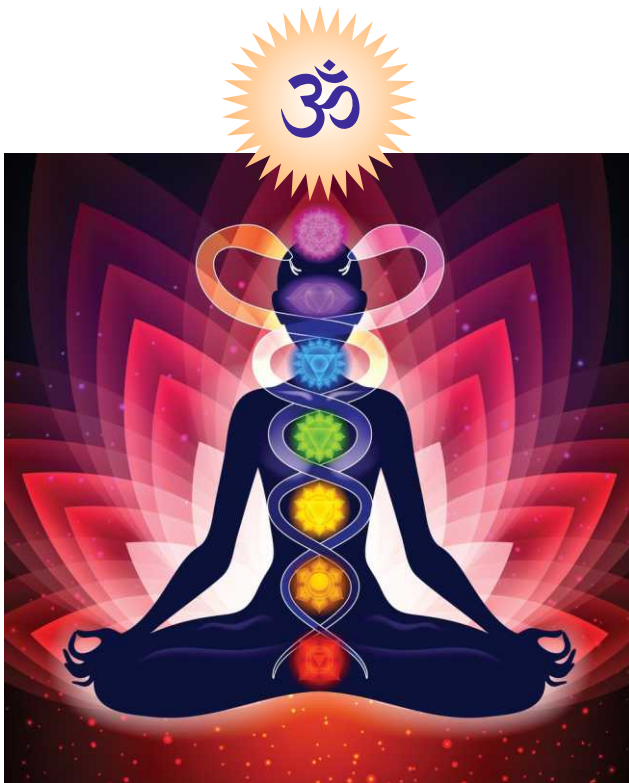
The question of energy, Kundalini shakthi, at mooladhara chakra, ascending up to the level of Sahasrara chakra through Shushumna Nadi baffles the scientific mind. Two routes are available - one through the spinal cord, soft semi gelatinous tissue and another - a fluid medium, CSF. Out of these two routes, the easier one and more suitable for smooth and gentle flow is CSF. My hypothesis is that by meditation, Kundalini Shakthi uncoils herself and ascends up to level of surface of the brain (subarachnoid space) and also stimulates the fluid in the ventricles of the brain. The significant contribution from the brain is the extension of ventricles into pineal gland (pineal recess), hypophyseal recess (into pituitary gland) and optic recess (into optic chiasma). The pineal gland is associated with Shasarara Chakra, Pituitary gland is associated with Ajna chakra and optic recess with important visual impulses. These two chakras mentioned and mooladhara chakra play a major role in reacting to the environment and mind. Sahasrara chakra and Ajna chakra have direct control over the brain and sensory organs.



Any external stimulus sets in a chain of reaction in Sahasrana chakra and Ajna chakra: viz-energy received by these two chakras is passed on to the associated endocrine glands, pineal and pituitary gland respectively and in turn to the neuro transmitters and the response is through the fluid medium i.e. the pineal and hypophyseal recesses and CSF in subarachnoid spaces, to the gray matter, the stimulus reaching the brain through the semigelatinous substance of brain and spinal cord or through the fluid medium are the two obvious routes; but the latter one is more appropriate: because the fluid can react immediately as a small pebble thrown into still water in a pond resulting in creation of gentle waves.

Human beings have root on the earth and it is strengthened by Mooladhara chakra which makes the man more powerful by chakra meditation. Finally the most powerful manthra "OM" associated with Sahasrana chakra makes the person realize the divinity in him. Thus he can reach the stage where he realizes "**Sarvam Brahmam Mayam**" and he gets the power of "OM SAKTHI" once shakthi is incorporated in 'OM', mere chanting "OM" after chakra meditation is enough for enlightenment.

### ***SARVAM BRAHMAM MAYAM***



Dr. **PS.LALITHA**  
Reiki Grand Master  
Founder- Reiki Centre of India  
Founder- Art of Healing  
9840044198





## *Reiki – The Nectar of life*

We generally say nectar means “Amrita” which is immortality. Amrita is said to have healing and rejuvenating properties to restore the youth... According to mythology, it has also been explained that Amrita gives life extended properties too. In such way, hereby would like to quote the beautiful life saving moment through REIKI which proved to be the NECTAR OF LIFE to me and to a person who had tongue cancer to survive till date with absolute life force condition.

The divine Universal life force energy has been nectar of life to me personally. I am surviving my 15th year of my life because of reiki. In 2011, Reiki touched my life through dr.p.s.lalitha mam, during an accidental phase that produced head injury in brain and nasal bone fracture with a survival time span of 3 months given by allopath, but with grace of almighty and by the treatment rendered with care by Dr.P.S.Lalitha mam and she encouraged me to learn reiki of all stages, which made me to live thus far in life. The Journey of Reiki has been an overwhelming incredible experience, by anchoring myself with faith in the cosmic energy, with indomitable spirit. It gave me the strength and stamina with emotional maturity and clarity of mind to live life with confidence exceeding my life span on this earth with the spiritual alignment and divine attributes through REIKI which serves a nectar of life day by day along with other healing modalities.

### **REIKI AS NECTAR FOR TONGUE CANCER**

Reiki used me as catalyst to cure a person aged 70 yrs hailed from Hosur, who had cancer in his tongue, and the tongue was sutured during his medical treatment with a time span to live for just one week time. Reiki worked a miracle in his life, after his first radiation, he came to know on Reiki which can add value to him, with the consent and request from his family, we came to know the other medical history as well, that the person has stone in Gallbladder, with congestion of lungs spreaded with water and the blood reports were abnormal. Distance Healing started from January end, after the radiation he couldn't eat with so much of pain and irritation in his tongue with so much of insecurity.

### **HEALING PHASE: ( 6 months)**

- ◆ Mooladhara chakra – For survival, to enhance the life force condition, for the blood level to be normal.
- ◆ Ajna Chakra – Cleansed and Energized and concentrated more on local chakra- tongue region to remove irritation which eventually made to eat solid and liquid foods within a month of healing span.
- ◆ Back anahatha Chakra – for clearing the congestion of lungs.
- ◆ Front and Back manipura chakra – to remove gall bladder stone and to be of courage

The above chakras are concentrated during the healing with respective symbols applied on them to enhance the healing power and thus reiki proved to be nectar for the person to survive till date with absolute good life force condition performing his activities on his own.

R.Sridevi  
Reiki Grand Master  
Kumbakonam  
9840641393/ 8754824133





## *Experience with Reiki Divine Energy.*

### **Pranam to my Guru Dr. P.S. Lalitha.**

My name is Arundhathy, Reiki Grand master, disciple of Dr. P.S. Lalitha. For the past 12 years I am practicing, Reiki and Sujok Acupressure which gave me So many experiences. I would like to share one of the feedback from one of my Reiki students- Kamala from USA who had felt the power of REIKI energy

"My pranam to the Supreme power and to the lotus feet of all the masters who sent Reiki to us. I extend my pranam to Dr.Mikao Usui and Madam Takata. My pranam to Arundathy aunty, who has been instrumental in my healing journey through Reiki and teaching it to me.

I came across the term Reiki many times through different sources. But, I didn't have any knowledge about it until I met Arundathy aunty. It's been 6 months or so, I have been dealing with swelling on the left side of my face near my eye. The medical intervention could not find the source and the cure. I got Arundathy Aunty's reference from a fellow volunteer in a temple, Milpitas, California here in my city. I contacted aunty to learn something else from her. She immediately responded and we were in contact with each other on a daily basis.

### **Before Reiki :**

One day she told me about sending distant healing energy to me and I agreed to it, though I didn't had any knowledge about it. It was night for me at that time. Next morning after waking up, I sensed a shift in my energy levels internally. For the last couple of months before contacting aunty, I was feeling a lack of energy and loss of interest in everything. I used to just sit around idle for hours. Though I had a list of chores but I didn't had interest in completing them and they were getting postponed. I wasn't able to figure out the reason behind it. I never expressed these problems to aunty.

### **After Reiki :**

I received 3 healing sessions from her. Every time I experienced peaceful sleep and my energy levels are high and I didn't want to stay idle anymore. I am heartily thankful to aunty for the help she provided to me.

In the midst of this, she was dealing with her personal commitments. But, she sent healing to me. With such a positive change in my health created a desire in me to learn Reiki, so that I can also be an instrument in taking it to the needy. I learnt Level 1 from aunty and am looking forward to more levels. Aunty has been patient in teaching it to me.

I urge everyone to try Reiki because it is a Divine and natural energy and all you need is trust in the Divinity and the healer.

**Mrs. Arundhathy**  
Reiki Grandmaster  
Bangalore.  
9611605861



## *Guiding, Guarding Light*

Beginning of 2024, I was in a situation not knowing what to do, how and where to proceed. Totally surrounded by gloom, desperate in search of light. I was draining my strength in terms of physical, emotional and financial. For many years, I knew about revered Dr.P.S.Lalitha , but did not seek her, few months back mustering all courage, called her. I was overwhelmed when she patiently heard and guided me to a lamp lit by her, my Master/Guru respected Ms.R.Sridevi. My Guru, assessed my problems, my background, family business, my family and all that mattered to me. She first stabilised my mind and heart making me realise what I needed and where I was stuck. I began my Reiki sessions with her.

### **Transformation through each Phase:**

**My first degree** : understood the importance of energy levels, could identify which chakra of mine was disoriented, cause of my own thinking and sulking. She cleansed me, protected me and guided me to the much needed. I felt my body light, muscles soft, slept well after many months. Meditation sessions with her guidance led to many surprises. My chakras were revitalized , my eyes shone bright and my perspective has changed.

**My second degree** : I experienced the vibrations of energy. My mind is calm which propels me in better decision making. I don't respond immediately to allegations, accusations or in a situation to prove my self, I take time to analyse, evaluate and react.

**My third degree** : Could identify how others aura disrupts mine.. Now I do cleanse, power and protect my chakras from internal and external influences. I, see a quantum leap of positivity in myself thereby spreading happiness, love and hope within family and friends. Getting back my lost strengths, adoring the power of nature, learning to manifest for my betterment, and wishing and blessing others good. My profound gratefulness and gratitude to my Guru.

Mrs. **B. Bagyalakshmi**  
Reiki Healer, Navalur, Chennai  
9444034444



## *Ida-pingala-sushmana Nadis And Reiki Perspective*

### **Om Shri Gurubhyo Namah**

Human body is all wired-up and the energy flows through specific channels known as 'Nadis'. The purpose is to understand the functional aspects of three primary Nadis (namely Ida, Pingala & Sushmana) and how it can help Reiki healers. Ida & Pingala are on the left and right respectively, starting from the Mooladhara chakra and runs through a zigzag path covering all the chakras and ends at the Ajna chakra, thereby energising each chakra for proper functioning. The left-Ida connects the right hemisphere of the brain and a few fibres end up in the left nostrils. Breathing primarily through the left nostril activates Ida. Similarly the right-Pingala connects the left hemisphere of the brain and a few fibrous nerves end up in the right nostrils. Breathing primarily through the right nostril activates Pingala. The Sushmana runs central connecting all chakra from Mooladhara to the crown -Sahasrara chakra.

### **Understanding the functional aspects**

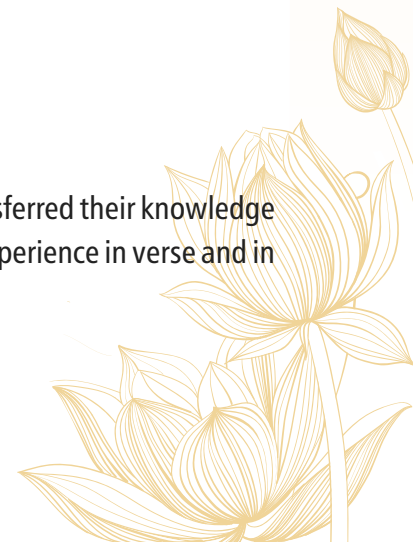
Ida - nerve channel representing Shakthi - the female, water and lunar elements and the Pituitary. It is characterized by the desire, sub-consciousness and para-sympathetic (rest and digest' part of the nervous system) which helps in stabilising blood pressure and body temperature, calms stress levels and reduces anxiety.

Pingala -nerve channel representing Shiva-the male, fire and solar elements and the endocrine gland of Pineal. It is characterized by action, future and supra- consciousness and sympathetic. The feeling of I starts from here. As this is connected with the future, a lot of things which are in planning is taking place followed by action. If excessive energy is spent or warranted then exhaustion happens. The resultant feeling would be irritation, anger and negativity.

Sushmana- nerve channel representing the neutral and the balancing nerve, connecting all chakras from the base to the crown and the endocrine gland Thalamus. The energy flow in Sushmana is dependent on the clear path and flow of the idea & Pingala. The Sushmana is the ultimate tool available for the human beings to connect with the Universal consciousness and true liberation.

The above information and more are available in the open source.  
As Reiki healers, how to leverage the God's blessings.

Spiritual guides have explored these through their meditations and have transferred their knowledge through guru parampara. In addition the ancient tradition is to depict their spiritual experience in verse and in forms and temple deities. These are profound secrets of life in a cryptic form.



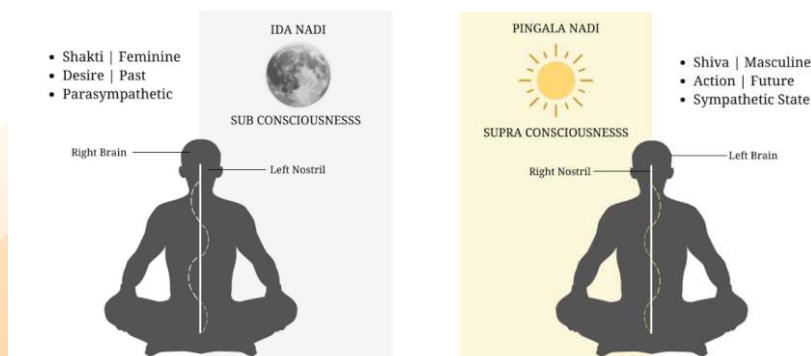
As a part of exploration in my spiritual journey, I had been intrigued by two of such deities.

- ◆ The twin serpents with a Shiv linga –
- ◆ This represents the energy flow through Ida and Pingala. Though The Sushumna is missing in the deity it is understood that the proper flow in the other 2 will help in energy flow of the central.
- ◆ The Murugan with his consorts
- ◆ Life has three energies :
- ◆ Iccha Shakti- Valli, consort of Murugan represents Iccha Shakti
- ◆ Kriya Shakti -desire; Devasena, consort of Murugan represent Kriya Shakti, that is, action effort
- ◆ Jnana Shakti- Murugan is Jnana Shakti, knowledge. Lord Murugan is considered as the embodiment of Knowledge and the only God who is depicted with the primordial sound symbol 'Om'.

If you are depressed, you are living in the past  
If you are anxious, you are living in the future  
If you are at peace, you are living in the present  
- Lao Tzu, Chinese Philosopher

Let us strive to live in the present to help the needy.

Spiritual interest occurs only when the energy flows through the Sushumna. In my opinion the culmination in the group seeking to explore constant improvement of self is due to active Sushumna. That way, we are indebted to our Guru Dr. P S Lalitha madam for invoking the spark through initiation in to the Reiki.



Mr. K .Venkata Raman  
Reiki Healer,  
Kumbakonam  
98695 13553





## *The Power of Intention in Reiki Healing: Enhancing Your Practice*



In the world of Reiki, the energy you as a channel is only a part of the healing process. Have you ever considered how the power of intention can profoundly impact your practice? As Reiki practitioners, understanding and harnessing intention can elevate your healing sessions and create transformative experiences for both you and your clients.

Intention is the driving force behind every Reiki session. It shapes the energy flow and influences the outcomes of healing. When practitioners set clear, positive intentions, they align themselves with the universal life force, enhancing the effectiveness of their work. Imagine entering a session with a focused intention, leading to deeper healing and a more profound connection with your client. This approach not only benefits the recipient but also enriches the practitioner's experience, fostering a sense of fulfillment and purpose.

**To harness the power of intention in your Reiki practice, consider the following strategies:**

- 1. Setting Clear Intentions:** Before each session, take a moment to define your intention. This could be to promote relaxation, facilitate emotional release, or support physical healing. Write it down or visualize it to solidify your focus.
- 2. Meditative Techniques:** Engage in a brief meditation to connect with your intention. You might use affirmations like "I am a channel for healing energy" or "My intention is to support this individual's journey toward wellness." This mental preparation can significantly enhance your effectiveness during the session.
- 3. Combine with Symbols:** Integrate the use of sacred Reiki symbols with your intentions. For instance, when using the Hon Sha Zei Sho Nen symbol for distance healing, pair it with a specific intention to amplify its effect, at emotional, mental and at karmic level.
- 4. Reflect on Outcomes:** After each session, take time to reflect on the results. Consider how your intention influenced the experience. This reflection will help you refine your approach and deepen your understanding of the connection between intention and healing.
- 5. Community Practice:** Encourage fellow practitioners to explore the power of intention together. Organize group intention-setting sessions, where everyone shares their goals and focuses on collective healing energy. This sense of community can enhance your personal practice and create a supportive environment.



The power of intention is a vital aspect of Reiki healing that can lead to more profound and rewarding experiences. By setting clear intentions, incorporating meditative practices, and reflecting on outcomes, you can elevate your practice and foster deeper connections with your clients. Embrace this transformative element of Reiki, and watch as it enriches your healing journey, nurturing both you and those you serve. Together, let's harness the power of intention to create a more meaningful and effective Reiki practice.

**Mr. Vickneswaran Meganathan**  
Reiki Master  
Malaysia.





## *Reiki Symbols – Game Changer*

First of all I want to thank my Guru Srila Prabhupada and Lord Krishna, for being very kind towards me. My long struggle of health issues, came to an end, by attuning myself to the Reiki energy, which is nothing but the pure divine energy. I was suffering from severe digestive issues and sleeping disorders for more than 8 years. I approached many systems of medicines like ayurveda, siddha, Pranic Healing etc. But they are not able to address the root cause of the problems. By coming in touch with Reiki , I understood that the root cause lies in chakras and the Aura.

The attunement given by SriDevi mam was very much effective, It was really a game changer for me. I found that within 10 to 15 days after the attunement, body has started to heal the problems on its own. It would be very difficult for me to fall asleep and digestion will be very poor at night time. But after the attunement process, and everyday drawing the symbols on the chakras and the body, my sleep and digestion was very much improved. Wonderful thing I noticed was, after everyday's sleep, I found better energy levels in my body. So Its the Reiki energy which works during the sleep, to heal the body on its own.

### **A Game changer**

Even though I have completed other healing modalities till advanced level, before taking Reiki. I feel that Reiki is very simple and effective to follow for a common man. Particularly the attunement process aligns the chakras with the universal energy. But in all other healing modalities there is no attunement process, hence the patient or practitioner should work on their own to open the chakras. Even if we receive healing from others also, some times there is healing crisis that tend to occur, in such case, Reiki symbols which are very divine and powerful, just by drawing them, we can feel the changes immediately.

One day I had a severe headache, I just drawn traditional symbols and Shanti symbols on all sides of the head, I felt the relief immediately. Finally I want to conclude, one should start with Reiki before going to all other systems of medicine. I thank Dr.PS.Lalitha for spreading this wonderful system of healing in the society. Finally I thank Dr.Mikaou Usui and Madam Takata, who are the founders of this wonderful system.

ALL GLORIES TO ALMIGHTY, LORD SRI KRISHNA.

**Mr. Parthiban .H**  
Reiki Healer  
Tirupathi  
9550948778



### *My Experience In Distance Healing*

- ◆ 33 years female patient suffering with the stiffness in backside of neck was healed by direct healing and she was able to turn her neck, very easily. Before healing her neck was so stiff and she was not able to turn her neck. After healing she felt so relaxed and her body had become very light.
- ◆ 72 years old Grandma was suffering with knee pain. After doing distance healing to her. Her pain was reduced about 90%. in one sitting itself, She told the pain was reduced. After distance healing,, She was able to walk easily.
- ◆ 75 years old grandpa had got injured in his left leg and the leg was swelled up and he was suffering from pain. After doing distance healing to him for 3 months, every 15 days once. Now the pain has been reduced and he was able to walk now.
- ◆ The dog owner asked me to heal the dog through distance healing. The dog was suffering from less platelet count it was under treatment. Before HEALING His platelet count was 40,000 with no proper intake of food and the dog was not active. After distance Healing, the dog's platelet count was increased to 1,00,000 in one sitting itself.
- ◆ Cow was difficult in breathing through the nose because of mucus, nostrils found to be blocked which had restricted the breathing. After healing for 2 days, she was able to breathe freely. Thus we can understand that Reiki heals the needy person, animals, nature.  
Thanks to Dr. P.S. Lalitha mam and my masters.

**Mrs. Periyayaki**  
Reiki Master  
Veppampattu. Thiruvallur  
9962074285





## *A Journey through Healing and Miracles: My Path with Reiki*

My name is Priyadharshini, and I'm a Reiki practitioner from Chennai. Over the past four years, my journey with Reiki has been transformative and inspiring, filled with experiences that transcend the ordinary. Under the guidance of my Gurus, Dr. Lalitha mam and Ms. Sridevi, I have not only completed the first, second, and third Reiki degrees but also gained profound insight into the incredible healing powers of this practice.

### **The Beginnings : Finding a Path in Reiki**

My initiation into Reiki began four years ago with Dr. Lalitha mam. Originally, I visited her clinic to treat my back pain, making a long 22kilometres journey one way. Recognizing my commitment, Dr. Lalitha mam encouraged me to learn Reiki so I could perform self-healing and introduced me to its foundational first and second degrees. Recently, I completed my third degree with Ms.Sridevi. Despite being conducted online, Ms. Sridevi's course was as engaging and comprehensive as an in-person class. She taught each symbol and concept with such clarity and depth, infusing her own experiences and understanding into every lesson. Her warm, welcoming style transformed our sessions into friendly conversations, creating a learning environment where I felt both supported and inspired.

### **The Power of Healing: My Personal Experiences**

Through my Reiki journey, I've been able to contribute to remarkable recoveries, each one reaffirming my belief in the power of this ancient practice.

- ◆ One of my earliest cases was a woman suffering from immobility in her left hand for three years. After receiving three months of Reiki, she experienced a breakthrough she could stretch her hand fully and even braid her hair. Witnessing her regain function where other treatments had failed was humbling, and it deepened my trust in Reiki's ability to bring real change.
- ◆ Another unforgettable case involved my grandmother, who, at age 70, developed severe tonsillitis, with surgery recommended as the only solution even after a second opinion. Unfortunately, doctors warned that her voice might be affected permanently. Heartbroken, she feared the prospect of losing her voice and she was not ready for the operation. Without informing anyone, I performed Reiki on her while she slept the night before the operation. Miraculously, the surgery went smoothly; the tumor in her throat had softened, making removal far easier. Within two days, her voice returned to normal, and she continued to live healthily, speaking freely, until the age of 85
- ◆ In another instance, my friend's father was hospitalized with a life-threatening heart condition, and doctors were leaning towards surgery. My friend felt very anxious, so I requested a scan report and performed Reiki remotely, envisioning his recovery. The following day, his condition improved significantly, and over the next week, he was discharged and fully recovered. Seeing Reiki offer such profound healing even when performed remotely was both humbling and inspiring.



## **Reiki's Influence in Everyday Life**

Reiki has not only helped me heal others but also enhanced my daily life, bringing a sense of peace and growth to my relationships with family, friends, and even plants. Recently, after a short trip, I returned to find my money plant drying. I watered it and performed Reiki, silently encouraging it to blossom. The following morning, I was thrilled to see a fresh new leaf a small but powerful reminder of Reiki's ability to respond to care and intention.

## **A Divine Vision Realized: My RedCarpet Journey to Tirupati**

During my third-degree Reiki training, Ms. Sridevi asked me to visualize a "red magic carpet" journey, a peaceful, imaginary tour of the world's beauty. As I began, I found myself gliding on a red carpet directly to Tirupati. In this vision, I arrived at the sacred Tirumala Temple, stepping onto the red magic carpet and walking through the calm, quiet halls. In front of me was Lord Venkateshwara, and for a full, undisturbed minute, I stood in awe, immersed in a divine darshan.

Last month, during the busy Brahmotsavam festival at Tirupati, something miraculous happened. My family and I had reserved Rs. 300 darshan tickets, initially uncertain due to the usual festival crowds, but we proceeded with trust in divine grace. To our amazement, the temple was less crowded than expected, and within just two and a half hours, we completed our darshan.

As I walked inside, I noticed a red carpet just as I'd visualized in Ms. Sridevi's guided meditation on mental retreat. Then, an unexpected pause occurred when a security officer ahead dropped her ID tag, creating a brief gap in the line. Standing in the middle row, I found myself face to face with Lord Venkateshwara, undisturbed, for a full minute, a blessing I hadn't experienced in 40 years, with tears in my eyes.

At that moment, I realized that my "red carpet journey" visualization had come to life. I'm deeply grateful to Ms. Sridevi for this profound practice, which manifested into reality and reminded me of the powerful ways of faith with the divine intervention of the universe

## **Gratitude for My Gurus and the Reiki Community**

My journey with Reiki has been a gift, opening doors to healing, wisdom, and wonder. I am profoundly grateful to Dr. Lalitha mam, Ms. Sridevi and the entire Reiki lineage including the teachings of Dr. Mikao Usui for guiding me and allowing me to be part of this healing community.

Thank you for allowing me to share these experiences. May Reiki continue to light the path for all who seek healing and peace.

**Mrs. Priyadharshini Ramesh**  
Reiki Healer, Chennai.  
9884908289



## *Unlocking the Synergy of Reiki & Neuroscience*

In today's world, mental health is a topic of utmost relevance. As per the World Health organization (WHO), about 15-20% of the global population suffers from mental health issues, a figure expected to rise significantly in the years to come. Neuroscience, the study of the brain and the nervous system, talks about mental and emotional wellness being able to positively impact physical health.

Stress is a common word in the dictionary of both children and adults. In our increasingly competitive world, stress shows up in different aspects of life – career, education, finance, and relationships, affecting mental well-being and in turn impairing physical health. This is where the divine healing modality of Reiki becomes relevant, working both on the gross level of the physical body and the subtle level of the auric body.

At the gross level, western physiology defines the autonomous nervous system, containing various nerves and nerve centers. The vagus nerve is the longest and most important, that helps to calm the body after stress. Going deeper, texts like the Shat Chakra Nirupana elaborate about the nadis (channels of energy) and the chakras (centers of consciousness or energy) in the subtle body. Reiki healing therapy can be used for stress reduction and relaxation, by decreasing the neurophysiological stress in the physical body, and by cleansing and energizing the chakras in the energy body. As the nervous system serves as a conduit for Reiki energy, the healing enhances mental, emotional and physical well-being in several ways

### **Activates the parasympathetic nervous system**

Reiki counteracts stress and anxiety by balancing the autonomous nervous system. The parasympathetic nervous system which signals the body to relax, is activated through this healing method.

### **Stimulates deep relaxation and meditative states**

Healing occurs when the body is calm. By modulating heart rate variability and reducing the arousal of the sympathetic nervous system which puts the body on an alert, Reiki fosters deep relaxation.

### **Promotes neuroplasticity**

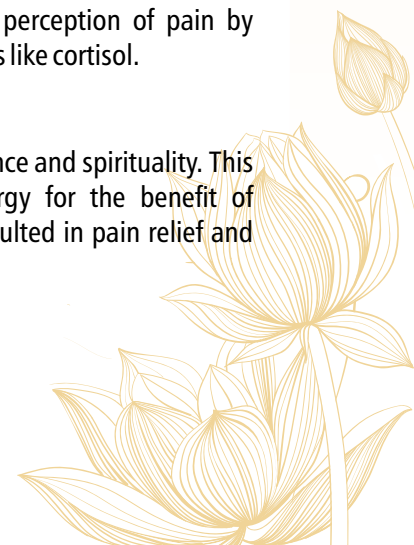
The brain's ability to reorganize itself by forming new neural connections is crucial while adapting to stress or recovering from traumatic situations. Reiki promotes this capability of the nervous system, by reorganizing its structure and functions.

### **Harmonizes neurotransmitters**

Neuroscience examines show the brain processes pain. Practicing Reiki alters the perception of pain by releasing happy hormones like serotonin and endorphins, and reducing stress producing ones like cortisol.

### **Conclusion:**

The transformative power of Reiki lies in understanding the interconnectedness of science and spirituality. This indigenous healing technique focuses on the mind-body connection, channeling energy for the benefit of individuals. At a personal level, consistent practice of Reiki and Chakra meditation has resulted in pain relief and management, emotional regulation, and contributed to an improved state of well-being.



As it is said, prevention is better than cure. One doesn't have to wait for a problem to appear at the physical level and then cure it. Regular cleansing of the aura and daily meditation are great mechanisms for youngsters to manage stress, deal with challenges, and maintain their balance and calm.

My sincere gratitude to Reiki, Dr. P.S. Lalitha madam, and all my masters on the spiritual path.

**Ms. Sowmya Krishnan**  
Reiki Healer, Hyderabad  
9701526218







## *Reiki and Its Benefits for Pregnancy, Babies, and Children*

Imagine a gentle healing practice that not only supports expectant mothers but also nurtures new-borns and promotes the well-being of children. Reiki, a holistic healing method rooted in the universal life force, offers remarkable benefits during pregnancy and beyond.

For pregnant women, Reiki can transform the journey of motherhood. Those attuned to Reiki often report a more enjoyable pregnancy and easier childbirth experiences. This ancient practice helps alleviate morning sickness, reduces stress and fatigue, and stimulates healthy development for the unborn child. Additionally, Reiki fosters a deeper emotional bond between mother and baby through the power of loving touch. But the benefits don't stop there. For new-borns, Reiki accelerates recovery post-birth, promotes healing of the umbilical cord, and nourishes breast milk, enhancing its nutritional quality. Parents can easily channel Reiki to soothe common issues like colic and cradle cap, providing comfort and relief.

As children grow, Reiki continues to be a valuable tool for lifelong health. It helps relieve aches and pains from injuries, promotes relaxation for better sleep, and encourages overall balance in mind, body, and spirit. Teaching children the five principles of Reiki empower them with skills for emotional resilience and well-being, setting them on a path to a healthier life.

Imagine your child finding calm in challenging situations or recovering swiftly from minor injuries—all thanks to the nurturing energy of Reiki. This practice is not just a fleeting trend; it's a pathway to holistic health that can profoundly impact their lives.

Incorporating Reiki into the lives of mothers, babies, and children can lead to profound, positive outcomes. From reducing stress during pregnancy to promoting healing and emotional well-being in children, Reiki offers a nurturing approach that enhances quality of life. By fostering a connection to the universal life force, families can experience deeper bonds and a greater sense of peace. Embrace the transformative power of Reiki and watch as it nurtures not just health but also happiness and harmony within your family.

**Ms. Thinisha**  
Reiki Master  
Malaysia.



## *Keep Yourself Eternally Aligned with divine Reiki*

Reiki, a Japanese word meaning "Life Force Energy," forms the foundation of the universe, animating every creation within it. Without Reiki, nothing in the universe would exist or act. As human beings, we are born with this Life Force Energy, which activates the static matter within us. When this energy enters matter, it brings life and motion; in Sanskrit, it is referred to as "Prana." When Prana departs from us, we revert to mere matter. In this sense, we can understand that we, too, are Reiki—pure Life Force Energy.

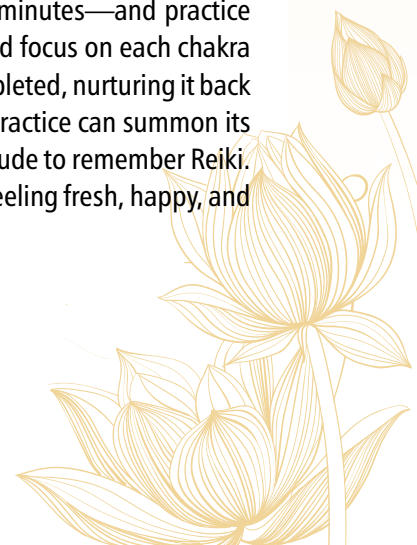
We are already aligned with Reiki, but when we lose touch with it, energy ceases to flow freely through us, leading to a state of dis-ease. This Life Force Energy, ever-present in our surroundings, flows from the cosmos through each person's crown chakra, streaming through other chakras and body parts via 72,000 Nadis (energy channels). When there's a blockage within any of these Nadis, energy flow is disrupted, affecting the organ, chakra, or body part linked to that channel. We replenish this energy primarily through food and sleep. However, when this intake is insufficient, we may experience physical pain, aches, or mental disturbances. To restore proper energy flow to body and mind, we can meditate and invoke Reiki, which harmonizes the Nadis, alleviating pain and restoring mental equilibrium.

Learning Reiki as a therapeutic practice can help us and others balance our lives. This simple technique activates the body's natural healing processes effectively, often providing quick results for acute issues. For instance, food poisoning can be treated without medication by applying Reiki to acupressure points related to stomach infection and indigestion, combined with drinking plenty of fluids.

Through Reiki, we can guide others to reconnect with their inner magic—their Infinite Intelligence—that governs automatic bodily functions with seamless coordination. This Infinite Intelligence, residing in our subconscious mind, shapes our thoughts, words, and actions. Therefore, Reiki benefits us physically and mentally, aiding us in achieving a harmonious state.

Incorporating Reiki into daily practices enhances well-being. Journaling, for instance, allows us to release unneeded thoughts or emotions, which we can offer to the Divine Light. Negative energies naturally clear from our aura when we expose ourselves to sunlight, spend time in nature, take saltwater baths, or stand in seawater. Energized crystals can also contribute to a sense of refreshment and rejuvenation. Cultivating appreciation and love towards others attracts positivity and love in return. When we start to have excess energy, we can use it for more constructive activities and we can ground ourselves by walking barefoot on grass or hugging a tree.

Every morning, try to balance your chakras—a process that only takes about nine minutes—and practice meditation while invoking Reiki symbols. Cleanse your chakras with mindful breathing, and focus on each chakra using its Beeja mantra. You may also choose to concentrate on a specific chakra that feels depleted, nurturing it back to health. Reiki allows for self-healing even amid challenging situations; a simple mental practice can summon its flow. After waking up in the morning and before sleeping at night, take a moment of gratitude to remember Reiki. Release any anger or hatred you harbor, and offer forgiveness. This practice will leave you feeling fresh, happy, and productive throughout the day.



Healing others through Reiki, whenever the opportunity arises, benefits you first; in sending energy, your own vibrational level is elevated by healing you first. Share Reiki's potential with others passionately, encouraging them to learn this beautiful Science offered by the Creator.

Embrace Reiki in all aspects of life—infuse it into the food you cook, the water you drink, and your studies or work. By invoking Reiki before beginning any project or assignment, and thanking it for its presence, you may find your efforts flow smoothly and successfully.

By consistently aligning with the divine energy of Reiki, you'll receive messages from the Divine to guide you. Simply stay aware and attentive to these messages and act on them. Love & Light to All.



Hugging a Tree - Grounding

**Mrs. Uma Seetharaman**  
Reiki Master,  
Drugless Therapist & Teacher, Adyar,  
Chennai. 9840748942



## *Reiki- As Integral part of life*

Learning reiki is one of the most liberating and empowering things I have ever done to myself. Reiki is like turning on the light of healing in us it is a beautiful energy that turns on the light of healing to promote relaxation and wellness.

For me, reiki has become an integral part of life. It has improved my life in various aspects and helped me to become the best version I could be. It has made me understand the importance of self-love and has shown that with just energy in your hands and with the help of the universe you can treat any problem. It will always guide you and give you hope in impossible situations.

I am immensely honoured to be a student of Mrs. Arundhathy ma'am and to be under the guidance of Dr. PS Lalitha ma'am. I took sujok training and have completed reiki 3A under Arundhathy ma'am. I was introduced to Lalitha ma'am through She has guided me a lot. Along with that, I attend her meditation sessions regularly and I have to say those are the most blissful and relaxing sessions.

My first attunement to reiki was on 29th November 2022 a very sweet moment for me. Who knew reiki would become such an inseparable part of me. It has laid a foundation for me and through it, I have learned so many things like sujok acupressure bach remedy and such things.

### **REIKI FOR FAMILY:**

Shortly after learning reiki, I started practicing on me and my family and it showed me amazing results. I still remember when my family and I were on a trip (Thane-Pune) everyone was so exhausted and ill. My husband wasn't even able to drive back home but after using reiki my family recovered slowly and we drove home safely. Another incident occurred, my son was suffering from tonsils and the doctor had said to come back to run a few tests on him. I gave my son reiki regularly and to our surprise the test results were absolutely normal in the next week with no sign of tonsils. I was thoroughly impressed and taken aback by the situation.

### **REIKI FOR AUTISM:**

As I gained more confidence and expertise in reiki, I began practicing it on my clients. One of my clients had autism and struggled with taking his medications properly, eating well, and sitting still for prolonged periods of time. However, after using distance and direct healing techniques on him, he began to show slight signs of improvement. I am happy to report that he is now taking his medications properly, eating well, and able to sit still for longer periods of time. This was a wonderful surprise for both myself and the client's mother, who is also a friend of mine.

One of my clients was facing severe family problems which had led to a divorce. However, after receiving Reiki therapy from me, she experienced a noticeable improvement in her family dynamics. The positive changes were evident and gave her hope for a better future.

### **REIKI FOR MY DISHWASHER:**

I would like to share that I encountered a peculiar situation where my dishwasher was persistently malfunctioning, despite being repaired several times. However, after employing the use of Reiki symbols on the appliance, I can confirm that there has been a marked improvement in its functionality. I thought it might be useful to share this experience with all of you, where some of the miracles that I felt could easily prove the immense power of reiki.

I wish to express my sincere gratitude to the universe and my esteemed mentors for introducing me to the practice of reiki. It has been a truly remarkable experience, one that I feel privileged to have encountered.

**Mrs. Uma Mageswari Srivatsan**  
Reiki Healer  
Mumbai.  
+91 90032 34740





## உடல் ஆரோக்கியம், வாழ்க்கை முறைகளும்..

நம் உடல் ஆரோக்கியமாக இருக்க வேண்டும் எனில் நமது வாழ்க்கை முறையில் சரியான வழிமுறைகளைக் கடைப்பிடிக்கவேண்டும். ஆனால் தற்காலத்தில் மாறிய உணவு முறைகளாலும், வேலை பளுவாலும் இரவு உறக்க நேரம் மாறுவதாலும் பலரும் பல நோய்கள் வரப்பெற்று அவதிப்படுகின்றனர்.

அக்காலத்தில் நேரம் என்பது மிகவும் முக்கியமானதாகக் கருதப்பட்டது. காலை உதயத்தில் எழுவது, பிரம்ம முகூர்த்தமான 3 மணியிலிருந்து 5 மணிவரை நல்ல காற்றும். உடலுக்குத் தேவையான ஓசோன் எனப்படும் சக்தியும்பெற கோவிலுக்குச் செல்வது என விடியற்காலை எழும் பக்கம் ஆரோக்கியத்தை தந்தது.

பின் சரியான நேரத்தில் காலை உணவு அரிசனைப்போல ஏற்கவேண்டும் இதனால் நல்ல சக்தியும், நாள்முழுவதும் வேலை செய்வதற்கான சக்தியும் அபரிமிதமாகக்கிடைக்கும். மதியம் சாதாரண மக்கள் போல உணவு உட்கொள்ளவேண்டும். ஜீரணசக்தி நன்கு செயல்படும். இரவு உணவு மாலை ஏழுமணிக்குள் முடிக்கவேண்டும். அதுவும் சிறிதளவே சாப்பிடவேண்டும்.

### உடல் ஆரோக்கியமாக இருக்க அடுத்துவாழிமுறை : உடற்பயிற்சி

பலவித உடற்பயிற்சிகள் உள்ளன. அவற்றில் அவரவர்க்குத்தகுந்தாற்போல செய்யவேண்டும். யோகா, நடைபயிற்சி போன்ற உடற்பயிற்சிகளை மேற்கொண்டு ஆரோக்கியத்தைப்பாதுகாக்கவேண்டும்.

### அடுத்தவாழி முறை தியானம் :

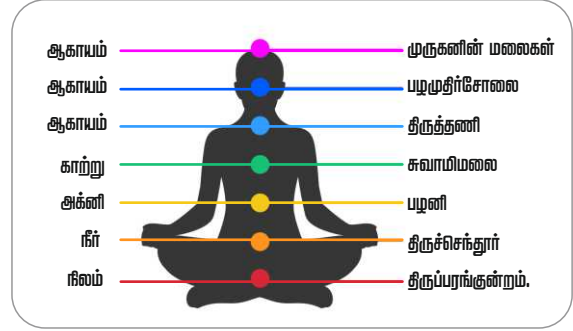
தியானத்தின் மூலம் நமக்குத் தேவையான அனைத்தையுமே பெற முடியும். தியானத்திற்கு முதல் முயற்சி ப்ராணாயாமம் எனப்படும் மூச்சுப்பயிற்சியின் மூலம் தியானத்தையும் வெற்றி கொள்ளலாம். தியானத்திற்கு முன் மனதில் நமக்குத்தேவை என்ன என்பதை சங்கல்பம் எடுத்துக் கொண்டு அது நமக்கு கிடைத்து விட்டது போன்ற மகிழ்ச்சியுடன் தியானம் செய்யுங்கள். நினைத்தது கிடைக்கும். இதற்கு அதிகாலையில் எழுந்து பிரம்ம முகூர்த்த நேரத்தில் தியானம் செய்வது உத்தமம். நம் உடலில் ஏழுசக்கரங்கள் உள்ளன.

ஒவ்வொரு சக்கரமும் உடலின் ஒவ்வொரு அங்கத்தையும் பாதுகாக்கும் பணியைச் செய்கிறது. சக்கரங்களின் மூலம் சக்தி முன்செல்கின்றனது. சக்தியை அள்ளிக்கொடுக்கும் ப்ரபஞ்சத்திமிருந்து தியானத்தின் மூலம் சக்கரங்கள் சக்தியை அதிகமாகப்பெற்று உடலுக்கு அனுப்புகிறது. தியானமுறைகளும் பல உள்ளன. அறுபடைவீடு முருகப்பெருமானின் திருத்தலங்கள். அவை நம்முள்ளும் இருப்பதை அறிவீர்களா?



சக்கரங்களும், ஜம்பூதங்களும், அறுபடைவீடுகளும் நம் உடலில் உள்ள :

மூலாதாரம்	நிலம்	திருப்பராங்குன்றம்.
சுவாதிஷ்டானம்	நீர்	திருச்செந்தூர்
மணிபூரகம்	அக்னி	பழனி
அனாஹதம்	காற்று	சுவாமிமலை
விஷுதி	ஆகாயம்	திருத்தணி
ஆக்ஞா	ஆகாயம்	பழமுதிர்சோலை
சகஸ்ரார	ஆகாயம்	முருகனின் எல்லா மலைக்கோயில்களும் அடக்கம்

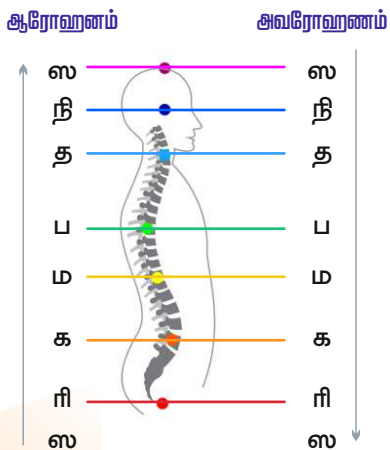


இந்தமுறையில் உடலின் உள்ளே அறுபடை வீட்டை தியானித்தால் அறுபடைவீட்டிற்கும் சென்றவந்த பலன் கிடைக்கும்.

சக்கரங்களும், ஏழு ஸ்வரங்களும் :

இரண்டாவது தியானமுறைப்பாட்டின் மூலம் ஆரோஹணம், அவரோஹணம் மூலம் செய்வது பின்பக்க மூலாதாரத்தில் - ஸ, சுவாதிஷ்டானத்தில் - ரி, மணிபூரகத்தில் - க, அனாஹதத்தில் - ம, விஷுத்தியில் - ப, ஆக்ஞாவில் - த, ஸஹஸ்ராரத்தில் - நி, மேலே ஸ. பின் இறங்கு முகமாக ஸஹஸ்ராரத்தில் - ஸ, அக்ஞாவில் - நி, விஷுத்தியில் - த, அனாஹதத்தில் - ப, மணி பூரகத்தில் - ம, ஸ்வாதிஷ்டானத்தில் - க, மூலாதாரம் - ரி, கீழே - ஸ என்று முடிக்கவும். இதுவும் சக்தியைத் தரும் 12 ஜ்யோதிர்லிங்க தியானமும் இதே முறையில் செய்யலாம்.

அப்துல்கலாம் அவர்களைப்போல அவரவர் துறையில் தீவிரமாகவும், மனதை ஒருமுகப்படுத்தி வேலை செய்வதும் தியானமே. அவர் தீவிர முறையில் நிறைய சாதனைகளைச் செய்தார். நாட்டை மிகநேசித்ததால் உலக அளவில் நாட்டை வள்ளரசாக்க வேண்டும் என்ற குறிக்கோளுடன் பணியாற்றி நாட்டிற்கு நல்லதொரு பாதுகாவலராக இருந்தார். இதுவும் ஒருவகை தியானமே. அனைவரும் அவரவர்க்கு உகந்த முறையில் தொடர்ந்து தியானம் செய்து உயரிய பலனை அடைய வாழ்த்துகிறேன். வாழ்க வளமுடன்.



Mrs. Saraswathi Kalyanasundaram  
Reiki Master, Bangalore.  
9444417155



## ரெய்கியின் மகத்துவம்.

ரெய்கியின் சக்தி ஆச்சர்யமான சம்பவம். காணாமல் போனவர் கிடைத்தது. கோவை பாப்பநாயக்கன் பாளையத்தை சேர்ந்த கோபி என்பவர் சிறிய கடை வைத்து நடத்துகிறார். வயது 45. (24.02.2024) காலை கடைக்கு வியாபாரத்திற்கு சென்றவர் 1 வாரமாகியும் வீட்டிற்கு வரவில்லை. நண்பர் மூலம் காணாமல் போனவரை கண்டுபிடிக்க என்ன செய்வது என்று புரியவில்லை. அவர் புகைப்படம் மற்றும் பெயர் + அவர் கிடைத்து விட்டார். வீட்டுக்கு வந்து விட்டார் என்று எழுதி வைத்து யூஎஃவ்ஷ் னுலிமு உதவியுடன் சிகிச்சை கொடுத்து வந்தேன். அவர் மனைவிக்கு சனிக்கிழமை செய்யும் தியானத்தை சொல்லி கொடுத்து அவர் வீட்டுக்கு வந்து சேர்ந்து விட்டது போல் கற்பனையாக நினைத்து வர சொன்னேன்.

போலிஸில் புகார் கொடுத்து இருந்தார்கள். மனஉளைச்சலில் வெளியே சென்றவர் கையில் இருந்த பணத்தை தொலைத்து விட்டார். வீட்டிற்கு வர சங்கடப்பட்டு வீட்டிற்கு வரவில்லை. மேட்டூர் அருகே கூலி வேலை செய்து வந்தவருக்கு அடிக்கடி வீட்டுக்கு போக வேண்டும் என்ற உணர்வு அடிக்கடி ஏற்பட்டு May 5 தானே வீடு வந்து சேர்ந்தார். நான் Reiki box மூலம் Traditional symbols மட்டும் கொடுத்தேன். மனம் மாறி வீட்டிற்கு வந்து விட்டார் என்று எழுதி வைத்து சக்தி அளித்து வந்தேன். காணாமல் போனவர் Reiki சக்தியினால் கிடைத்தது மன மகிழ்ச்சியை தந்தது. எனவே தான் தியான வகுப்பில் கற்பனை வழியாக நல்லதையே நினைக்க சொல்கிறேன். ப்ரபஞ்ச சக்தியிடம் சரணடைந்து வெற்றி அடைவதையே நினைக்க ப்ரபஞ்சம் அதையே நடத்தி கொடுக்கும். நம் நியாயமான கோரிக்கைகள் நடக்க உதவும். ரெய்கிக்கு நன்றி.

**Mr. Natarajan**

Reiki Grand Master, Coimbatore

9842263804.



## *Impact of Group Healing - Experience of a Client*

This is about my experiences in the recent past, which made a big impact in my life. It all started with a fever in my body. As all of us homemakers, are wanted to do, I tried shrugging it off, and then tried the Paracetamol regime. However, I quickly ended up in a hospital.

That too failed to give relief and the subsequent tests in the hospital, suddenly brought to notice, the presence of something far more serious, a suspected lesion in my kidney. That caused an emergency admission, in another super speciality hospital nearby and the next thing I had to face, was a bigger shock, of a Tumorous growth and the requirement of removal of one kidney immediately.

My family was with me for support, but they were unfortunately requiring, much more of the same, from me too. That left me, to my prayers for solace and at that time, one of my close relatives called me and while encouraging me to be calm and brave, she said she will also pray and do Reiki healing, from her place.

I was taking in, all the prayers and wishes from my kith and kin for recovery and therefore was very eager and thankful for this help too. My relative explained to me, that she was active in a group, which would try to help me with group healing prayers, even during the planned surgery, which was to happen the immediate day following. I remember waking up after my surgery and being drowsy, but didn't have much pain, though it was a major surgery. I thought, this may be due to the medications given post surgery, but then, I was also distinctly remembering, a strong feeling inside my body, when I was awaiting the start of the operation in the theater and when the group healing, was simultaneously happening, remotely.

The next day the doctors and nurse were surprised, when I said I didn't need any pain killers, as I had almost nil pain. The nurses were afraid to stop those medicines and had to check with the doctors and then agreed. During my recovery, the doctors came and explained that, I was lucky to have that fever and therefore could know about this hidden problem, in my kidney. That made it possible, to do the surgery early enough and stop the risk or danger of the tumor, spreading further.

My strength of mind during this time, was solely from the prayers and wishes of all those friends, I knew and the new remote friends, I didn't know in person, but who helped, because of their goodness and kindness of heart. More so, as I had some limited experience of Reiki, years before in my family, I could experience and notice the effect, it had in reducing my pain and calming me and also in the quick recovery, after the surgery.

I have full belief that, all this could be done, even from afar and am so thankful to those selfless Reiki friends and am obliged for their sincere efforts and kindness. It is no small help, when we stumble and a helping hand shows up. When God answers our prayers, he does that through his chosen ones. I take this momentum to express my gratitude to Mrs. Seethalakshmi, Disciple of Dr. P.S. Lalitha in Reiki and her associates who rendered their healing support. Through group healing.

**Mrs. Seethalakshmi**  
Reiki Master, Bangalore  
+91 96637 92572

## *Regeneration Of Hip Joints- Cure Through Holistic Approach.*

With spiritual rootedness, practice of Reiki and other healing modalities that benefits the humanity had began in my life before 20 yrs ...with a beautiful journey in healing others...hereby I would like to share my recent success story... which brought hope and light to a person.

A lady in late 30's, had a degeneration of Hip Joints which made her to stumble in walking and thereby no movements in her day to day life...For about a month of dedication towards healing ...with an extended cooperation and patience from the client ,the lady experienced a miracle in her life...

The universal energy uplifted her spirits...with faith as her foundation in the healing that is done by myself to her started to make her cells rejuvenative, and new which brought the essence of healing to life that produced a massive impact in her life to walk steadily and confidently by regenerating her cells in the hip joints.

**Healing therapy used :** Reiki with combination of acupuncture and Bach flower remedy...

Now the lady is under observation and follow up just to look forward to see the progressive state of life after the completion of the healing through Holistic approach...

Thanks to Reiki and other healing modalities which gave her the hope and light...to her.

**Dr. Yashodha Sethuraman**  
Reiki Grand Master  
Holistic Healer, Bangalore.  
+91 98453 08364







### *Feed back from the client*

I wanted to take a moment to express my heartfelt gratitude for the Reiki treatment that I receive from Vasanthi Mam. From the moment I spoke to her, I felt a sense of calm and comfort allowing me to truly relax and open up to the healing energy. Her speech and approach has an extremely calming effect that has allowed me to open up and relax in the healing energy that she provides. Her sessions have profound impact on me . I feel more relaxed and centered. I came to her for my spondylitis but I call her for everything now. Her intuitive approach and gentle guidance made all the difference in my life .

She has supported me to release my tension and gain clarity in many areas of my life . I have noticed a positive shift in my mood and overall well being. The sense of peace that came as a byproduct of our conversation and treatment made me in tune with my body and emotions.

Thank you is a small word to tell her . It is great experience and I am grateful to her and almighty for creating such a nurturing environment and a genuine care. I am looking forward to continuing this journey with you and explore more sessions in future .

I am grateful to find a person / healer like you .

**Mr. Vasanthi Karthik**  
Reiki Master  
Chennai  
9380571682



## எனக்கு வேண்டியது கிட்டியது...

எனக்கு ரெய்கி மாஸ்டர் ஸ்ரீதேவி அவர்கள் அறிமுகம் கிடைத்த ஒரு வாரத்திற்கு முன்பு நான் என் மனதை முழுவதும் இறைவனிடம் ஒப்படைத்து எனக்கு நல்ல குரு அமைய அருள் புரியுங்கள் என்று வேண்டினேன். அதே வாரத்தில் மதிப்பிற்குரிய Dr. லலிதா அவர்கள் மூலமாக ஸ்ரீதேவி அவர்கள் எனக்கு குருவாக கிடைத்தார்கள்.

நான் ரெய்கி அருள் பெறுவதற்கு முன் தியானம், யோகா, மூச்சுபயிற்சி செய்து இருக்கேன் ஆனால் எனக்கு ரெய்கி அருள் பெற்ற பிறகு தான் உண்மையான பிரபஞ்ச சக்தி புரிந்தது.

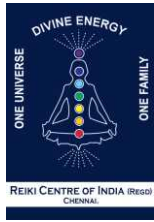
நான் ரெய்கி சிகிச்சையை முதன்முதலில் என் அம்மாவுக்குதான் செய்தேன். அவர்களுக்கு காது வலி இருந்தது. நான் ரெய்கி செய்து முடித்தவுடன் அவர்களுக்கு காது வலி சரியாகிவிட்டது மற்றும் நீண்ட நாள் அவர்களுக்கு இரவு தூக்கம் சரியாக வரவில்லை. ரெய்கி சிகிச்சைக்கு பிறகு அவர்களுக்கு அன்று நல்ல தூக்கம் வந்தது. அவர்கள் மிகவும் நெகிழ்ச்சியுடன் கூறினார்கள்.

என் மேளாளர் க்கு வயிற்று வலி அதிகமாக இருந்தது. நான் ரெய்கி சிகிச்சை அளித்தேன். ஒரு 5 நிமிடத்தில் அவருக்கு வலி காணாமல் போய்விட்டது.

என் பெண்ணிற்கு அதிக காய்ச்சல் வந்தது அப்பொழுது ஸ்ரீதேவி அவர்கள் தொலை தொடர்பு சிகிச்சை செய்தார்கள். நானும் என் மனைவியும் என் பெண்ணிற்கு அருகில் இருந்து சிகிச்சை செய்தோம். இறைவனின் அருளாளரும் ரெய்கி சக்தியாலும் என் பெண் குணமடைந்தாள்.

எனக்கு ரெய்கி கிடைத்ததற்கு இறைவனுக்கும், Dr. லலிதா-க்கும், என் குரு ஸ்ரீதேவி-க்கும் மிக்க நன்றி..

Mr. Thirumal  
Vettavalam  
Tiruvannamalai dist.  
97510 41473



## REIKI CENTRE OF INDIA (Regd.)

The Secretary

No. 487, 17th Street, 4th Sector, K.K. Nagar,  
Chennai - 600 078.

e-mail : reikicentreofindia@gmail.com

### APPLICATION FORM

To.

#### THE SECRETARY

No.487, 17th Street, 4th Street,  
K.K. Nagar, Chennai - 600 078.  
Ph : 93805 71682

Dear Sir/Madam.

Please enroll me as a member of Reiki Centre of India, I am enclosing herewith the Life membership fee of Rs. One Thousand five hundred rupees only by Cash/Crossed Cheque/DD Payable at Chennai in favour of Reiki Centre of India.

Name : .....

Full Address : .....

: .....

: .....

Telephone : .....

Mobile : .....

E-mail : .....

Date of Birth : .....

Marriage Day : .....

Place : .....

Date : .....

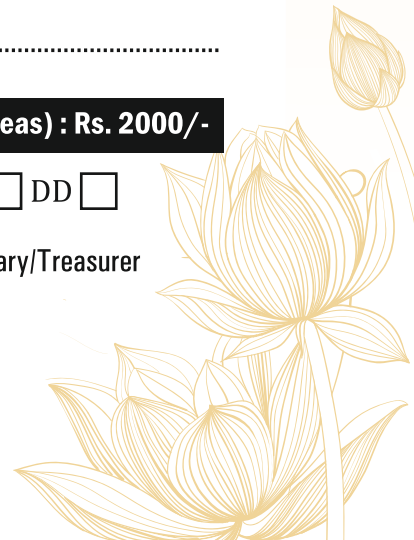
**Life Membership Fee (India) : Rs. 1500/-**

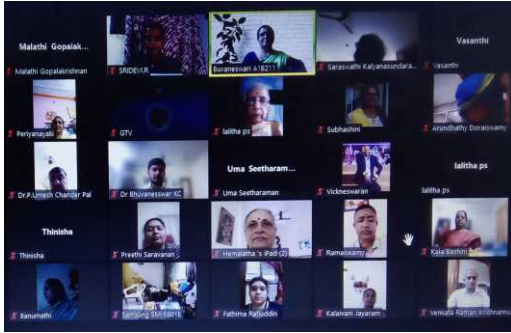
Cash  Cheque  DD

**Life Membership Fee (Overseas) : Rs. 2000/-**

Cash  Cheque  DD

P.S. in case of Change in Address/Phone No. Please inform the President/Secretary/Treasurer





25th World Reiki Day - 2024



Reiki - Art Exhibition Jan.2024



Reiki - Art Exhibition Jan.2024



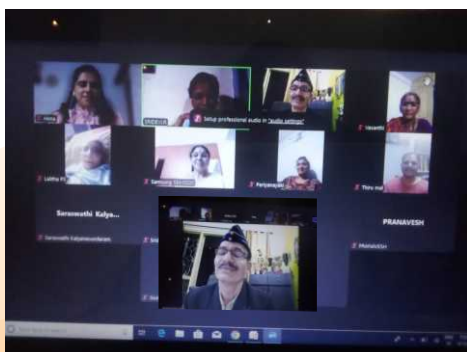
Healing Camp @ Temple Site



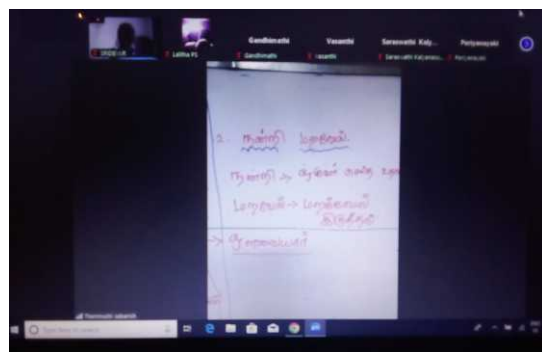
Independence Day - Eco Consciousness Programme



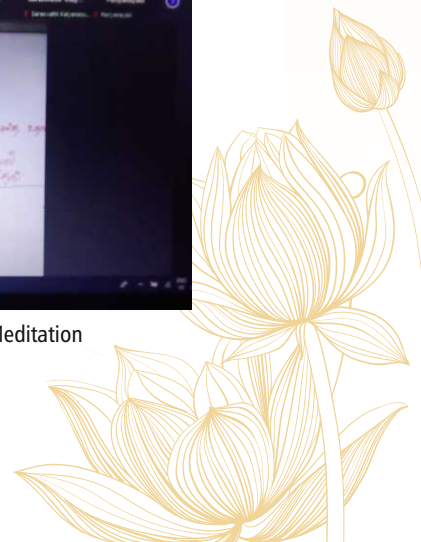
ICAI Institute - Health Management and Management Series



Independence Day - Online Special Programme  
Chief Guest : Rajesh Kumar Gautam, (Retd. Navy)



Universal Consciousness Meditation



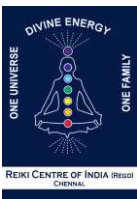


## WISH BOARD MESSAGE TO ALL



**Dr. P. S. LALITHA**

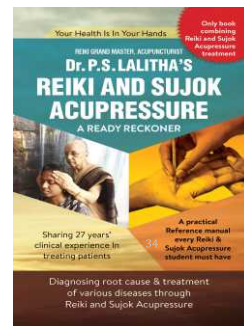
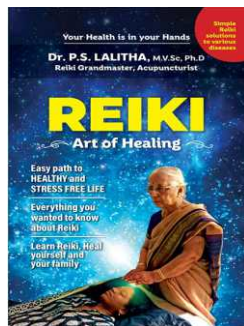
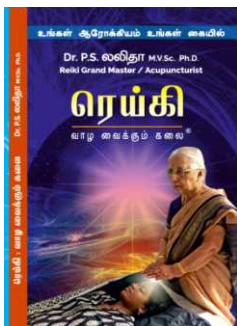
Founder- Reiki Centre of India & Art of Healing



My best wishes to all the healers for all the efforts of Reiki Centre of India in propagating the essence of Reiki with progressive growth.

With her great, relentless effort patented the Art of Healing and published five books.

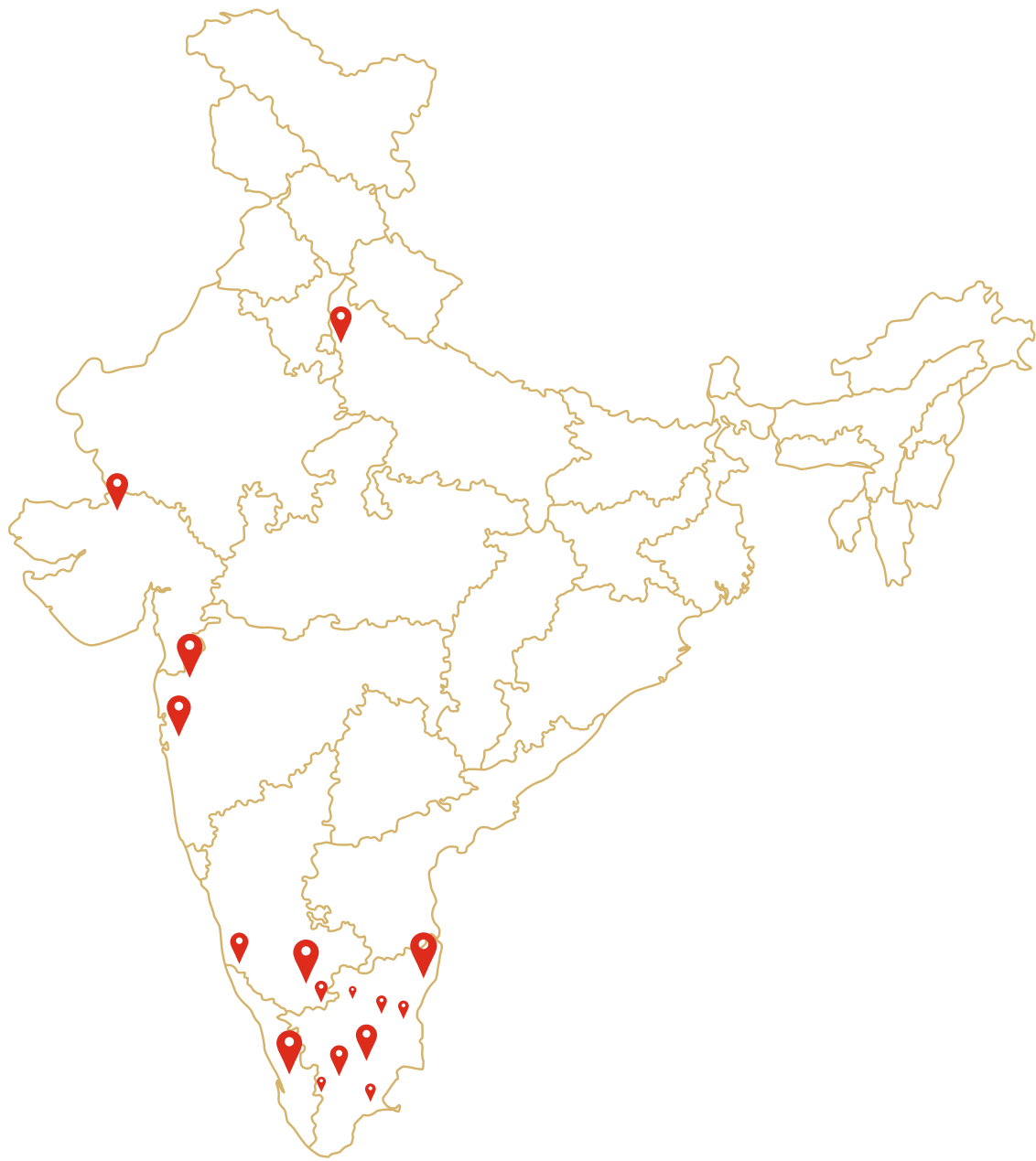
## BOOK OF DR. P.S LALITHA



Available at : [amazon](#) [Flipkart](#) [f](#)





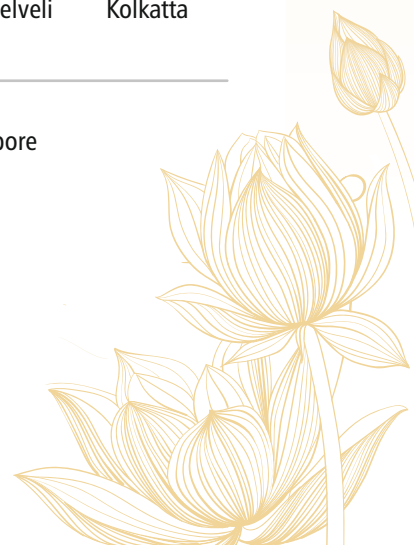


**India :**

Chennai	Coimbatore	Salem	Erode	Gorakpur	Devakottai	Thiruvallur
Kumbakonam	Thanjavur	Thiruvanamalai	Thiruvavur	Vedharanyam	Uthandi	Hosur
Uttarkhand	Krishnagiri	Kerala	Ahmedabad	Bangalore	Gurgoan	Hyderabad
Varanasi	Mumbai	Pune	Theni	Delhi	Thirunelveli	Kolkatta

**Overseas :**

U.S.A	U. K	Canada	Australia	Malaysia	Singapore
-------	------	--------	-----------	----------	-----------





## DRUGLESS THERAPY

Dr. **P.S. LALITHA**, M.V.Sc., Ph.D.,  
Reiki Grand Master, Acupuncturist  
Founder - Reiki Center of India (Regd)  
Art of Healing

**HEALING THROUGH A COMBINATION OF**  
Reiki, Pranic Healing, Crystal Therapy, Magneto Therapy,  
Acupuncture (Tritidional & Sujok), Acupressure

**Online Classes Conducted for  
REIKI, SUJOK ACUPRESSURE.**

Conducted by : The Lineage of Dr. P.S. Lalitha

For enquires :

☎ 098400 44198

✉ [lalithareiki@gmail.com](mailto:lalithareiki@gmail.com)

🌐 [www.pslalitha.com](http://www.pslalitha.com)

Follow us @   



178, Gandhiadigal Salai, (Opp. Manivannan Hospital),  
Kumbakonam - 612 001. Mobile : 9942448920  
E-mail : [meeragraphix@gmail.com](mailto:meeragraphix@gmail.com)

