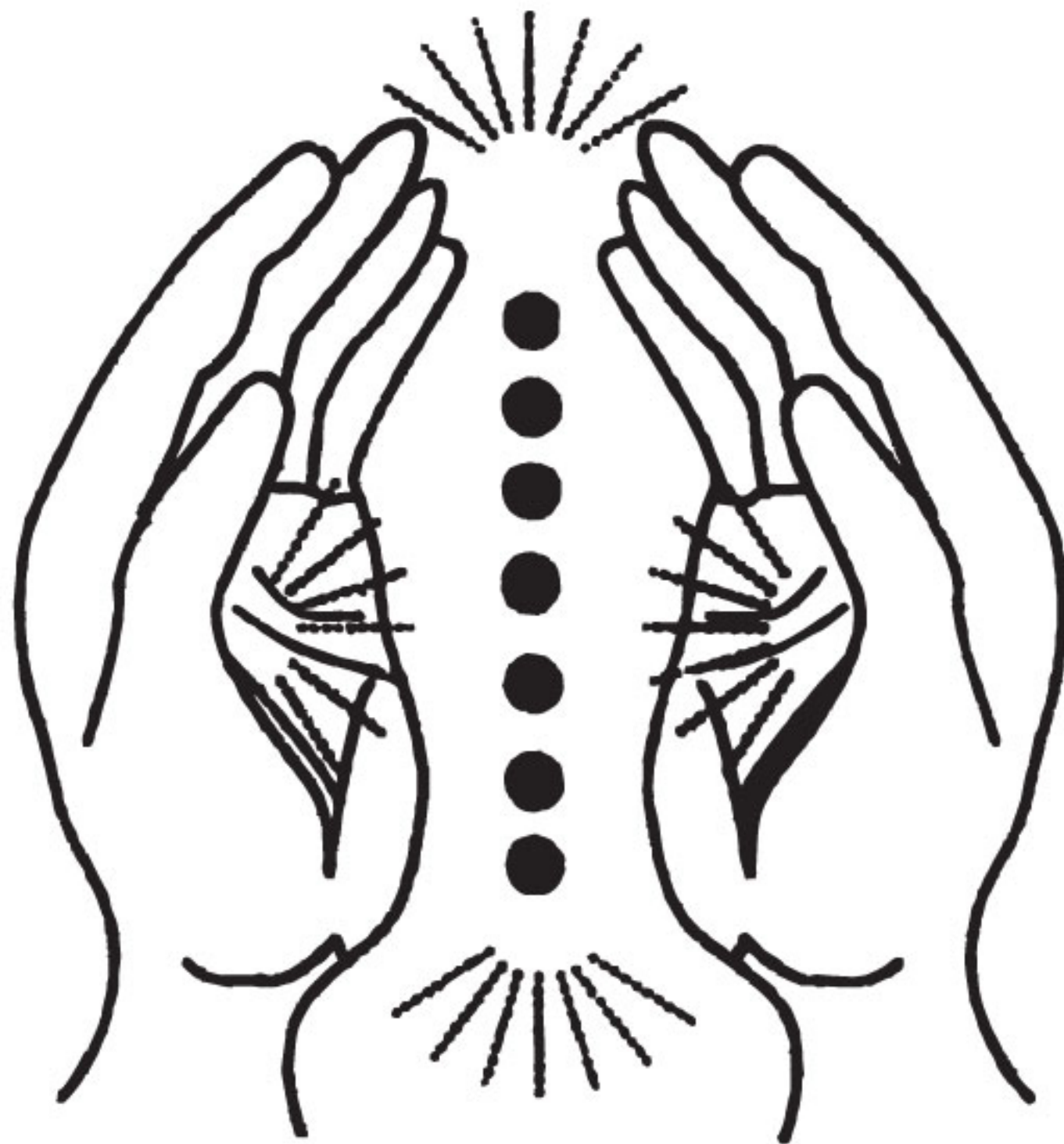


# HEALING HANDS

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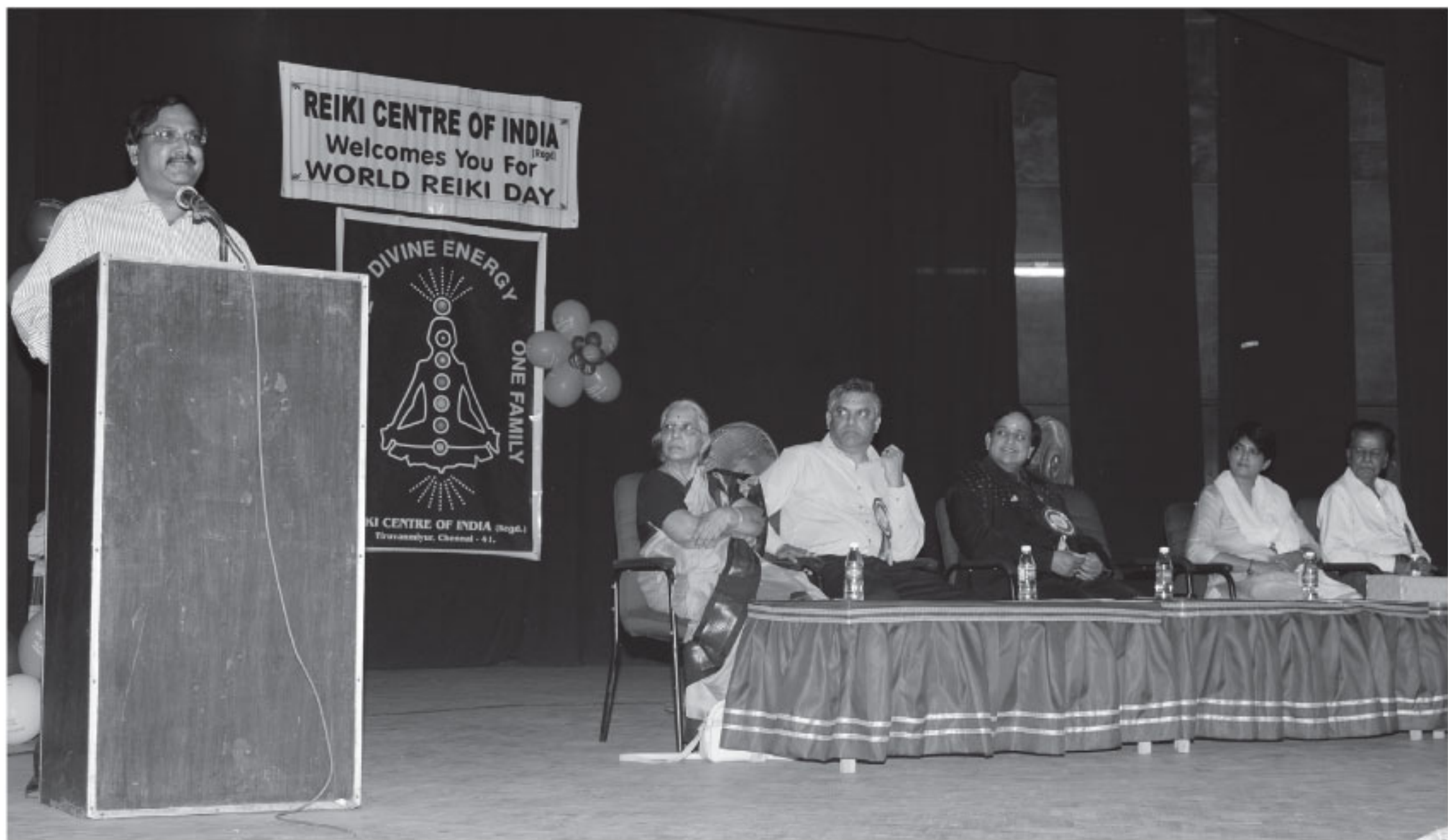


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**9th World Reiki Day celebration on 18th January 2009 at Bala Mandhir German Hall**







**Editor : Dr. P.S.LALITHA**

**Associate Editors:**

**Mrs. USHA VAIDYANATHAN**

**Mrs. M. PREMA**

**Mrs.T.S. MANI**

**Founder Secretary :**

**Dr.P.S. Lalitha**

Mobile : 98400 44198

E-mail : lalithaps@yahoo.com

www.pslalitha.com

**Acting President :**

**Dr. T.G. PRABHAKAR**

Ph . 32005420

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**Joint Secretary :**

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Ph . 22671325

**Mrs. Vaidehi Kailasam**

Ph . 24863987

# EDITORIAL

Dear Reiki healers,

Hope I am reaching all of you in a happy physical and mental state. Let's pray to God that this year ahead fetches us health, peace and prosperity.

World Reiki day was conducted in Jan '09 with much fan fare and public participation was very encouraging. On behalf of our association, I extend my thanks to all the members.

Punjab Youth association organized free Reiki and Acupressure camp on 15<sup>th</sup> March, in which our members participated. I would encourage and request everyone to organize such free camps to promote the message and benefits of Reiki.

My humble request to everyone who has learnt Reiki is to practice and spread the message of Reiki for healthy and peaceful life and global peace. I also request the member to share their experience through email to editor (lalithaps@yahoo.com) for publishing in the forthcoming issues of healing hands.

We also wish to convey our sincere thanks to PRINT SHOP PVT.LTD, Kottivakkam, Chennai for free printing and sponsoring on world reiki Day 2009 Healing Hands.

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

Group Meditation for global peace  
Everyday 7 a.m - 7.10 a.m.

**- Editor**





## **GENERAL BODY MEETING**

This to inform members that the General body meeting is to be held on 10<sup>th</sup> May 09, Time 9 am to 1 pm German Hall, G.N. Chetty Road, Chennai.

### **Agenda for the meeting**

1. **9 am to 10 am - Group Meditation for Global Peace. All are welcome**
2. Election of office bearers
3. Free Reiki camps
4. certificate from Reiki centre of India for students
5. Budget, auditors report
6. Other suggestions – open forum.
7. Group meditation





# IRRITABLE BOWEL SYNDROME (IBS)

Irritable bowel syndrome [IBS] is a disease of colon characterized by abdominal pain, constipation and diarrhea. Though it is said to begin around the age of 20, it is found to occur even in young children.

**Cause:** - According to the literature available, the root cause of the problem is not known. The probable cause could be increased motility interfering with the absorptive capacity of the colon. This results in watery stools. In contrast, when the motility is too slow, due to excessive absorption of fluid, constipation results. The peristaltic movement of large intestine is controlled by autonomic nervous system, which responds to stress. Stress weakens the immune system. Hence, it becomes a psycho somatic disease.

**Symptoms:** - Individual variations are notable feature of IBS. Increased peristaltic movement causes distress in the lower abdomen and watery stools. Need to pass the stools increases but defecation becomes difficult. Slow movement of bowel may lead to hardening of the stools. In such cases severe abdominal pain discomfort and constipation are the main symptoms.

**Diagnosis** in allopathy according to the literature available, no particular test is done specifically for IBS. When all the tests like x rays, endoscopy, colonoscopy or scanning rule out other diseases, the patient is assumed to suffer from IBS. A diagnosis arrived at by elimination method.

**Diagnosis** in holistic healing REIKI: - Major chakras are scanned. Usually Ajna chakra which controls autonomic nervous system, Swadhishtana chakra controlling large intestine and mooladhara chakra controlling large intestine malfunction. The patient's life style, family background, mental balance are taken into account for arriving at the possible cause like suppressed emotion, irritable surroundings etc. Invariably, stress plays a crucial role. In such cases malfunctioning of Manipura chakra is easily diagnosed.

**Sujok acupressure:-** Acute pain in Primary correspondence point of large intestine, stomach and anus reveal the involvement of these organs.

**Treatment:** - To relieve the stress \_ The first two days Auric and chakra cleansing followed by energising all major chakras are done. This results in relaxation of the mind and physical body. At the same time Ajna Manipura Swadhishtana and Mooladhara chakras are to be healed at least for a week. Based on the response, further course of healing has to be decided by the healer.

**Acupuncture** in large intestine point and anus, selcted point in large intestine meridian results in fast recovery. Change in life style, food habits and meditation to relieve the stress in mind have added advantage in preventing recurrence of the disease.

Number of such cases have been healed successfully.

**Dr.P.S.Lalitha**  
**98400 44198**



# Reiki & G-O-K

As a young child, I had seen my parents performing regular pooja at home. Nithya Poojas, religious festivals and rituals had direct impact on my mind. I grew up with a sense of spirituality. My parents taught me prayer to receive His blessings. Being brought up in a religious family, we firmly believed that everything is decided by God. This got registered in my mind permanently. I used to participate in all rituals like anyone else. I grew up in a religious family. After completing my intermediate course in Vellore I came to Chennai to join Madras veterinary college. Since the course was a tedious one, time was spent only to equip for acquiring knowledge for the future and examinations.

In 1959, when I was in final B.V.Sc in Madras Veterinary College, we had ward duties. Our professor of medicine used to guide all of us on how to examine each patient, diagnose, treat and write case reports etc. When complicated cases came, just to save us from embarrassments, he used to give a sane advice – just write “GOK under diagnosis after writing the history, symptoms, diagnosis”. After ward duty, he would discuss the cases in detail. Thus we learnt the art of diagnosis from a stalwart like Dr. Ranganathan. As a budding scientist, I learnt the meaning of GOK – God Only Knows. (i.e when one is ignorant-put the blame on God.)

Shortly after graduation, I was posted in the Department of Anatomy and I was dealing with cadavers [dead animals], their morphological & histological features. The experience acquired at this stage made me wonder about the creator’s power. Though external variations are there, internal structures have absolutely no differences. Similarly the whole human body irrespective of nationality, religion, caste or creed, comprises of several systems with different structures and functions all coordinating with each other to keep the entire body alive and healthy. My God! how is it possible for human beings with external variations but internally without any. Variations!

In the early 90s, I was drawn to a totally different field called Reiki, healing through cosmic energy. I was not a born healer. But God Only Knows how and why I became a healer. In this healing system which I have learnt and practice, no man made medicine is prescribed. But the cosmic energy available in abundance in the universe is channelised through my body and palm to heal any disease. What is disease? According to Reiki principles, disease is accumulation of negative energy in the aura, chakras and finally physical body. Stress is the root cause of several diseases. Stress blocks the continuous



flow of cosmic energy through the metaphysical auric body and settles down in the major chakras. Malfunctioning of the chakras, which are energy centres, result in the imbalance of all chakras which in turn result in hormonal imbalance.

To become a good healer, meditation on self forms the foundation. As I meditate, a stage is reached, when my conscious and sub conscious mind stop functioning. It is a super conscious mind i.e. soul that is awakened. The soul becomes one with God and this stage is termed 'samadhi'. While healing by Reiki is practiced, the patient receives the cosmic energy which heals the disease [both the cause and the symptom]. While touching the metaphysical chakras for healing cosmic energy is channelised through the healer's palm. The healing energy is the one created by God and now as a healer; I realize the meaning of GOK and firmly believe GOK i.e. God Only Knows the patient's problem. He is the creator and he knows the problem and the solution for the disease. The energy created by Him goes to the root cause of the disease. Five decades after graduation as a healer when I heal the patients [human beings] only by touch, I cannot but recall what my professor had taught me but now I have learnt the significance of GOK.

When I started healing patients with bare hands and saw the results I realized that God has created human beings and He only knows who can deliver the cosmic energy without diluting the same with ego. I am grateful to God for showing me a divine path i.e. Reiki which uses only cosmic energy to heal the patients. I am also thankful to God for making me realize the significance of GOK.

The creator has created all human beings alike with morphological variations for diversity. Human body has the sixth sense which is misused creating disease of mind and body. The creator also created universe filled with abundant cosmic energy which we breathe to keep us alive and healthy. Not only the human body becomes sick but we also pollute the atmosphere filled with cosmic energy. So we are responsible for our own disease but God, as a creator knows our body and mind. In Reiki, cosmic energy created by God heals the diseases of body and mind. So GOK is Reiki. The real healer is God and we are only His channels and His tools.

**Dr.P.S.Lalitha,**  
**98400 44198**





# **WE ARE WHAT WE EAT**

It is obvious, then, that the food we eat is going to determine the quality and condition of all the levels of our being. Our food has the same levels we do, and the different energies of the food are absorbed into our corresponding levels.

Therefore when we eat something, it not only affects us on all levels of our existence, it becomes those levels. In this very real sense we indeed are what we eat. In esoteric philosophy our various levels are looked upon as separate bodies through which our consciousness operates. Since those bodies are formed essentially from the food we eat, they will be conditioned by and function according to the kind of energy extracted from the food. We are very much like the child's toy that is a series of colored rings stacked on a rod. That is, we are successive layers of subtler and subtler energy that are connected to the physical body. From these energy levels the different life processes are empowered and administered. When the energies within us are positive, they produce harmonious states of mind and behavior. But when the energies are negative, they move in a random and chaotic manner and produce negative states of mind and, consequently, negative behavior. Moreover, these toxic energies can also manifest as physical illnesses or defects. Substances that are toxic to the body—such as meat, alcohol, nicotine, and drugs—are toxic on the inner levels as well, and their ingestion poisons all our bodies by putting into them negative energies which are going to manifest in the disrupting manner just described. On the other hand, fruits, vegetables, and grains are reservoirs of pure, basic life energies which are very light and malleable. These energies are easily assimilated into all our bodies and made to take on our specific, unique life vibrations and karmic patterns.

**Saraswathi K.S.**

**Ph : 24890895 / 9444417155**

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### **REQUEST TO MEMBERS**

Please share your experiences on Reiki through  
“Healing Hands”.

Mail your articles to

**[lalithaps@yahoo.com](mailto:lalithaps@yahoo.com)**



# WHO PREVENTS YOU FROM BEING HAPPY?

Let noble thoughts come to us from all sides (Rig veda) Happiness come when you get what you desire. Feeling leads to desire. Desire leads to thinking - which lead to love. Love for persons, wealth, prosperity and power – are many branches of love. The law of attraction always operate like law of gravitation. It is reciprocal there is no one way traffic. Love and be loved. Avoid people who always complain, grudge and speak harsh words. Once we get accustomed, we will get it. There is a saying that one who sleeps with animal get up with lice (insects which sit on animals).

Put down and write the list of your desires priority – wise. Place it in your circle of “attraction” alpha method. Have belief word by word try to follow and practice. Place before him what favours you want from him. No prayer honestly done go waste. Mass meditation – mass prayer – joint singing the glory of him will reverate and your desires will materiatised. Patients who were put under trance – hear good things, songs and meditation process recovered fastly than those under meditation only. Dance, clapping of hands, raising the hands, singing as per direction reduces mental tension and all parts of the body relaxes. Psychology, Hypnotism is no full stop to learn good things.

Ask, believe and receive as told in Alladin and wonderful lamp story. He asked, Geni agreed. He believed that he will get then he received them. Unless you ask Divine power you may not get In Malayalam it is said only the child (infant) that cries get milk.

Pray to Lord that coming year (2009) and coming years will us her prosperity nice health, charisma, progress and peace for you. You may include your chosen friends, acquaintances relative and well wishers. Reiki is the best channel.

Om Mani Padme hum (Pranams to the Lotus Feet of him)

Wishing you a Happy Prosperous New Year 2009.

- G. Gopalakrishnan



**Dr. P.S. லலிதா** அவர்கள் எழுதிய “மனித நலனில் ரெய்கி” என்ற இந்த வழிகாட்டி புத்தகத்தை நாங்கள் படித்து பார்த்ததில் இருந்து ரெய்கியை பற்றி அறியாதவர்கள் கூட எளிதில் தெரிந்து கொள்ளும் வகையிலும், நடைமுறை வாழ்க்கைக்கு பயன்படுத்தக்கூடிய அளவில் தெளிவான செய்முறை விளக்கங்களை உள்ளடக்கி உள்ளது. இந்த சிறந்த வழிகாட்டி புத்தகத்தை மனிதர்கள் ஒவ்வொருவரும் ஒருமுறையாவது படித்து ரெய்கியை பற்றியும் அறிந்து ஆரோக்கியமான வாழ்வு பெறலாம்.

இப்படிக்கு  
**L.G. ராமசாமி**  
செ. சேகர்



# Yogas- Citta- Vritti -Nirodhah

Yoga is the inhibition of the modifications of the mind. This means that it prevents the contents of the mind from taking different forms.- Patanjali Sutra 2-1

This is one of the most important well known Sutras of the great Sage Patanjali. It defines the essential nature of Yoga in a mere four words. That is, the first word 'Yoga' meaning to join or unite. The second word 'citta' meaning 'knowledge of the Being'. The third word 'vritti' meaning to exist. The final word 'Nirodhah' which signifies 'restrained', 'controlled', or inhibited. These three aspects are applied in three different stages of Yoga.. Restraint is involved in the initial stage, control in the more advanced and inhibition or complete suppression in the last.

The bottom of a lake cannot be seen if the water is muddy, continually agitated or its surface covered with ripples. We can only glimpse the bottom when the ripples have subsided and the water is calm and clear. The bottom of the lake is our True Self, the lake our citta or mind, and the waves the vrittis. It is through Yoga that we achieve serenity, calm, mental peace and, finally, knowledge of the TRUE SELF.

This is how these four words cover all the stages in the unfolding of consciousness, through which the aspirant or disciple passes.

Abhyasa-vairagyabhyam tan-nirodhah

One can achieve control, suppression or inhibition of the activities and modifications of the mind(citta vrittis) by constant practice of Yoga and non- attachment Patanjali Sutra 12-1

Saraswathi K.S

Ph: 24890895 / 9444417155



## ‘Manitha Nalanil Reiki’

Written by **Dr. P.S.Lalitha**

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இத்தருணத்தில், சுமார் 170 ஆண்டுகளுக்கு முன்பு பிரிட்டிஷ் நாடாளுமன்றத்தின், பிரபல உறுப்பினரும், பிரிட்டிஷ் அரசாங்கத்தில் பல முக்கியப் பதவிகளை வகித்தவரும், 1834-ம் ஆண்டு பிரிட்டிஷ் அரசு அமைத்த 'செபீம் கவுன்சில் ஆஃப் இந்தியா' என்ற அமைப்பின் முக்கிய உறுப்பினருமான மெக்லேயே பிரபு தான்சாண்டுடன் நமது நாட்டைச் சுற்றிப்பார்த்துவிட்டு ஆங்கிலேய அரசுக்கு எழுதியதைச் கீழே தந்துள்ளோம்.

LORD MACAULAY'S ADDRESS TO THE  
BRITISH PARLIAMENT 2 FEBRUARY, 1835

"I have travelled across the length and breadth of India and I have not seen one person who is a beggar, who is a thief. such wealth I have seen in this country, such high moral values, people of such caliber, that I do not think we would ever conquer this country, unless we break the very backbone of this nation, which

is her spiritual and cultural heritage, and, therefore, I propose that we replace her old and ancient education system, her culture, for if the Indians think that all that is foreign and English is good and greater than their own, they will lose their selfesteem, their native culture and they will become what we want them, a truly dominated nation."

Kel & May

haha  
had no  
hogan



## ஆக்ஞா சக்ரம்

முன்னோர்கள் - உடலில் மூன்று வகை செயல் சக்தி இருப்பதாகக் கூறினர். இடா - பிங்கனா - ஷீஸ்மா (Shusma). இவை மூன்றும் இணைந்து ஏழு சக்கரங்களை உருவாக்கியதாக எழுதினார். அடிபாகம் மூலாதார என்றும் அதி மேல் பாகம் சகஸ்ரா சக்கரம் என்றும் நடுவில் ஐந்து சக்கரங்களும் - சுவாதிஷ்டா, மணிபுரா, அனாகடா, விசுத்தி - ஆக்ஞா என்று வரிசை படுத்தினார். அதற்கான நிறம் மேலிருந்து கீழ்வரை, வயலட், இண்டிகோ, நீலம், பச்சை, மஞ்சள், ஆரஞ்சு & சிவப்பு வான வில்லின் நிறங்கள்.

ஆக்ஞா சக்கரம் மனிதனின் புருவத்திற்கு நடுவில் (மத்தியில்) நெற்றியில் இருப்பதாகக் கூறினர். சோதிட நூலில் அது வியாழன் (குரு) இருக்கும் இடம். பீஜ எழுத்து 'ஓம்' மற்றவர்கள் ஏசு, மகாவீரர், புத்தர் இவர்களுக்கு இருக்கும் பிடித்த இடம் என்கின்றனர். தயை, காருண்யம், நேர்மை, சரியான செயல்பாடு செய்ய ஆக்ஞா சக்கரம் சரிவர செயல்பட வேண்டும்.

இது மற்ற ஐந்து சக்கரத்துடன் இணைந்து செயல்படுகிறது. கட்டளை இடுகிறது. இது சரிவர செயல்பட வேண்டும்.

ஹிப்னாடிசத்தில் இந்த சக்கரத்தை சரிவர இயங்க செய்கிறார்கள். ரெய்கியில் தியானம் மூலமும் கையாலும் சரி செய்கின்றனர். இது சரிவர செய்தால் மனமும் உடலும் நன்றாக இருக்கும். உகந்த ராகம் பாகேஸ்வரி.

இடா என்பது பிடித்தவைகளையும் பிங்களா பிடிக்காததையும் ஆளும். இரு பாகங்களும் சேர்ந்து வேலை செய்ய ஆக்ஞா சக்கரம் உதவுகிறது. நாமும் இறைவனை நம்மை நன்றாக வாழ வைக்க பிரார்த்தனை செய்வோம்.

**G. கோபாலகிருஷ்ணன்**

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new no 21, Kottivakkam Kuppam Road,  
Valmiki nagar, Thiruvanmiyur  
Chennai 600 041  
Ph: 98400 44198

Dear Sir / Madam,

Please enroll me as a member of "REIKI CENTRE OF INDIA" Tiruvanmiyur, I am enclosing herewith the life Membership fee of Rs. One Thousand By Cash / Crossed Cheque / DD Payable at Chennai in favour of "REIKI CENTRE OF INDIA".

Name : .....

Full Address : .....

.....

.....

Telephone : .....

E-mail: : .....

Date of Birth : .....

Marriage Day : .....

Place : .....

Date : .....

Yours Sincerely,

**Life Membership Fee : Rs. 1000/-**

P.S. In case of change in address / Phone No. Please inform the secretary / Treasurer





# **Five Principles of REIKI**

---

**Just for today :**

*I will live the attitude of gratitude*



*I will not worry*



*I will not anger*



*I will do my work honestly*



*I will show love and respect for every  
living thing*





**Dignitaries at the book 'Manitha Nalanil Reiki' released function on 29th March 2009. Written by Dr. Lalitha in Tamil.**





To

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

8, Coral Block, Park Royale Apartments  
New No. 21, Kottivakkam Kuppam Road  
Valmiki Nagar, Thiruvananthapuram  
Chennai - 600 041.  
Ph: 98400 44198