

# HEALING HANDS

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2021



Reiki - The shield for Humanity

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**REIKI CENTRE OF INDIA (Regd.)**  
Chennai - 600 078.



## 22ND WORLD REIKI DAY - 2021 INVITATION



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



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

*Cordially invite you*

### 22<sup>nd</sup> World Reiki Day 2021

— REIKI - THE SHIELD FOR HUMANITY —

**Chief Guest :**

**Dr. M. THANIGAI VENDAN, M.B.B.S., M.D. Dip. Diab, CCPM.,**  
Consultant - Meenakshi Multi-Specialty Hospital, Chennai  
Shree Saicharan Clinic & Diabetes Centre, Chennai  
Senior Consultant Anesthesiologist, Diabetologist,  
Palliative and Critical Care Specialist.

**Through Zoom online Meeting**  
10th January, 2021 (Sunday)  
10.00 a.m. to 1.30 p.m.

**Host : Mrs. NAVEENA YUVARAJ**  
Through : Zoom Meeting  
ID : 222 361 0094  
Passcode : 716184

*All Are Welcome...*

**Dr. P.S. LALITHA, Founder**  
**Mrs. R. SRIDEVI** President 9840641393  
**Mrs. VASANTHI KARTHIK** Secretary 9380571682  
**Mrs. SARASWATHI KALYANASUNDRAM** Treasurer - 7598055193, 9444417155

**Programme Agenda :**

10.00 am	Prayer
10.05 am	Welcome Address <b>Mrs. VASANTHI KARTHIK</b> Secretary, Reiki Centre of India
10.15 am	Report on Reiki Centre Activities <b>Ms. R. SRIDEVI</b> President, Reiki Centre of India
10.30 am	Chief Guest Address <b>Dr. M. THANIGAI VENDAN, M.B.B.S., M.D. Dip. Diab, CCPM.</b> Consultant - Meenakshi Multi-Specialty Hospital, Chennai Shree Saicharan Clinic & Diabetes Centre, Chennai Senior Consultant Anesthesiologist, Diabetologist, Palliative and Critical Care Specialist.
11.00 am	Launch of Healing Hands Magazine
11.05 am	Felicitation <b>Dr. T.G. PRABHAKAR, Ph.D</b> (Ret.) Professor of Microbiology, Madras Veterinary College Former President of Reiki Centre of India
11.15 am	Founder's Speech <b>Dr. P.S. LALITHA</b>
11.30 am	Experience of Healers Reiki Centre of India
12.45 Noon	Interaction with the audience
1.15 Noon	Guided Meditation
1.30 noon	Vote of Thanks <b>Mrs. SARASWATHI KALYANASUNDRAM</b> Treasurer, Reiki Centre of India

**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)

**Host : Mrs. NAVEENA YUVARAJ**  
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**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

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Mr. Thanickachalam  
7299677651

Dr. Yashoda Sethuraman  
Bangalore. 97907 40114

Mrs. Seethalakshmi Sivaram  
Bangalore 96637 92572

**EDITORIAL**

Beloved Associates,

Wishing everyone a jubilant vibrant year 2021 with euphoria.

We at RCI, releases magazine “**Healing hands**” every year that comprises the blissful experiences of Reiki, which is shared by our Reiki healers and the clients...The expression of the cosmic energy with divine immaculate power had been felt by many during this pandemic situation. Though the pandemic situation had entangled every life with unknown source and kept under lockdown, Reiki with its healing power had been acted as a catalyst in serving the masses to alleviate the panic caused due to pandemic. It had been a spark to many lives who felt helpless during this situation, where medical aid was not at reach at the time of need.

The connect of cosmos with the human being glorified the essence of the being itself. Awareness had been brought into existence while healing. At the physical and at emotional level, people were able to experience the changes and transition that paved for their very purpose of life to live, where Reiki healers had been a beacon to many at this stage and the clients were able to experience the value of Reiki, the cosmic energy with unconditional love for their life as a whole.

Let this year add value and beauty to life with the cosmic power radiating in all of us.

- Editorial Team

Perform  
“**AGNIHOTRA**”  
For pollution free atmosphere

**MEDITATION**  
For Global Peace Everyday  
7 a.m- 7.10 a.m



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22. ரெய்கியின் மகத்துவம் - Mr. **K.P.U. YUVARAJ**
23. ரெய்கி 'அ' முதல் 'ஓ' வரை - Mrs. **RATHINA RUKKUMANI**





## Protect your body by protecting your respiratory system

Fear is the key for most diseases. Fear grips the metaphysical mind (Psycho) and the impact is felt in the physical body (Soma) = psychosomatic diseases. For example, diabetes, blood pressure, IBS are nothing but psychosomatic diseases.

Now the entire world is gripped with fear. Fear of contacting covid-19, a viral disease. This fear itself engulfs the mind and leads to several neurological diseases. Diabetes and other syndromes reported in media. Is there any solution?

According to the scientists, the virus enters the nose and attacks the predilection seat i.e. respiratory system resulting in pathognomonic symptoms like cough, bronchitis, infection of lungs. We always believe prevention is better than cure.

### How to prevent?

#### **Step 1 – Get rid of fear. Step 2- Protect your immune system. Step 3- Healing**

**Step 1: Fear** – To eliminate fear from the mind (metaphysical body), meditation helps. Reiki meditation is unique. It protects the auric body, chakras and physical body. Since the universal divine energy, capable of protecting and healing everything created by God, pervades mind and body and Reiki meditation eliminates the fear in mind and relaxes the physical body.

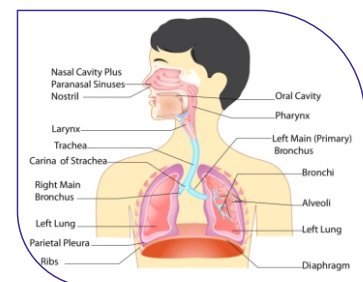
Why meditation ? – When mind is affected with fear, breathing pattern alters. It interrupts the flow of energy in to respiratory system.

#### **Step 2 – Protect your immune system**

Portal of entry is nose. Nose is provided with hairy structures –to ward of pollutants towards exterior, pseudo stratified especially epithelium with goblet cells, columnar cells with ciliated border. Function of nasociliary system is to remove foreign substances/particles from nasal cavity thus preventing them from reaching the lower air passage.

In the submucosa, to encounter pathogens at the entry point itself, lymphocytes, eosinophils, neutrophils, mast cells, dendritic cells, plasma cells are present.

In the throat region, organ of first line of defense, i.e. Tonsils are situated. These again have a collection of lymphoid tissue capable recognizing and fighting the pathogens. Thymus in thoracic cavity is fully developed in young children. After puberty, it undergoes regression. This again has immune competent cells, promotes production and maturation of **T-lymphocytes**.





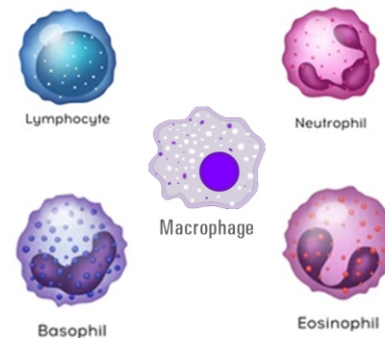
Major organ of defense mechanism of human body is spleen, located in the abdominal cavity. Despite the protective structures which are capable of defending our body against diseases/infection, if one falls sick is due his ignorance of inherent healing power of the body.

### How to protect your immune system

As given in first stage meditation, then enhancing the power of immune system by maintaining a clean environment, exposure to sun, taking nutritious natural food, steam inhalation, applying acupressure to the correspondence points of entire respiratory system, tonsils and spleen.

### Step 3 - Healing

Reiki is the ultimate therapy in person and for distant healing.



Energy flow to heart is impaired automatically once Respiratory system gets infected. Infection spreads to the heart resulting in endocarditis, myocarditis and pericarditis. Once heart is involved, naturally all organs will be affected. That is why we find reports of neurological symptoms like stroke, epileptic seizures, diabetes, insomnia, menstrual problem, Kawasaki syndrome like multi inflammatory syndrome.

Respiratory system is controlled by three chakras, namely **Ajna, Vishudha and Anahatha Chakras**. Spleen is controlled by **Manipura Chakra**. The very existence (Root) depends on **Mooladhara Chakra**. Since all organs are involved, remove the negative energy blocking the flow of cosmic energy through aura, chakras – channelise positive cosmic energy into all seven major chakras. This results in harmony among chakras resulting in total recovery.

Prevention is better than cure. Avoid fear, Energise your body with reiki energy which will protect you from unhealthy environment.

### To sum up

1. Relax
2. Eat nutritious food for strengthening the immune system
3. Heal the chakras for survival and health



Dr. P.S.Lalitha  
Reiki Grandmaster &  
Acupuncturist, Chennai  
9840044198





## Reiki for all

REIKI is a gift to humanity. By practicing Reiki ;

- ◆ We can achieve Health, Abundance, Relationships, peace of mind, personal growth etc
- ◆ We can unlock intuition powers, boost confidence and discover one's purpose of life.

Reiki is truly a life-long gift and a companion for life! Reiki will give many insights and add value to life which is very significant, at an energetic and spiritual level, Reiki acts as gateway to energies and entities & establishes a better connection with our consciousness and at subconscious levels. It enhances our ability to offer and receive love and brings harmony.

Reiki works on mind, body and soul to restore balance within and around us. It works as a preventive measure also. With Reiki, we never feel helplessness in any situation.

Reiki represents,

- ◆ Pure light and the highest level of wisdom and energy.
- ◆ It gives pure joy, love, happiness, success, enlightenment and spiritual growth.
- ◆ Reiki plays an important role in establishing connection with earth and balancing the higher celestial energies with the telluric ones.
- ◆ It enhances our ability to focus on our daily tasks.

A study from Harvard University reported that a single session of Reiki significantly relieve the pain, anxiety, depression and fatigue. It is our responsibility to spread awareness about Reiki and create a healthy environment. To achieve this, let us follow the principle,

**"REACH ONE, TREAT ONE AND TEACH ONE...!"**

**Dr. Yashodha Seetharaman**  
Reiki Grand Master, Bangalore  
9845308364





## “Chakras – “The Energy Center of our body”

**Chakras** -- Wheels in our body, "Energy center in our physical body". Chakras are life forces that connect energy to our physical body. It connects our body, mind, and soul. When chakras are out of order or balance or in the state of disharmony. Chakras may get blocked and the energy flow may get disturbed which leads to negative emotions like upset, dullness, tiredness, anxiety, depression and anger.

When Physical body is visible through our eyes, it is called **Sthula Sharira** (body) and the metaphysical body which cannot be seen with our eyes is **Sukshma Sharira** (Soul). Chakras are also metaphysical body, which exist in different parts of our body. The energy that exists around our body is called **Aura**. The energy from the Universe passes through the Aura to our body with the help of Chakras. The energy received with the help of chakras is circulated through the human body to maintain good health. When the energy received from the Universe got blocked in the pathway of energy channels in our body, it will lead to unhealthy and stagnant negative energy. There are 7 chakras in our physical body in different parts with its own color, shape and mantra.

They are given below in original Sanskrit and English version.

- **Sahasrara**- Crown means "**thousand - petalled**" that links us with almighty/cosmos
- **Ajna** - Brow means "**authority, command and unlimited power**"
- **Vishuddha** - Throat -- means "**pure**".
- **Anahatha** - Heart - means "**unsticken**".
- **Manipura**- Solar plexus - means "**the city of gems**"
- **Swadishtana** - sacral -means "**dwelling place of the self**".
- **Mooladhara** - Base - means "**fountain**".



### (Unbalanceed) Chakras and Emotions:

- ◆ Sahasrara chakra is related several Psychological disorders.
- ◆ Ajna chakra is related to ailments of endocrine glands & sensory organs
- ◆ Visudhi chakra is related to shyness, introverted behavior, mental problems
- ◆ Anahatha is related to anxiety, and detachment.
- ◆ Manipura is related to anger, anxiety,





- ♦ Swadishtana is related to envy, jealousy, and lust, old pattern of stagnant thoughts.
- ♦ Mooladhara is related to insecurity, doubt, and allergy.

Reiki Energy healing method is an excellent tool for creating the balance to maintain ultimate wellness and Happiness which should be an important goal for every individual. With the power of Reiki Energy, so many persons had benefitted through the process of Healing.

### Case Study:

One Lady got cured from psoriasis within 2 months, another fully cured from Migraine pain in 3 months. Then five couples who was longing for a child, waited for years, and all were blessed with babies by Reiki and Sujok Acupressure. One girl after few months of marriage, who is depressed came back to mothers home and did not want to go back to husband's home. Distance Reiki healing was given for 6 session with some kind of counselling, she became alright. Now she is living happily with husband & in-laws. Thanks to Reiki Divine power.

**Arundhathy.D**  
Reiki Master, Kerala  
9611605861





## Reiki for Life

**Reiki**, a Japanese word, is a form of energy healing. Reiki contains two Syllable- Rei-ki. “**Rei**” means nature or cosmic or divine energy, an unseen energy that flows through and connects all living things. In Sanskrit, it is called “Param-aatma”. **Ki** is an energy that has various names depending on the culture or spiritual tradition as Ki (Japanese), Prana or Jeevatma (Indian), Chi or Q (Chinese), Light or Holy (Christianity). This is the energy in living beings that helps **us** to grow and survive.

Reiki practice uses a technique through which a universal energy is transferred through the palms of the practitioner to the patient in order to balance their mental, emotional, physical conditions. It is a healing method that uses the energy which is abundantly present in the universe. This therapy is very old but it has been rediscovered in its present form by Dr.MikaoUsui, about 100 years ago inspired by Buddhism and Indian tradition.

In Reiki treatment, the energy is utilized to boost physical energy and the immunity level to maintain good health and curing illness. Energy healing targets energy field around our body, mind and soul. During the healing process, feelings cannot be explained in words, but the experience can be shared. Reiki energy healing is a form of healing that is the physical cure of the body from diseases, mentally and emotionally. Reiki will cast out negative emotions such as fear, worry, hatred, and indecision in such a way by unblocking or achieving the healing towards the respective chakras (wheels in your body) which makes the chakras to be in equilibrium that results for the total well being.

The beauty of this Reiki healing treatment is that, it is suitable for all human beings, animals, plants. It is complementary aid that can be combined with all other types of treatment that makes the healing faster.

Thanks to Reiki Power of Healing.

**Arundhathy .D**  
Reiki Master, Kerala  
9611605861





## Brahma Kamal

**Scientific name :** *Saussurea obvallata*.

Brahma kamal is a plant which I grow in my home garden, I would like to share the elegance of the plant with its unique feature, as I have personally witnessed and experienced.

### Characteristics:

- Brahma Kamal is a rare, legendary and mythological plant that is exceptionally famous for its spiritual benefits. This flower is named after Brahma, the God of Creation.
- The plant has large flowers that are pure white and resemble the shape of a star,
- They blossom only during the night. Full bloom takes approximately two hours after the process starts at sunset and the flower stays open till sunrise.
- They blossom only once during an entire year sometime between July and September.
- It is also called “**Queen of the night**”.

### Spiritual significance:

It is considered to be the bearer of good blessing and getting the chance of looking at a fully blossomed Brahma Kamal is a blessing in itself. These Brahma Kamal blessings are significant for Hindus.

This plant can be easily planted at home. Chilly weather will help it grow.

Brahma Kamal is also one of the plants recommended by Vaastu shastra as it offers significant happiness in one's life psychologically as well as physically due to the detoxification of the place where it is.

### Health benefits

The plant is useful in the treatment of urogenital disorders, sexually transmitted diseases, liver infections, bone pain as well as cold and cough. It is also used for some advanced ailments such as limb paralysis and cerebral ischemia. In the Tibetan medicinal system it is used as a blood purifier.

**Mrs. Seethalakshmi Sivaram**  
**Reiki Master, Bangalore**  
**9663792572**



## Reiki Healing with Candle

I experimented Reiki healing through Candle to my brother, who was suffering from severe back pain and asked me to do healing. Suddenly a thought arose why not I try doing healing through candle.

Hence I took a beautiful green color candle and cleansed it with Reiki symbols to disintegrate all negative energies and impregnated with the Symbols of Reiki - that is,

- Master symbol
- Power symbol
- Emotional symbol
- Obstacle remover symbol
- Pain killer symbol
- Arogya and Dhanvanthri symbols and added much more energy to the candle, as I was guided by higher beings.

I invoked God and Masters, Holy Gurus, Saints, Holy Angels and Archangels to shower their invisible priceless blessings to the person, who is having acute pain at the lower back, to heal and bless him.

I thanked all the spiritual guides for their soothing/ healing energies, sent to the person. In full faith, I chanted all the Symbol names thrice and burnt the candle to redirect the healing energies on him. The Candle was placed in a plate and left undisturbed. I called my brother and told him that I am experimenting this modality of healing on him and asked him to be receptive in receiving the divine healing. I posted the picture of candle burning and asked him to accept with trust and Faith.



The candle was burning for more than 6 hours. The next day I saw my brother messaged saying "I am better with less pain in the morning". He said, "Thanks for your candle Reiki Healing".

The candle was left with few waxy residue which I felt negativity of psychic energies in him was relieved. ( To my surprise that the pain was much less. I got hope that even this technique works as healing, when we apply with firm faith.)

I was also so happy that this modality of Reiki healing with Candle worked like a Miracle.

With love and light,  
**Mrs. Kala Bashini,**  
Reiki Grand Master, Hyderabad  
9840633779



## Distant Reiki- A Timely Aid

### Case1:

One of my patients, Geetha (name changed) from Pune has been suffering from severe depression. She was not able to perform her day-to-day activities in a normal way. She tried different modes of treatment; she had taken antidepressant tablets and sleeping pills' but of no use. She was always drowsy. Her husband approached me over phone. I started doing Reiki distant healing for her daily and after explaining to her about Sujok acupressure points I asked her to press these points daily. Within three months, she became normal and now she is able to attend to her daily activities and take care of the house. Not only that, she started helping her daughter in her studies. Her husband is quite happy with this improvement.

### Case 2:

A small girl of 9 years old, Savita (name changed) was suffering from unknown fear for more than a year. Due to that she could not concentrate in her studies, she didn't want to go out and play with children of her age group. Due to that extreme fear, her physical condition also got disturbed. All the lab tests were normal and there was no clue about her health condition. Her parents contacted me over phone. I started giving her Reiki distant healing daily and gave her few pressure points to do daily. Within two months, she had improved by 90%. She started concentrating on her studies and started playing with her friends.



### WHAT A MIRACLE!

Reiki is a GIFT from God for the people. We should believe in it and apply it whenever and wherever it is needed for people.

- Dr. Yashodha Sethuraman  
Reiki Grand Master, Bangalore,  
9790740114





## Faith Turns to Miracle

In 2016, I was identified with a small lump in my left breast, on consulting the doctor she suggested me not to worry as i had no pain and as this is very common now. Later, in 2019 January I found that the size of the lump had increased, so I consulted the doctor again, and she advised me to undergo surgery. Considering my heavy workload, I was looking out for an alternative therapy. It was those situations led me to Guru Dr. P.S.Lalitha mam, Reiki Grand Master, from whom I wanted to learn Reiki in the year 2014, as part of my passion and profession, i wanted to train people on Emotional Intelligence and use Reiki to manage emotions. This had made me to realise everything is destined by time, and hence my realisation enabled me to found my purpose towards Reiki. By God's grace, I got an appointment with Guru Dr. P.S.Lalitha mam, and underwent Reiki treatment for my health issue. During the time of the treatment, I happened to experience lot of changes and vibrations within myself but wasn't able to express it in words. Considering my work schedule she advised me to do self-healing by applying acupressure in the respective points. As per her advice I was doing self - healing for 1 week and later wasn't able to continue properly, 2-3 weeks later I called Guru Dr. P. S. Lalitha mam over the phone for review and she asked me to continue the treatment in her clinic where I met Guru Subashini mam and two other Reiki healers Ms. Naveena mam and Ms. Priya mam, who treated for 5 weeks where i started feeling better within 2 weeks.

During the treatment days, I felt the thirst to learn Reiki and I approached her for the same and from then Subashini mam became my Guru and I learned Reiki degree level I & II.

Fortunately, God blessed me with the Time, Space and Guru to transform me into a Reiki healer. On the first day of my Reiki I degree class, during the process of attunement, I felt a small wave / breeze that touched my palm even when the door and windows were kept closed. I truly felt the vibration and blessing of God on me through my Guru Subashini mam. Especially, I felt that God has chosen me too as his Reiki channel in order to heal others and myself. From the next day of the Reiki class I was directed to perform Chakra Meditation for next 21 days continuously.

Though I was informed to do healing self and others, I was doing self-healing alone, but then the day came when my mother started suffering from thyroid problem which was merely unexpected for us. She was admitted in hospital for diagnosing and when I informed



the incident to my Guru Subashini mam, she advised me to do Reiki for my mother and thus the time came for me to do Reiki for others too. When I started to do Reiki for my mother in the hospital for the first time, suddenly my daughter switched on TV and started tuning the channel randomly in our hospital room, surprisingly Lalitha Sahasranamam song was playing in SAI TV which was unknown to us before and I felt very happy and felt Lord Lalitha Maatha was blessing me when I started healing for others for the first time.

Six months later, when I was waiting to learn Reiki 2nd level degree, I notice that the lump size got increased massively which I couldn't able to bear it any more. Immediately, as I consulted the doctor he doubted that lump have transformed to the next level and might have reached lungs and so I was advised to undergo operation within 2 days. Without delay, I got admitted in the hospital and underwent with various test including Cancer test before the surgery, but all the test results showed me that I was quite normal and healthy. During all these test period, I had strong faith and trust, that I am alright and well. As I am doing Reiki self healing every day and it is that when God's Reiki is there I always feel safe, lighter and healthy. Since the lump size was increasing massively, immediately surgery was done and lump was removed. When lump was sent for biopsy, to test whether it has got any cancer cells the result came negative which was quite surprise for everyone. This was the moment and circumstance from which I learned and came to know that trust is not just trusting, trust is what we trust till the end, deep from within the heart with whole heartedness.

Moreover, as an individual we will have power within us, but then we all need some Gurus to guide, explore and realise our own power within us. And thus, deep from my heart I convey my sincere gratitude to God, Universe, ascendant Masters, Past masters, Dr. Mikao Usui, Madam Takata, Our Guru Dr.P.S.Lalitha mam, and my Guru Subashini mam, My Parents and Family Members, myself, Mother Earth and Reiki power for blessing me to be a channel of Reiki forever.

**Dr. Nithyaa. S**

Reiki Healer, Chennai

7550228573



## Distance Healing:

### Sending Energy Across Space and Time

Reiki energy connects on the spiritual and energetic levels. As energy is not limited by any distance, distance reiki healing sessions work the same as physical reiki healing.

As distance is just a physical limitation and during the trying times of the covid 19 pandemic, when physical reiki healing sessions were not feasible, distance healing was a real help to people who were in real need of energy healing through reiki.

I have been blessed to be under the guidance of my Guru Dr.Lalitha madam and been able to treat many people during this period through distance healing. This pandemic period, being a time of work from home for many, I had many calls from friends and referrals, for lower back pain, upper back pain, sciatica and stiff neck. Mostly due to long sitting hours of working and non ergonomical furnitures and postures , people had symptoms which were treated by using Reiki distance healing and few acupressure points, which I could teach them to self practice.

### I would like to state a few cases studies here:

One of the key communication channels of our body is our back and spinal cord, through which electrical impulses are carried. In case of any interruptions in these impulses, a huge amount of physical stress and discomfort is experienced.

A patient approached me with severe pain in the neck, stiffness, occasional headache. As treatment was through distance healing, probe could not be used to precisely identify the corresponding pain point. I activated Reiki, the universal energy force , by using the distance symbol sequences, allowing the energy to flow from both my hands to the patient, who was being visualized by me. Reiki flows to needy points, across time and space. The healing energy facilitates healing and reduces pain instantly.

Then I cleansed & energized all the back chakras, starting with Mooladhara chakra, Vishudha and back & front Ajna chakra Neck comprises of cervical bones c1 to c7, cervical nerves, blood vessels and muscles connecting the head to the body, through the spinal cord, controlled by the Vishudha chakra.

The patient called me after half an hour feeling immense relief. After three sessions, he was totally free of pain, calm and relaxed.

**Mrs. Geetha Kannan**  
Reiki Healer, Chennai.  
9840715087





## Parijatha

**Botanical Name : Nyctanthes arbor-trist**

### Characteristics:

- The night flowering jasmine or PARIJATHA is a native to South Asia and South Eastern Asia.
- The flowers are fragrant with 5-8 lobed white corolla with an orange red centre, with individual flowers opening at dusk and finishing at dawn.
- This night jasmine is an important medicinal plant mainly used in Ayurveda which is one of the oldest system of medicines and uses plants and their extracts for the treatment and management of various diseases.



### Therapeutic Value:

- It has been reported as useful in treatment of sciatica, arthritis, fever, asthma, diabetes and cancer.
- Several studies are being carried out in its efficacy in anti bacterial, anti fungal, immunity modulators, anti oxidant, anti pyritis and hepatoprotective properties.
- Various parts of the plant like seeds, leaves, flowers, bark and fruits have been investigated for their significant pharmacological activity.
- Juice of the leaves is used for various ailments like fever, malaria, dysentery,, cough, gastritis and enlargement of the spleen.
- Seeds are used to cure piles and skin diseases.
- Powdered stem bark is given in rheumatic joint pain.
- The oil is used for pain in the eyes.

### Preparations and usage:

- 1) **For sciatica:** Take 3-4 leaves, grind them and boil with water, drain and drink.
- 2) **For swelling and pain:** Boil leaves in water to make decoction and drink.
- 3) **For arthritis :** Take leaves, bark, flower about 5 grams and make decoction with 200ml water when it reduces to half the quantity.
- 4) **For dry cough :** Grind leaves with mortar and pestle to extract juice and take with honey.



**5) For fever:** Take 3 grams bark, 2 grams leaves and 2-3 leaves of tulsi, boil in water and drink 2 times a day.

**6) For ringworms:** Apply paste of leaves on the affected areas.

**7) For intestinal parasites:** Grind leaves in mortar and pestle to extract 2 tbs of juice and take with sugar candy.

Mrs. **Seethalakshmi Sivaram**  
Reiki Master, Bangalore,  
9663792572



## Candid Journey with Reiki

Reiki has been a catalyst to strengthen the life force and had been a treasure to many lives during this pandemic situation. Delighted to share the candid journey of Reiki with the beautiful experiences that is been felt by persons who was touched by reiki.

Reiki had been a helping hand to a person who had been diagnosed with liver cancer. He is nearly 70 years old & their family had been shaken on the diagnosis. One of their family members from Kerala, approached me for a distance healing with a little uncertainty, as he is quiet older and the cells of the liver were damaged. So as Reiki channel, I made them understand how Reiki acts at the root cause and symptoms.

As liver is an organ that has a tendency to regenerate, I have confidence to bring him back to normalcy, with the divine power of Reiki as I had handled some of these type of cases in my practice.

I started the healing sessions with faith that Reiki shall enable the person to live a healthy life. Cleansed the aura and processed the healing from Mooladhara that shall endure on the lifespan, and all the chakras, mainly Manipura chakra (Front and Back) and Ajna chakra, to balance the emotions that the person is going through. I have advised him to do a five minutes meditation, everyday, to get him aligned with the cosmos with a positive visualization, for the normalcy of the liver.

As a Reiki Grand Master, I have applied the corresponding symbols to each chakra that had reflected on the person with a positive note of good health. Though doctors has asked him to take the chemo tablets, it had not left any side effects on him, as the healing was given side by side to the person daily for a week's time, with unflinching faith and the co-operation that was rendered by the needy person proved noteworthy.

Doctors had asked him to approach them for a check-up and radiation therapy, after observing his health. To the doctor's surprise and to the family member's awe, there was a significant improvement which made him to be under normal medication without radiation, which proved that Reiki had been added life to life, with its immaculate divine power.

The pandemic situation has taught us the value of humanity, togetherness, compassion, and resilience for a total wellbeing. Yet another instance, where a compassionate allopath doctor, aged 28 yrs, who was in-charge of Covid ward in a leading private hospital of Chennai, had been contributing his services to patients with humanity and devotion, day and night. Unfortunately, he had been identified with blood clot in brain, with the symptoms of giddiness and fluttering speech with no coherence. So, a well-wisher of the person from Kumbakonam reached out to me, for distance healing for the doctor. His





associate's doctors were suggesting a surgery in the brain on the next day itself, when he was examined, he was found to have Covid positive as well which created panic in him, and in the family and among the associates, leaving them helpless, where they were in a situation to enable the doctor to be under self quarantine. So the surgery had been postponed as well, during which Reiki played a pivotal role in his life.

Initially, his whole aura was cleansed, Mooladhara and ajna chakra was concentrated in order to eradicate his insecurity and for the life span (Mooladhara chakra), ajna chakra to have a communion for the normalcy of the brain and to bring in the balance in his emotions and functioning of the organs, each chakra was also concentrated and healed with the respective symbols that shall embrace him with immunity, strength and confidence.

In the meanwhile, while examining him before the surgery, the clot of the brain seems to have reduced to a great extent. Even after the surgery, two days of healing was continued, to bring him back to complete normalcy.

Thus the Candid Journey with Reiki ,continues to spark a light of hope and encouragement to add value to many lives.

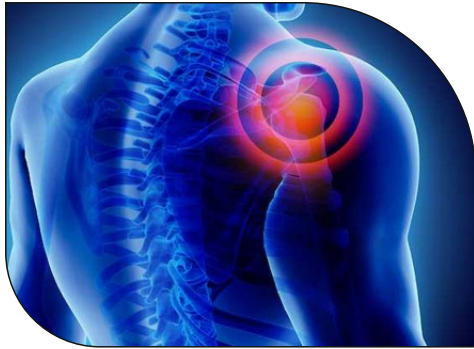
**Ms. R.Sridevi**  
Reiki Grand Master  
Kumbakonam  
9840641393



## Frozen Shoulder

**Frozen shoulder** is a very common occurrence in women between the ages of 40-60 years. The symptom includes stiffness, pain, and limited range of motion in the shoulder.

### Case Study:



A woman aged 43, had severe pain in her right hand shoulder and was unable to lift her hand to eat or even hold a coffee cup. Since she is working in IT sector, she also had carpal tunnel syndrome. The pain radiated down the arm into her fingers. She also had a history of hypothyroidism that could have added to the condition. She had severe stiffness that she could not even raise her hands to change dress and the pain was

worsening at night when sleeping.

She was desperate for any sort of cure. She had tried therapeutic exercise and electrotherapeutic methods, which didn't ease her pain. Though she was not used to energy healing, she was ready to try anything to ease her pain. On examination, we found that the shoulders were very stiff.

We explained her that Reiki is administered by the hands, placed lightly on or near the body of the recipient. The Reiki practitioner focuses his attention on the recipient and then allows the energy to flow passively through their body and hands where it is passed to the recipient.

During first session, the aura and chakras were cleansed and healing energy passed to Vishudha chakra and Mooladhara chakra. She felt very positive, relaxed, and the pain in the aforementioned areas had subsided substantially.

She felt the energy and was convinced that she will be cured, after three more sessions, her pain vanished completely and she was cured.

She said she was slightly **sceptical** about energy healing, but was willing to do anything to get rid of the immense pain. She added that she felt no pain at all, for weeks and felt the upper neck and back pain got eliminated as well. She thanked and felt very positive about Reiki healing and uttered that she could finally forget the pain and smile.

Thanks to Reiki Power & our Guru Dr.P.S.Lalitha for teaching us this miracle.

Mrs. **L.Nithya**,  
Reiki Master, Chennai  
9884702930.



## Urinary infection

The healee is 60 + male. Due to Covid-19 no direct healing was possible . The request came on whatsapp .

He was having temperature, along with infection.  
Reiki healing was administered by distance to his ajna, manipura, mooladara and swadishtana.

Also since he had been through a surgery for his back, a complete chakra healing was also given. The healing was done three times. The temperature came down and was normal. The infection was also cured. They had confirmed it by lab test as well. They thanked the reiki healing.

**Mrs. Vasanthi Karthik**  
Reiki Master, Chennai.  
9380571682

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## Reiki for Polio

Poliomyelitis is commonly known as Polio. Poliovirus is the causative agent of Polio. It is a contagious viral disease that causes nerve injury, with the symptoms like paralysis, breathing problems & sometimes fatal also.

I was healing a patient of aged 48 years old. She was handicapped due to Polio from childhood. Later she became bedridden, for the past 1/2 years. I treated all her back chakras, as her whole spine was affected. I gave Reiki healing, weekly three days, for one year,

Indeed, Reiki does wonders & with God's Grace and Reiki Healing miracle, she was able to stand. Not only she, I also felt happy & thanked Reiki.

As we see many of the children are suffering with Polio, we can create awareness to Public about the wonders of Reiki.

**Mrs. Fathima Raffiudin**  
Reiki Master, Chennai.  
9677216656





## Hole in Heart

I like to share my experience with you all, regarding an incident happened in 2010.

My sister was on her family way & 8 months pregnancy. We went to one Hospital for normal check up and scanning. After checking the scanning report, they told us, the child is having a hole in the heart. We were shocked and was down with tears. I know that our Beloved Guru was there to help, with Reiki powers. We called her & explained the situation. Madam blessed us & told the delivery will be **NORMAL**, by the Miracle of Reiki. She also told us, after the child was born, the hole will automatically close. The same thing happened, and the child was normal afterbirth, without any heart problem. This is a real Miracle.

We are ever grateful to Madam DrP.S.Lalitha, for her timely help, with Reiki Healing.

Thanks to our Guru & Reiki, for the divine power helped my sister for safe delivery of healthy baby, without any complicated operations.

Mrs. **Mahalakshmi**  
Reiki Healer, Chennai  
9841406551



## Migraine

Migraine is a recurrent headache disorder, that typically affects one side of the head. It is often accompanied by nausea and sometimes disturbed vision.

Migraine could occur due to various causes like,

1. Stress
2. Hormonal changes
3. Sensory stimuli viz. bright light, loud sound, strong smell, some perfumes, smoke etc.
4. Physical exertion
5. Recent studies even show a link between Migraine and an increased risk of heart disease

Migraine occurs with various symptoms which varies from person to person. Typically an intense pounding/pulsating pain starts in the forehead, side of the head or around the eyes. The pain in the will usually last for hours or even days. The pain gradually gets worse.

### The difference between Headache & Migraine :

Headache causes pain in the head, face or upper neck & it can vary in intensity and frequency. Whereas, Migraine causes symptoms that are more intense/extremely painful. Migraine symptoms are more intense & debilitating than normal headaches. According to WHO more than 50% of adult population have had various headache disorders, due to the above mentioned factors.

I wish to share my case study of Migraine, in Distant Healing, where the Patient got dramatic relief of her disturbing symptoms. She excited with her cure/relief. She mailed her immense thanks to our Beloved Guru Dr.P.S.Lalitha, on the success of Distant Reiki Healing.

### Case details:

Miss.X, 35yrs old living in Canberra, Australia, working in the field of Healthcare. She was suffering with Migraine for more than 5 years. She came to know about Reiki & its effectiveness, in Alternative Therapy. She approached me through my son & requested for Reiki Distant Healing Session, for her chronic migraine disorder.



## Treatment:

I consoled her & advised her to concentrate on the affected areas during my Distant Healing Sessions. First, I thoroughly cleansed her Aura & Chakras and removed negative energy.

The Ajna, Manipura/Mooladhara chakras were activated, to reduce sensation of nausea & to keep her mind calm. Along with Reiki Distant Healing Symbols, I used Sujok also for healing. As Reiki energy started passing/flowing on her, through Distant Healing Process, her intensity of pain reduced more than 75% after just 3 sessions. She profusely started thanking me & Reiki, for the magical healing powers.

Dear Dr P. S. Lalitha,  
I would like to provide positive feedback regarding Rajeswari's distance reiki. Sine March 25 (this year), I have had distance healing 3 times per week to treat migraine.

Every session, I feel a sense of comfort, warmth and relaxation.  
I have easily used visualization during the sessions to assist, e.g. visualizing negative energy leaving my body like black smoke. I also experience a sense of gratitude at times.  
Once, early on in our healing experience, I had a migraine after work and asked Rajeswari to help.  
I was honestly so amazed. During this session I felt a pressure release from my head and the migraine effectively dissipated! During this particular session I also felt a warmth in my feet and arms.  
I would recommend Rajeswari for reiki healing to anyone!  
Kind regards,

**Mrs. Rajeshwary Sooriyan**  
Reiki Healer, Chennai.  
9445280299





## Miracles Of Reiki

### CASE NO: 1

Parameswary noticed her ganglion cysts around her wrist around 2 years ago, she didn't feel uncomfortable or pain at that time but this year it grow rapidly. Doctor's advice her only option was operation to remove the cyst. She did not like the idea of operation. She told me her problem. I advised her that we will do reiki healing on her wrist. Me and my group of reiki students started sending reiki healing to Parameswary. This miracle happened just in 3 days. The cyst in her wrist shrunk. Parameswary is also a reiki practitioner; she too started healing herself as per my advice.



### CASE NO 2

This case is from London. Verena husband Stephen went into coma after he fall sick. We received the request from my friend in London to sent Reiki Distant Healing. It was quite a serious case. 2 weeks after he was in hospital. We got the message requesting Distant Healing.

Daily we sent distance reiki healing to him, and also draw symbols on his picture. We use the 4 power symbols- fire, dragon, halo and finish it with vel symbol. After 20 days he wake up from coma, and recovered fully & was out from hospital.



+44 7795 236114

~Verena R

Thank you so very much for your prayers and kind words! We are so relieved Stephen is recovering and getting back to good health! It's been a blessing having your support ❤️ Verena

19:37



## CASE NO 3

This case is in my city. I visited her and she was in so much pain. Her both legs were like burned and skin peel off. Medically they couldn't help her. When she walk she will make sound... ah or amma. I have my own reiki group in my whatsapp. We all start to do Distant Healing for her. After two weeks we saw the encouraging results. REIKI is really a MIRACLE.



**NAGESWARY VELOO**

Reiki Grand Master, Malaysia.  
+60 14 721 5159



## நம்பிக்கையின் சிகரம்

### குருவிற்கு நமஸ்காரம்

நான் ஒரு எழுபது வயது பெண்மணி, எனக்கு அதிர்ச்சி கொடுக்கக்கூடிய சம்பவம் நடந்தது. எனக்கு நாற்பத்தெட்டு நாட்கள் தூக்கம் கிடையாது. சாப்பாடு கிடையாது. தாது குறைந்த நிலையில் இருந்த நிலைமை நினைவாற்றல் கொஞ்சம் கூட கிடையாது (கோமா நிலைமை) மருத்துவமனைக்கு செல்லாமல் வீட்டிலிருந்தபடியே, என்னை **முயற்சி உடையார் இகழ்ச்சி அடையார்** என்ற பழமொழிக்கிணங்க என் மகளும் மற்றும் P.S. லலிதா அம்மாளும் ஏனைய ரெய்கி கீலர் அம்மாவின் மாணவிகள் அனைவரும் ரெய்கி மூலம் நம்பிக்கை வைத்து **நம்பினோர் கெடுவதில்லை** என்று ஆண்டவனை நம்பி என் உயிரை காப்பாற்றினார்கள். இந்த நிகழ்ச்சி என் சுற்றத்தாருக்கு மிக ஆச்சர்யம் கூடிய மகிழ்ச்சியை தந்தது. ரெய்கி ஒரு நம்பிக்கையின் சிகரம். நம்பிக்கையின் சிகரமான ரெய்கியை நமக்கு தந்த ஜப்பானிய பேரறிஞர். டாக்டர் **மெகா. உசேன்** ஐயா அவர்களுக்கு நன்றி. என் உயிரை காப்பாற்றிய Reiki Healers அனைவருக்கும் அன்பு கலந்த நன்றியை தெரிவித்துக்கொள்கிறேன். வணக்கம்.

உங்கள் அன்பின் பிடியில்  
**ரத்தின ருக்குமணி**  
9003158287





## சிப்பிக்குள் முத்து

எனது பெயர். **S. சுந்தரி**, ஆசிரியை, கும்பகோணம்.

நான் ஜூன் 2017ல் Reiki 1 Level பயிற்சியும், மே 2019-ல் II Level பயிற்சியும் May 2019- III A Level பயிற்சியும் மாஸ்டர். ஸ்ரீ தேவி, ரெய்கி கிரான்ட் மாஸ்டர் அவர்களிடம் பயிற்சி பெற்றேன். எனது முதல் மற்றும் இரண்டாவது மகள் இருவரும் இப்பயிற்சியை மாஸ்டர் ஸ்ரீ தேவி அவர்களிடம் III A Level வரை பயிற்சி பெற்றுள்ளார்கள். எனது மகனும் I Level பயிற்சி பெற்றுள்ளான். இந்த ரெய்கி ஹீலிங் பயிற்சியை பெற்றதை நாங்கள் வரமாகவே எண்ணுகிறோம்.

எனது தோழிக்கு திருமணமாகி 5 வருடங்களாக குழந்தை பாக்கியம் இல்லாமல் மிகவும் வேதனையில் இருந்தார்கள். அப்பொழுது திருச்சியில் Test Tube Baby Treatment-க்காக முயற்சி செய்தார்கள். அதற்கான பரிசோதனைகள் மற்றும் மருந்து, மாத்திரைகள், ஊசிகள் என உடல்நிலை ஆங்கில மருத்துவத்திற்கு ஒத்துழைக்க முடியாமல் மிகவும் சிரமத்திற்கு உள்ளானார்கள்.

அப்பொழுது நானும் எனது மகளும் சேர்ந்து தோழியின் உடல் நலம் பெற ஹீலிங் செய்தோம். இப்பிரபஞ்ச சக்தியானது தோழியின் உடல் நலத்தையும் காத்து அதோடு அவரது கருவும் பாதுகாப்பாக வளர்க்கப்பட்டு, அவரது உடலில் வைத்து அவரது சிகிச்சை வெற்றியடைய மிகவும் உறுதுணையாக இருந்தது. அதன் பிறகும் மூன்று மாதங்கள் தொடர்ந்து ஹீலிங் செய்து கொண்டிருந்தேன்.

இப்பொழுது இரு குழந்தைகளும் பிறந்து 6 மாதங்கள் வளர்ந்து ஆரோக்கியமாக உள்ளனர்.

அதில் 1 குழந்தைக்கு மூன்று மாதமாக இருக்கும்போது கண்கள் சொருகி திடீர் திடீர் என பயந்து அழுது கொண்டிருந்தது. அப்பொழுது மருந்துவர்கள் CT Scan MRI Scan என பரிசோதனைகள் செய்து Fitன் ஆரம்ப மூளையில் சிறுகட்டி உள்ளதாக கூறினார்கள்.

அப்பொழுதும் அக்குழந்தைக்காக தொலைதூர ரெய்கி சிகிச்சை உடனடியாக செய்தோம். அதன் பிறகு குழந்தை எந்த பிரச்சனையும் இல்லாமல் இப்பொழுது இரு குழந்தைகளும், தாயும் ஆரோக்கியமாகவும் மிகழ்ச்சியாகவும் உள்ளனர்.

இந்த ரெய்கி ஹீலிங் முறையின் சிறப்பு என்பது நாம் எந்த மருத்துவம் எடுத்துக் கொண்டாலும் அதனுடன் சேர்ந்து நமக்கு 100% அளவு பலனை கொடுக்கிறது. எங்களது குரு மாஸ்டர் ஸ்ரீதேவி அவர்களுக்கு எனது நன்றியினை தெரிவித்துக் கொள்கிறேன்.

Mrs. **S.SUNDARI, M.SC., M.Ed,**  
Reiki Healer, Kumbakonam.  
9487726852



## மன அழுத்தம் போக்கிய மாணிக்கவீணை

நான் ஒரு மன அழுத்தத்திற்குள் சென்று விட்டேன். என் மனம் ஒரு நிலைபடுத்த முடியாமல் தத்தளித்து இருந்து வேளையில் மூளையை விட்டு விட்டேன். தூக்கம் இல்லாமல் தானாக பேசும் அளவிற்கு ஆகிவிட்டது என்நிலைமை. அந்த நேரத்தில் என்னை மிகவும் சமாதானபடுத்திய ஒரு நல்ல மனதுள்ள பொறுமை எனும் நகை அணிந்த பெண்மணி நல்ல பாதையில் என்மனதை பக்குவபடுத்தி வாழ்க்கை என்பது போராட்டம் இல்லையம்மா வாழ்க்கை வாழ்வதற்குத்தானம்மா என்று கூறி நீங்கள் நல்ல முறையில் வாழ வழி இருக்கிறது என்று என்னை அமைதி பெற செய்து நல்லதோர் வீணை செய்வோம் அதை நலம்பெற காப்போம் என்ற சொல்லால் இசை கொண்ட ஏழு சக்கரங்கள் வாயிலாக ரெய்கி என்னை குணப்படுத்தினார்கள்.

இந்த கவலையை நல்ல முறையில் பயணித்து இசை வீணையில் உள்ள நரம்புகள் எவ்வளவு சக்தி வாய்ந்ததோ அது போல ஏழு சக்கரங்களும் நல்ல முறையில் செயல்பட செய்து என் மன அழுத்தத்தை போக்கி நல்ல ஒரு பெண்மணியாக வாழ வழி காட்டிய ரெய்கி மூலம் இன்னும் பல நோய்களையும் தீர்த்து வைப்பார்கள் என்றும் அவரும் அவரது பணியும் மாணிக்கவீணைபோல் மின்னி மீட்டுவதற்கு இறைவனை பிராத்திக்கிறேன்.

நன்றி

உங்கள் அன்பு பிடியில்  
ரத்தின ருக்குமணி  
ரெய்கி ஹீலர், கும்பகோணம்.  
9003158287



## வார்த்தை எனும் சக்தி

என் சொந்த ஊரில் ஒரு வழக்கம் சொந்தபந்தங்களுக்குள் சிறு சிறு மனஸ்தாபங்களோ, அல்லது சச்சரவுகளோ வரும் போது தன் மனதை சங்கடப்படுத்திய அந்நபரை, “மகாராசா” , “அரசாளுவ, “ராணி மங்கம்மா”, பேரழகி” என திட்டுவது வழக்கம். சிறு வயதில் இப்படியான திட்டுகள் வாங்கும் போது வலித்ததே இல்லை. மங்கையான பிறகு, சிரிப்பு தான் வந்தது ஆனால் திட்டும் பெரியவர்களின் முகம் கோபமாகத்தான் இருக்கும். ஒருமுறை என் சிறிய பாட்டியிடம் விபரம் கேட்டபோது, “சாமி கோவத்துல வர்ற வார்த்தை அம்பு மாதிரி அது எதிருல நிக்கர மனுசனோட மனசையும் உடம்பையும் சேர்த்து தொலைச்சி எறிஞ்சிடும். ஏதோ வேகத்துல தப்பான வார்த்தையை சொல்லிட்டு அப்புறம் அந்தப்பய நோகும்போது கான சகிக்காது. மனசு வலிக்கும் கோவத்துல குணமும் இல்ல, அறிவும் இல்ல... ஆனா இந்த வார்த்தைகளை வச்சு திட்டும் போது கோவமும் போயிரும், சொன்ன வார்த்தையும் அவங்கள் “நோகடிக்காது” என்று முடித்தாள். எவ்வளவு பெரிய சத்தியம். இதுதான் பக்குவப்பட்ட மனது என்பதா.

### “வார்த்தைகள் - வாழ்க்கைகள்”

சப்தம் என்பது உயிருள்ள அனைத்திற்கும் பொதுவானது. ஆனால் “பேச்சு”, மொழி என்பது மனிதனுக்கும் மட்டுமே கிடைத்த வரம். நாம் வெளிப்படுத்தும் வார்த்தைகள் - நமது ஒழுக்கத்தின் வெளிப்பாடு நம் உயர்ந்த எண்ணங்களின் பிரதிபலிப்பு - நம் வாழ்வின் தரம், உயரம்.

மன முதிர்ச்சி என்பது - வாழ்க்கையில் மேம்படுதல், மேம்பட்ட மனதில் நல்ல எண்ணங்களே நிலைக்கின்றன. இனிய சொற்களே வெளிப்படுகின்றன மிருகத்திடமிருந்து நம்மை வேறுபடுத்திக் காட்டக்கூடியது மொழி “அறிவு”. என்ற ஆயுதத்தை நாம் சரியாக கையாளத் தவறும் போது, மீண்டும் மனித உருவில் மிருக நிலைக்கு தாழ்ந்து விடுகிறோம். அங்கே, சமூகத்தோடு சேர்ந்து வாழ தகுதியிழந்து விடுகிறோம்.

வார்த்தை எனும் ஆயுதம் யோசித்துப் பேசுங்கள், வார்த்தைகளுக்கும் உயிர் உண்டு”-

காந்தியடிகள்.

மிகவும் சத்தமிகு வார்த்தைகளை நாம் சரியாக வெளிப்படுத்தும் போது, அவை,

- ◆ மனதையும், உடலையும் குணப்படுத்தும்.
- ◆ நம்மிக்கையை அள்ளித் தரும்
- ◆ அன்புகொள்ளச் செய்யும்
- ◆ உதவி செய்யும்
- ◆ வாழ்க்கையை மேம்படுத்தும்

அதுவே, கூரிய கத்தியாக மாறும்போது, அவை,

- ◆ காயப்படுத்தும்
- ◆ தடைசெய்யும்
- ◆ கஷ்டப்படுத்தும்
- ◆ கோபப்படுத்தும்
- ◆ அவமானப்படுத்தும்





இதில் நாம் கவனிக்க வேண்டிய உண்மையாதெனில், மேற்கூரிய, நேர்மறை மற்றும் எதிர்மறை விளைவுகள் அனைத்தும் வெளிப்படுத்துபவர் மற்றும் எதிர்கொள்பவர் இருவருக்குமே சமமாகச்சென்றடையும் என்பதே. வார்த்தை எனும் விதை அறத்தை சார்ந்த நல் ஒழுக்கம் என்பது நற்சொல்லை பேசுதல்.

“சொல்லுக சொல்லிற் பயனுடைய சொல்லற்க  
சொல்லிற் பயனிலாச் சொல் ” திருக்குறள்

நம் உதட்டிலிருந்து வெளிப்படும் வார்த்தை பிறரின் மனதை சென்றடைவதால் நாம் பேசுவதை சற்று நிதானித்து கனிவான வார்த்தையாக வெளிப்படுத்துவதில் கவனம் வேண்டும். அன்பான, இனிய, ஊக்கமிகு சொற்கள் சிறந்த இசையாக பாயும். சிறந்த விதையாக மனதில் நிலைக்கும் வார்த்தை தேர்வு தினமும் நமக்கு நாமே கூறக்கூடிய பல நல்ல வார்த்தைகள் நமது வாழ்க்கையில் மிகப் பெரிய நல்ல மாற்றங்களை ஏற்படுத்தவல்லன. நேர்மறை வார்த்தைகளை திரும்ப திரும்ப நாம் உபயோகிக்கும் பிரபஞ்ச ஆற்றலோடுதன்னை இணைத்து கொள்கிறது.

அபரிமிதமான பிரபஞ்ச ஆற்றல் உடலின் உள்ளும் புறமும் நிறைந்து பலப்பல அற்புதங்களை நாம் உணரச் செய்கிறது. அவ்வாறு நமக்கு நாமே கூறும் வார்த்தைகள். நேர்மறை வார்த்தைகளாக தேர்ந்தெடுத்தல் மிக அவசியம். வார்த்தை செயல்படும் விதம். “வார்த்தைகளின் சக்தி”- என்பது அதை சொல்பவருக்கும், கேட்பவருக்கும் எங்ஙனம் நன்மை செய்கிறது என பார்போம்.

எண்ணங்களின் மொழி வெளிப்பாடு சப்தம். அதன் முழுமையான வடிவம் சொல் (அ) வார்த்தை, இந்த சப்தம் என்பது அலை வடிவானது. இது அறிவியல் படி 4 விதிகளுக்கு உட்பட்டது.

1. **மிரதிபலிப்பு** (Reflection)
2. **ஒலிவிலகல்** (Retraction)
3. **ஊடுருவி செல்தல்** (Penetration)
4. **பரிமாற்றம்** (Transformation between each other) இதன் படி வெளிப்படும் வார்த்தை அலை வடிவில் சக்தி பரிமாற்றம் செய்கிறது. அது கோபமோ, சாந்தமோ... நாமே செய்ய வேண்டும்.

திருமதி. K. தங்கராணி,  
ரெய்கி மாஸ்டர், சென்னை.  
9176085090



## ரெய்கியின் மகத்துவம்

என் பெயர் KPU யுவராஜ் (37 வயது) எனக்கு TRIGEMINAL NEURALGIA என்கிற உபாதை இருந்தது. அதற்கு 2 வருடங்கள் பல்வேறு மருத்துவ சிகிச்சைகள் அலோபதி ஆங்கில மருத்தும் - மற்றும் ஆயுர்வேத சிகிச்சை மேற்கொண்டேன், ஆனால் எனக்கு தீர்வு கிடைக்கவில்லை. அத்தருணத்தில் என் நண்பர் Dr. Swaminathan அவர்களின் வழியாக DR. P.S. LALITHA அவர்களின் அறிமுகம் கிடைத்து, ரெய்கி சிகிச்சை பெற ஆரம்பத்தேன். ரெய்கி எடுத்துக்கொண்ட முதல் நாள் அன்று, மிகுந்த அமைதியும், சில நல்ல மாற்றங்கள் உடலில் நடைபெறுவதை நன்கு உணர்ந்தேன். 6 மாதத்திற்கு 1 முறை என 12 முறை சிகிச்சை எடுத்துக்கொண்டேன் மேலும். DR. P.S. LALITHA அவர்களிடம் ரெய்கி பயின்றேன் இன்று என் கரங்களில், ரெய்கியின் மகத்துவத்தை மற்றவர்களுக்கு சிகிச்சை அளிக்கும்போதும், எனக்கு நானே ரெய்கி செலுத்தும்போதும் உணர்கிறேன்.

என் விவசாய நிலத்தில் ஒரு போர் பாடும்பொழுது 750 அடி வரை தண்ணீர் வரவில்லை, பின்னர் Dr. P.S. LALITHA அவர்களிடம் ஆலோசனை கேட்டு ரெய்கி குறிகளை இட்டு தியானம் செய்தேன். ஆகையால் 800 அடியில்- தண்ணீர் வந்தது. இதிலிருந்து ரெய்கி இயற்கையுடன் ஒன்றினைந்து செயல்படுகிறது என்பதை நன்கு உணர்ந்தேன்.

என் பூர்வீக சொத்தை ஒருவர் 4 வருடம் முன்பு வாங்கி இருந்த நிலையில், எனக்கு சேர வேண்டிய முழு பணத்தை கொடுக்கவில்லை. ஏனெனில் ரெய்கியின் உதவியால் என் பூர்வீக சொத்தை நானே வாங்கிவிட்டேன்.

9 வருடங்களாக நீதிமன்றத்தில் என் மீது (அபாண்டம்) வழக்கு என் நண்பரால் போடப்பட்டிருந்தது. அதுவும் ரெய்கியின் மகிமையினால் 2020 வருடம் எனக்கு சாதகமாக தீர்ப்பு வந்தது.

2020ம் வருடம் முழுவதும் எனக்கு மிகவும் அற்புதங்கள் நிகழ்ந்த வருடம், இதற்கு காரணம் ரெய்கியின் மகத்துவமே, அந்த வாய்ப்பு 2020 வருடம் நிகழ்ந்த உலக ரெய்கி தினத்தில் DR. P.S. LALITHA அம்மாவின் நல்லாசி கிடைக்க பெற்றது, பெங்களூரில் வசிக்கும் DR. YASHODHA அவர்களின் ஆலோசனை மற்றும் வழிநடத்துதலின் படி என் வாழ்க்கை மேலாங்கி இருக்கிறது.

ரெய்கியை கற்றுகொடுத்து, எனக்கு சில மக்களை ரெய்கி சிகிச்சைக்காக, DR. P.S. LALITHA அவர்கள் கிருஷ்ணகிரிக்கும் அறிமுக செய்து வரும் நிலையில் ரெய்கி கிருஷ்ணகிரி மக்களுக்கு கொண்டும் செல்லும் வாய்ப்பு கிடைக்கிறது.

ரெய்கியின் மகத்துவத்தை எனக்கு நல்முறையில் சிச்சை செய்து பயிற்றுவித்த DR. P.S. LALITHA அம்மாவிற்கும், DR. YASHODHA அவர்களுக்கும் என மனமார்ந்த நன்றி.

இப்படிக்கு,  
K.P.U. யுவராஜ்  
ரெய்கி ஹீலர், கிருஷ்ணகிரி,  
9787777464



## ரெய்கி 'அ' முதல் 'ஒள' வரை

கற்க கசடறக் கற்பவை கற்றபின்  
நிற்க அதற்கு தக.

திருக்குறள்.

குருவிற்கு நமஸ்காரம்

நான் கற்ற ரெய்கியை உயிர் எழுத்துக்களை கொண்டு அலங்கரிக்கின்றேன்.

- அ.** அன்போடு குணப்படுத்தும் மருத்துவம் ரெய்கி
- ஆ.** ஆரோக்கிய வாழ்வு தரும் ரெய்கி
- இ.** இசையின் சாரத்தில் ரெய்கி
- ஈ.** ஈடில்லாத செயல்பாட்டிற்கு ரெய்கி
- உ.** உயிர் காத்த உன்னத ரெய்கி
- ஊ.** ஊக்கம் காட்டி உணர்வுர செய்த ரெய்கி
- எ.** எளிமையான வைத்திய முறை ரெய்கி
- ஏ.** ஏர்முனையின் ஏணிப்படி ரெய்கி
- ஐ.** ஐயம் போக்கிடும் அற்புத ரெய்கி
- ஓ.** ஒற்றுமையின் வாழ்வாதாவரம் ரெய்கி
- ஔ.** ஓம் என்ற சொல்லின் அஸ்திவாரம் ரெய்கி
- ஒள.** ஓளடதத்தின் ஆணிவேர் ரெய்கி.

ரெய்கி வாழ்க்கையின் நல்ல மருத்துவம்  
இந்த கலையை நல்லமுறையில் பயன்படுத்தி பயன்பெறுவோம்.

நன்றி வணக்கம்.

ரெத்தின ருக்மணி  
ரெய்கி ஹீலர், கும்பகோணம்.  
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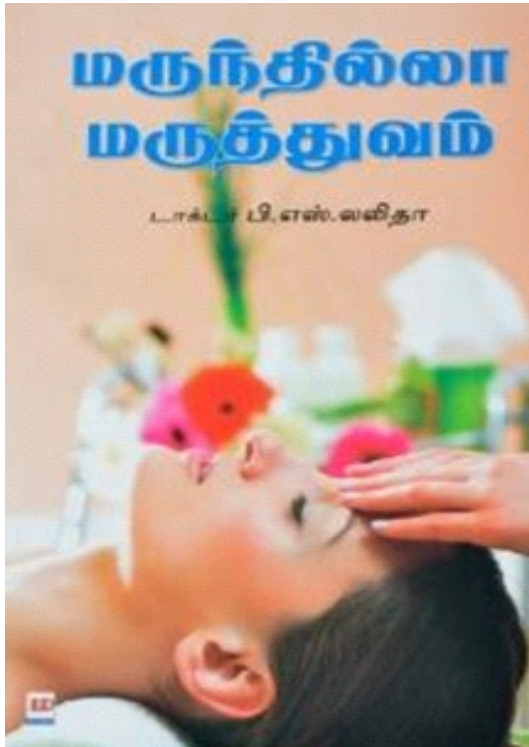
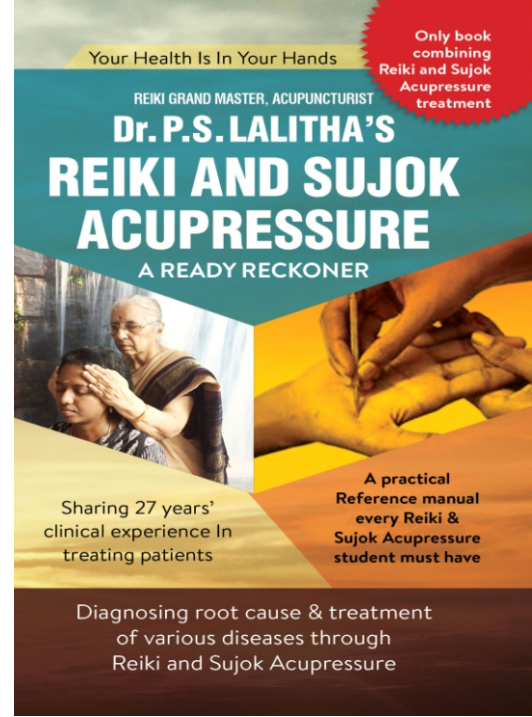
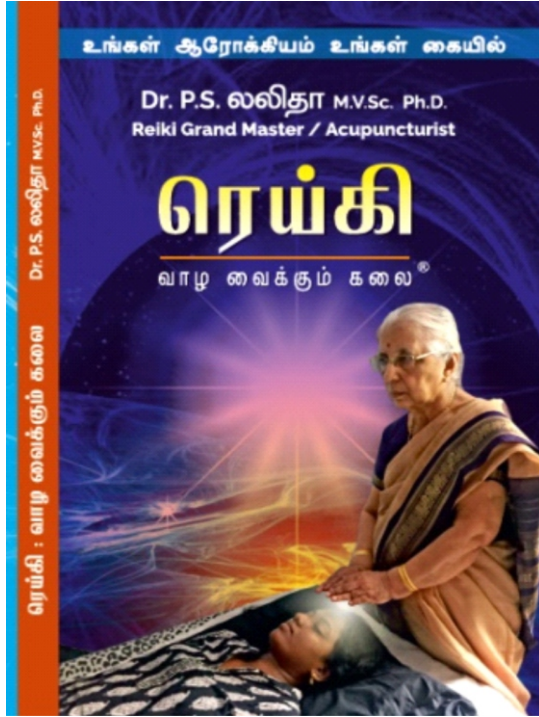


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