

# Healing Hands

Vol.21

*Reiki - The shield for Humanity*

A pair of hands, one above the other, holding a glowing purple galaxy. The galaxy is filled with stars and nebulae, and the hands are positioned as if they are cradling it. The background is a dark purple gradient.

**JANUARY  
2022**

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

# 23<sup>rd</sup> WORLD REIKI DAY - 2022 INVITATION



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

*Cordially invite you*

**23<sup>rd</sup> World Reiki Day 2022**  
REIKI - THE SHIELD FOR HUMANITY

**Chief Guest**  
**Dr. K. GIREESH**  
M.D. (Gen. Med.), D. M. (Neurology), M. Ch. (Neurosurgery), Ph.D., D.Litt.  
Consultant Physician, Neurophysician and Neurosurgeon

**Through Zoom online Meeting**  
9th January, 2022 (Sunday)  
10.00 a.m. to 1.30 p.m.

**Through : Zoom Meeting**  
Meeting ID : 842 1036 1839  
Passcode: 372486

*All Are Welcome...*

**Ms. R. SRIDEVI**  
President - 9840641393

**Mrs. VASANTHI KARTHIK**  
Secretary - 9380571682

**Mrs. SARASWATHI KALYANASUNDRAM**  
Treasurer - 7598055183, 94444417155



**Programme Agenda**

Prayer	10.00 am
Welcome Address <b>Mrs. VASANTHI KARTHIK</b> Secretary, Reiki Centre of India	10.05 am
Report on Reiki Centre Activities <b>Ms. R. SRIDEVI</b> President, Reiki Centre of India	10.15 am
Keynote Address <b>Dr. K. GIREESH</b> M.D. (Gen. Med.), D. M. (Neurology), M. Ch. (Neurosurgery), Ph.D., D.Litt. Consultant Physician, Neurophysician and Neurosurgeon	10.30 am
Launch of Healing Hands Magazine	11.00 am
Felicitation <b>Mr. RAGHURAM NATESAN</b> Independent HR Technology Professional, Chennai.	11.05 am
Founder's Speech <b>Dr. P.S.LALITHA</b>	11.15 am
Experience of Healers Reiki Centre of India	11.30 am
Interaction with the audience	12.45 Noon
Guided Meditation	1.15 Noon
Vote of Thanks <b>Mrs. SARASWATHI KALYANASUNDRAM</b> Treasurer, Reiki Centre of India	1.30 noon

**Kind Note :**

- Please Login by 9.50 a.m
- Please Mute yourself once logged in

**Through : Zoom Meeting**  
Meeting ID : 842 1036 1839  
Passcode: 372486

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

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Play Back Singer.

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**EDITORIAL**

Beloved Associates,

Wishing everyone a jubilant vibrant year 2022 with euphoria.

We at Reiki Centre of India, 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 the 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.

- The Editor

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

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



**WORLD REIKI DAY - 2019**



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## AN EYE OPENER OF LIFE MATHA, PITHA, GURU, DHEIVAM

What a fantastic world it is! Families of trees, animals and human beings related to one another. **"Unity in diversity"**. Myself - I too grew in a highly protective muscular bag of a lady. finally I was delivered to this world whom I recognised as my beloved mother. While I was in fetal stage, I was nourished by maternal blood.

After reaching this world my mother took care of me by nourishing me with diet according to my age. As i grew up whenever I fell sick, my mother used to give me natural medicines without seeking the help of any doctor. So she was my God. Occasionally, when my sickness became a little serious, my mother used to consult our family doctor. I started depending on him for my health. Because he cured my ailments he became my God.

In school and college my teacher who imparted their knowledge became my God.

My journey continued from childhood to adulthood. I joined Madras Veterinary College and after graduation started working in Anatomy department of Madras Veterinary College and for a few years in King Institute. As an anatomist, I studied and taught every part of the body (both physical and at microscopical structure).

At the fag end of my professional life I came across a new system of healing called **Reiki**. With the intention of preparing self for post retirement life I sincerely opted for reiki class.

It was the turning point in my life. Reiki stressed the significance of breath. Usually no one attributes anything to breath. Reiki made me to concentrate on breathing, made me realise that what one breathes is divine energy, created by all prevading Supreme Soul. Reiki also gave me the knowlege about the inert physical body and invisible aura and chakras capable of energising physical body where the life force exist.

Myself with a base in modern science, first time realized that life is not in physical body but in the invisibe bio magnetic field around physical body. The air( divine energy) we breathe is through seven major chakras.. Hence every act of mine is decided by God, the Creator. He has created the entire universe, filled with universal divine energy and also the nature - plants, animals and so on. Man alone created with sixth sense, is to protect the nature with benovelence. Since He has created me with the power of protecting fellow human beings and nature. He is Brahman and his divine energy is flowing in me.. This divine energy can be channelized to keep every one happy.

Now I am pondering over this question. If He has created me and every thing in this world i feel the Brahman is the Mother. the **Creator** who is the guiding force in my life is my **Beloved Mother**.

**OH MOTHER. I THANK YOU FOR CREATING ME AND MADE ME REALIZE THE DIVINE POWER** (Jeevathma) in self. I thank my mother in materialistic world and MOTHER (creator) who created me and made me realise divine power in each and every one born in this world. With this knowledge I promote **Reiki** - healing through divine power.

I request Mother to make everyone to realize the divine power with which they are born to love and help others and keep the Nature safe. Occasionally like any other human being I too fall sick. Through Reiki with the divine power. You have bestowed on me I keep myself healthy. My intention is to spread this knowledge to every one who has not realized your power.

THANK YOU MOTHER FOR CREATING THIS UNIVERSE WITH NATURE AND MAKE THEM LIVE IN HARMONY.-

Dr. **P.S.Lalitha**  
Founder, Reiki Centre of India.  
Reiki Grand Master, Chennai.  
9840044198



## **REIKI – THE COSMIC GIFT**

Reiki Healing technique is a powerful healing practice that was developed in Japan earlier and now it had been practiced worldwide. Reiki is a Japanese word which means Universal Energy(Rei) & Life Force Energy (Ki) .In our Indian System Reiki means Paramatma (Rei) Jeevatma (Ki). Reiki is present in every living thing,

### **Benefits:**

- Reiki Healing helps to balance the unbalanced energy in our living body.
- Reiki can heal oneself and others.
- It removes blocks in the body system.
- Energy healing target to increase the flow of energy
- It helps to reduces the pain and relax the mind,.
- Distance healing also can be done through Reiki healing system by visualising the person or object.

### **Reiki learning and healing is a wonderful Experience.**

- Receiving Reiki energy from healers, provide to restore the balance in mind, reduces stress, connect with Nature and enables us to experience the Happiness.
- Reiki Healing method can help to cleanse our body and further leads to Spiritual understanding of our selves and the world around us.

### **My Reiki Healing experience:**

One person from Muscat called me who was referred by my Reiki student. He wanted to come out from the bad habits like alcohol, smoking etc. Within 3 sessions of reiki healing and counselling wherein ajna, manipura, swadishtana chakras were energized. I also advised him to do meditation continuously. He became happy and he was able to avoid the bad habits. Now from the effect of this reiki experience, he wants to learn reiki healing techniques.

### **My own experience:**

One day when I was making tea. By mistake, I touched the vessel, which was used for boiling water, it burnt my finger and the boiled water spilled over my hands. It was very painful. Immediately I applied Reiki power. Within an hour my burnt parts became normal without any marks. Thanks to the powerful Reiki Energy. Thank you All.

**Arudhathy .D**  
Reiki Grand Master, Bangalore  
9611605861



## CHAKRAS AND VEDIC WISDOM

Chakra meditation has been mentioned in ancient Sanskrit writing also., Paramatma & Jeevatma connection - It means connection between Universal Energy and Life force energy. Chakra meditation is a Spiritual healing system where Cosmic Energy used to get the power of healing through meditation on Self.

Human body is visible to the naked eye which is called the physical body, invisible body is the Metaphysical body which is called Aura. There are energy centers which is located in the middle of the body. There are 7 Chakras (wheels in our body) existed in our Aura (Human Energy Field).

In the ninth (9th) Stanza of Soundarya Lahari poem, Chakras are referred about

"Mahim **muladhare** kamapi  
**Manipure** Huthavaham  
 Sthitham **Swadhistane** Hridi  
 Marutamakasam upari:  
 Manopi bhruu--madhye sakalamapi  
 bhittva kula-patham  
**Sahasrare** padma saha rahasi  
 patyaa viharaseyou

### Meaning:

Oh Goddess, you pass through six elements and finally live in seclusion with your constant Sadashiva and enjoy HIS company. In solitude, in a Lotus comprising of thousand petals, You traverse from Muladhara and pass through the Earth element there, water element in Manipura. Then you passes through the fire element in swadhistanam, then the Air element in the Heart in Anahatha, the space element, above that in Vishudha, the mind principle between the eye brows in Ajna Chakra, thus breaking through all Chakra near feets her husband Shiva at Sahasrara padma.

### Description:

This sloka refers to the internal worship of Sakthi through the meditation on Chakras. Chakras are wheels in our body and are considered to be the energy centres. Thus meditating on Jeevatma (Prana sakthi) on the Chakras in the Human body shall awaken our energy to attain self- realisation

We know the Chakras are situated in different parts in our auric body. The Chakras while rotating, Cosmic Energy is inhaled through each Chakra and exhaled through each chakra, thus energy helps to maintain balance in physical, mental and spiritual well being of a person.

Chakra's in relation to the location and 5 elements of the earth

S.No.	Name of the Chakra	Location	Relation with 5 elements
1	Mooladhara	tip of spinal cord	Earth
2	Swadhistana	Sacrum	Water
3	Manipura	Navel area	Fire
4	Anahatha	Chest	Air
5	Vishuddhi	Throat	Sky
6	Ajna	Forehead between the eyebrows.	Sky
7	Sahasrara Chakra	Top of the Head	Sky





From the above shloka which clarifies that the human body is made of 5 elements Earth, Air, Sky, Fire water and then mind also.

- **Mahim Muladhara** - Mooladhara Chakra
- **Kamapi manipure** - Manipura Chakra
- **Huthavaham** - Swadishtanam Chakra
- **Hrithi marutham** - Anahatha Chakra
- **Akasamupari** - VishuddiChakra.

Thus Mooladharam to Vishuddi chakra represents 5 elements of our body.

**Manaha-Api Bhru madhye**---Ajna chakra resides in between eyebrows represents "Our mind ". The energy residing in Muladhara chakra is called "kundalini" It travels through the six chakras and all pathway of energy in the body The energy pathway is called "Kulapadam". Sushumnanadi runs through all these Chakras.

Prana sakthi or kundalini is coiled 3 1/2 times in the form of a snake sleeping in Muladhara chakra. The sakthi is sleeping state in Muladharam in most of us.

Kulapatham is the pathway of energy where nerves knots are there on between the Chakras are called "Grandhi. Brama Grandhi, Vishnu Grandhi and Rudra Grandhi. The energy has to pierce these Grandhies to travel upward from Mooladhara to Sahasrara chakra

Devi ( Sakthi) meets her husband Shiva at Sahasrara where 1000 petalled Lotus known as padma is located.

### Knowledge about Chakras from vedic wisdom

#### "Sri Lalitha Sahasra Namam.

Chakras are also mentioned in Lalitha Sahasranamam. ("Mulathsrika-----38, 39 & 40)

Through systematic regular meditation, prayer, chakra meditation, sthostraparayanam, Sakthi aradhana etc one can attain the self knowledge . These practices are more than enough to balance the elements of our body and for treatment of ailment that occurred due to imbalance of Chakras.

**Arundhathy. D**  
Reiki Grand Master  
Bangalore,  
9611605861.



### REIKI FOR DISC PROLAPSE

A man of 56 year old had a severe back pain. He wasn't even able to stand straight. Reiki healing was given on back Manipura chakra, back swadishtana chakra and Mooladhara chakra. Along with healing, he was treated with sujok pressure points on lumbar region points. He was also suggested to apply seeds. His pain started reducing in the very first session.

He started standing after second session. He got cured after 5 sessions. After one month he called me and said that reiki has cured him and he is very normal to such an extent that he went to a temple and climbed 6000 steps and he didn't have any pain or problem. He also mentioned that he feels very healthy after these sessions.

Another women of age 54 called me over phone and complained about severe back pain. She couldn't even travel to come and take treatment. So I had to visit her at her residence and gave healing on back Manipura , back Swadishtana and Mooladhara chakra.

Then she was able to lie down without pain. Then with sujok acupressure she was able to turn. After 4 sessions she was able to be on her own and do her daily activities. Both the cases were severe disc prolapse cases. They were treated and cured by reiki without any other medication.

**Fathima Rafiuddin**

Reiki Grand Master

Consultant

Bharathiraja Hospital, Chennai

9677216656



## **A MIRACLE CALLED 'REIKI' - FOR INFERTILITY**

Infertility has become a common issue these days, 1 out of 7 couples have trouble conceiving especially after the age of 35. The risk of infertility increases as we age.

Changing life choices affect fertility a lot. A few decades ago, most women had their first child at about 21. Today, that age is closer to 26 or 27. Many couples are waiting longer to start their families. When a couple is eager to start a family & not getting pregnant for quiet long it can be frustrating & overwhelming. It's normal to feel anxious when you're trying to conceive and it hits high when you start hearing the phrase - your biological clocks is ticking.

The couple, Maya & Nedumaran, had been married for 9 years & had been unsuccessful in conceiving a child. The pressure was more on the wife; she was often upset and felt as if she was a failure because she couldn't conceive a child. She had been depressed from time to time, and had experienced insomnia & as a result there was so much tension in the home. The medical reports conveyed that the couple had no major issues.

Maya was willing to try any sort of treatment. She had been trying to get pregnant for several years with no luck. She had taken it as her problem alone and failed to realize that the problem concerned them both. Nedumaran was quite skeptical & disagreed for the treatment.

We planned to start healing for Maya, The first two Reiki sessions were concentrated in cleansing & bringing the body into balance, especially Mooladhara, Swadhistana, Anahatha & Ajna Chakras were healed.

Maya had considerably changed, her emotions were healthier and was more optimistic and wanted to continue the treatment. Nedumaran found the changes in his wife welcoming however his disbelief or shyness stopped him from getting healed.

We planned to do Distant Healing for him and continued the treatment for Maya. There were small shifts in both their behaviors and the pressure seemed off. After few more sessions, Maya called up, she was excited to announce that they were expecting finally & her joy knew no bounds. She mentioned that Reiki was God sent miracle and her prayers were answered. Nine months later, she delivered a beautiful baby boy.

Reiki is a very effective treatment for helping couples who are having problems trying to conceive or making it full term. Reiki removes the blocked energy that can prevent healthy women from conceiving and managing stress is good, no matter what life stage you're in.

All Thanks to Reiki Power & our Guru Dr.PS.Lalitha amma for teaching us this miracle.

**Nithya Loganathan**  
Reiki Grand Master, Chennai.  
9884702930



## REIKI HEALING MIRACLES

### 1<sup>ST</sup> STORY

#### Awaken to life from coma



With request from one of my reiki student, Praveena Raman , in healing her uncle Mr.Govindan Krishnan who was treated by the reiki healing group of mine through distance healing . Mr.Govindan Krishnan had been collapsed in his heart, due to which he reached comma stage on 14<sup>th</sup> October, so the healing group of mine (REIKI HEALING FAMILY) started sending healing for him, On 26<sup>th</sup> October , we received message that he was recovered and got discharged from the hospital and back at home with normalcy.

### 2<sup>ND</sup> STORY



Mr. Amirthan Loganathan, who had a complication of URIC acid (Gout), was given healing from our group, based on the request from his mom, as he was unable to walk and had been admitted in hospital. He couldn't move from bed and walk, Few days after the Reiki healing and with the help of right medication he started to move slowly step by step and after two weeks, he started to walk steadily as well. After the 3<sup>rd</sup> week, he started even driving the car and came with mom for personal healing for a reiki session. He was also guided on self healing by us, that has to be done on him.

### 3<sup>RD</sup> STORY



Jayvinraj was admitted due to covid and was on ventilator in ICU, with low pressure and irregular heart beat. His parents requested for reiki healing . Hence healing was sent to him for 10 days by our reiki healing group. Step by step there was an improvement and recovery with normalcy in breathing and thereby he came out of ICU and was back home safely. We received a gratitude message from him as a video clip.

#### Realisation:

Reiki is the most simplified method of healing connecting ourselves with universal energy with full of compassion aligned with Reiki symbols. I have personally witnessed the effervescence of REIKI healing does create miracle in life for the highest good , in my whats app group, according to the request sent by many people. I really bow to this universal life force energy (REIKI) which has become very much a part of my life. Indeed i am happy to teach and promote reiki healing.

**NAGESWARY VELOO**  
Reiki Grand Master  
Malaysia.



## REIKI FOR ACCOMPLISHMENTS

I, Dr. Sitalakshmi from Hyderabad would like to share the accomplishment of my daughter who stays in Canada who had been treated by Mrs. Saroja of Hyderabad, is a student of Dr. P.S.Lalitha.

It's so amazing to see that reiki cures many physical and psychological ailments. It helps in removing negative thoughts, by cleansing and energising all chakras, there by one can achieve their goals. My daughter was unsuccessful in getting a job. After few sittings of Reiki treatment from Mrs.Saroja, my daughter got placed in job, which found to be a greater support through reiki in her fulfilling her accomplishments. We wish Dr.Lalitha all the success that is expanding the circle of Reiki Masters and healers to serve the society...

My humble gratitude and wishes extends to Mrs.Saroja who had treated my daughter with REIKI.

**Mrs. M. Saroja**  
Reiki Master,  
Hyderabad  
9985916718



## **HEALING OF BODY, MIND & SOUL WITH REIKI AND OTHER TOOLS.**

“A healer's power stems not from any special ability, but from maintaining the courage and awareness to embody and express the universal healing power that every human being naturally possesses.” Everyone is a born healer. A healer or therapist is a person, who doesn't heal but helps the others to heal themselves. Through the healer or therapist, nature takes charge and heals the person.

The body and mind heal by themselves, if left alone. We have come to this planet with psychic impressions in our aura and chakras from our past lives. Our subconscious mind is filled with all sorts of memories from childhood till this day. We are led to realize, that through the healing process that we are not this body and mind but the soul, which is the pure consciousness. Unless we heal our body and mind completely, we will not be able to realize this and be liberated enough to give unconditional love to every creation.

When individuals are faced with a physical problem, chakras and Aura can be cleansed and healed with the assistance of hands, breath or orgon pendulum. Appropriate Acupressure and sujok points can be pressed, as well as reiki can be used to give energy to the points. While doing the healing, invoke Arch Angels, Violet Flame, Dolphin (the sea Angel) and Reiki guides. Crystals can be energised and used too.

You can learn and use appropriate switch words, mantras, Mudras etc. If the problem is not healed completely, then mentally go to the time when it started and think about your life situation and emotions at that point of time. For doing this you have to go to meditative mode. When you identify the situation and emotions, you can take the help of the Infinite Intelligence of your subconscious mind to release all the negativities and blocks completely and dissolve as well as integrate them into the Universe.

One health problem can be addressed at a time and this technique can be continuously used for a few days till the problem is resolved. Finally you will become completely light and positive. When you become more and more positive, the negativities within you and around you will get disintegrated and dispersed into the Universe. You become free and move towards enlightenment to realize your soul.

**Uma Seetharaman**  
Reiki Master  
Chennai  
9840748942



## THE QUINTESSENCE OF REIKI

Reiki – the universal life force energy is engrossed in the cosmos and in every living thing that dwells on this earth. The human beings who are created by the creator, is born with the innate life force for the survival. But the life force varies from person to person, according to the physical fitness and emotional stability that one hold. Naturally, we can see in the modern world that there is a distortion within oneself, others and in the environment, as there is lots of pollution in the ecology and due to lack of natural resources, people are prone to different ailments and the stress level is created, as there is a battle between the body and mind, which is caused due to imbalance in their life style...To bring in the coherence , we as reiki healers, are been instrumental to render our support to ease ailments at physical level and to bring in solace at emotional strata of mind...

During this covid phase, we have rendered our support through distant healing method of reiki, wherein it brought in the revival, to so many lives. The most quintessence of reiki were once a lady of 48 yrs from Sirkazhi, came after her recovery of COVID wherein she felt feeble with loss of smell and taste.

**Healing Phase:** Mooladhara chakra (For muscular strengthening), ajna chakra (for retaining the smell and taste) – as it has control of all the facial organs, and Manipura (for normal appetite)

**Recovery:** The absolute normalcy had happened in one sitting. She was delightful about the healing with the cosmic energy of reiki that gave her confidence to live life with tranquillity. After two months she again came in person to say a word of gratitude.

### **Reiki for Pet**

One more emotional heart touching case was when received a call from a girl, from Kerala, whose pet was suffering from fever, after the entire family suffered covid situation. Among which the pet was healthy to a greater extent, while they were all recovering, due to emotional attachment that the pet had with the family that was understood while taking the reiki client history for healing. As understood, the four months of tabernacles within the family due to covid, had made the pet to absorb the aura of them and be in the clutch of cluttered emotion and caught the fever, with the disturbance even in the house where people were longing for zoyee (the pet) to become normal

I adopted the following healing phase for the pet;

**Healing phase:** Mooladhara chakra (safety and security), ajna (for better sleep and clarity), manipura (to subside the fever and for better appetite) as well.

**Recovery:** Four days of healing with absolute normalcy in temperature, was done by cleansing the aura of the pet, aura of the home as the whole family had suffered with covid, on fourth day, and the pet had seemed to be with complete happiness.

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



## AUTO IMMUNE DISORDER

Normally when a person is affected by bacteria or a virus or any other harmful microorganisms, the immune system guards our body against these organisms by sending out an army of **Fighter cells** to attack them. Usually the immune system can tell the difference between the foreign cells and our own cells.

But in the case of autoimmune disorder, the immune system mistakenly attacks our body i.e. the immune system mistakes a part of our body like our joints or skin as foreign and there by releases a protein called **auto antibodies** which attacks the healthy joints or skin or any other part of our body

The exact reason for auto immune disorder is unknown. However I would say that if a person gets a fever due to an infection, the person should get rid of the fever naturally i.e. allow the immune system to work at its own pace to get rid of the foreign invader there by the fever comes down. But what really happens is, when a person gets a fever, he immediately swallows a Paracetamol to reduce the fever. Actually fever is good; it says that the body's immune system is working properly. But when a fever is stopped in the middle way, the immune system instead of killing the foreign particles starts attacking the healthy cells.

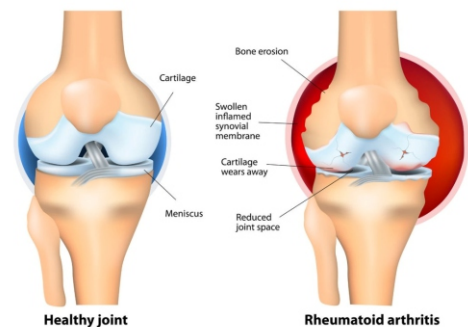
In this article I like to discuss about two autoimmune disorder the first one is

### 1. Rheumatoid arthritis

In Rheumatoid arthritis the immune system attacks the cells of the joints and also other organs. The person experiences pain in all the joints because of the inflammation, there will also be stiffness in the joints and so it makes a person to walk slowly sometimes even unable to do even small work. The person might experience fatigue and also loss of appetite.

Woman aged 40, came to the clinic with rheumatoid arthritis. On the first session, cleansing the entire front Chakras was done. After that healing energy was given to all the chakras and also to all the joints. Energy was given more to the front Manipura Chakra as the spleen is the one that is sending the auto antibodies and also to the Mooladhara Chakra, as it is responsible for skin, muscles and bones. The above patient after 7 sessions, started feeling much better and also she was able to do work at home ...All together she became free from the excruciating pain.

#### RHEUMATOID ARTHRITIS



### 2. Multiple sclerosis

The next auto immune disorder is Multiple sclerosis. In Multiple sclerosis, the immune system attacks the protective **myelin** sheet that covers the nerve fibres and causes communication problems between the brain and rest of the body. The signs and symptoms of multiple sclerosis vary widely, as it depends on the amount of nerve damage and also the nerves which are affected.





Young girl aged 26 affected by multiple sclerosis came for reiki treatment. She had problem with the legs i.e. the nerve supply to the legs were affected because of that she suffered with numbness of the legs. The numbness will occur at any time. She was scared to go out alone and always needed someone to accompany her, as the numbness of the legs causes foot drop and because of the same reason she had to quit her job.

After few sessions of Reiki healing, her episodes of numbness of the legs gradually decreased. Now the numbness of the legs occurs just once a day and she has also totally stopped all her steroid medications.

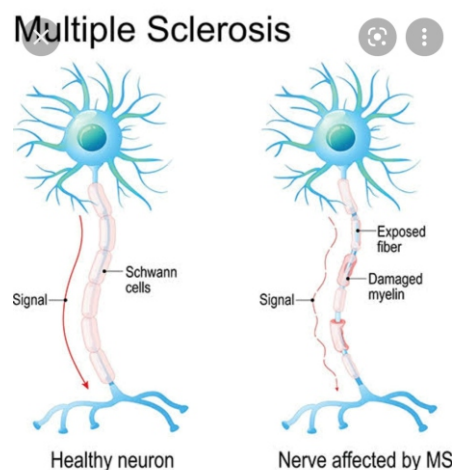
In one more case, female aged 35 approached me for Reiki healing. First time when she came to the clinic she was unable to walk as she had fallen from the bike. She could walk only with the help of her husband supporting her. According to allopathy doctors, she was diagnosed to be suffering from multiple sclerosis. But I thought it is just a *sciatica* pain, so all the back chakras of her and the lumbar sacral region were cleansed and Reiki healing energy was given. After the third session she was able to walk without any support. And exactly after six sessions she was able to walk very freely and even drive her bike.

She was advised by the allopathy doctor to have an injection on her spinal cord which costs around three lakhs for her to walk, they even threatened her that if she denies the injection, she might even lose her mobility... But by the grace of Reiki healing, she regained her mobility by just spending three thousand only. Thus Reiki healing modality is simple, holistic and also Cost effective...

A big gratitude to my lovable Guru Dr.P.S Lalitha mam and to Reiki...

### Subhashini. D

Reiki Master,  
Dr.P.S.Lalitha Holistic Clinic,  
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## REIKI IS LOVE

As much as I wish to share all my experiences in this wonderful reiki healing journey, this particular healing experience stays close to my heart always.

I am Thinisha from Malaysia and I've completed my reiki certification till level 3A with Grand Master Sri Devi (Kumbakonam). The whole journey of how I became a Reiki healer started miraculously but all I know the reason was nothing but LOVE. The love to see everyone happy, the love to witness the joyful recovered individual from mental or physical ailments, and my love towards all mighty.

We know that motherly love is the greatest love in the world; almost every married couple would love to have their offspring shower them with love. But not everyone is blessed with it, some may have physical ailments, some may have past karmic malefic or some are just not sure what is happening. With Reiki, I discovered that all those reasons can be made history by healing them with my pair of humble hands and focused thoughts.

A couple who were married for almost a decade was not blessed with a baby and they have tried many ways but the effort all end in vain. The medical report said they were perfectly healthy and there's no issue in bearing a child. They were well to do, living a contented life but being childless took a huge toll on their mental peace and happiness.

During the healing process, I came to know that their Anahatha energy was heavily clogged due to depression of not being able to bear a child, though the chakra for fertility is Swadisthana was perfectly fine. With the blessing of my guru and reiki healing energy, I performed chakra cleansing on her Anahatha (peace symbol) and blessed them with green and pink light. And with constant healing to the Reiki box & intentional healing (childbirth symbol) for less than a year, they are now blessed with a cute, healthy baby boy!

What else can make one feel more contented than seeing the joy in another's life?  
Reiki indeed is pure LOVE!

**Thinisha Anandarajah**  
Reiki Healer, Malaysia



### **HEALTH IS PEACE**

In the present worldly scenario each one of us has felt the need of good health. We have also experienced that a person suffering from disease is not the only one suffering, the near and dear also suffer seeing them suffer. It is needless to say that life and lifestyle has changed for everyone.

The present case study is about a lady in her seventies. Prolonged medicines even for sleep could not give her enough good sleep be it afternoon or night. This led to eating disorders, improper bowel movements and anxiety. But the lady mainly trusts allopathy. One day the complaint was that it was unbearable. Then I gave Reiki and acupressure and said that pranayama i.e. breathing with focus on breathing should be done. Simultaneously the treatment was given for the lung and abdomen region.

After two hours I got the message that the lady slept well and felt good. Then the bowel movement for the subsequent days was proper and the lady could eat properly.

The corresponding acupressure point was taught to the lady so that she could heal herself.

For sustained good health reiki meditation and pranayama on a daily basis does wonders. Hope people who have benefited spread the message to the near and dear for this non-invasive treatment.

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



## SHIELD BEFORE HEAL

The law of conservation of energy states that energy cannot be created or destroyed but can be converted from one form of energy to another.

I would like to share the experience of healing & cleansing a space known to be contaminated by stagnant and negative energies (some may say haunted).

A newly married couple moved into a beautiful, rented home to start their journey happily but the harmony went south when the couple always had misunderstandings for petty matters, tend to get agitated and exhausted the moment they step into the house. Even worse, to the extent of having sleep paralysis and the feeling presence of some shadows and hearing voices besides theirs.

They decided to come for spiritual healing counselling, and I found that the problem is not solely within but at the space where they are. And to make the situation worse, the pandemic had made both stay home for long hours.

In Reiki healing, we are taught to shield ourselves by strengthening our auric field and chakras by meditation before healing others. Visiting such a place with no knowledge of how impactful it can be, I ensured to be well shielded with Reiki Healing energy and energized crystals.

Scanned every corner of the house for the anomalies, placed some rock salt and applied Reiki declutter & protection symbols. Applied love and harmony symbols at the center of the house and the bedroom. I found the root cause of the energy contamination of the space from some items left over by the previous tenant's child who had passed away tragically. I carefully shielded the items and cleansed it with reiki healing energy and sent it off to the universe with love and peace. Finally, I shielded the home with protection symbols and bless it with lots of peace, love, and harmonious energy.

The couple is living happily in the same house now. Thank you, my gurus, thank you reiki thank you universe & the almighty!

**Vickneswaran M.**

Reiki Healer, Malaysia

Under the tutelage of Grand Master Sri Devi  
(Kumbakonam)



## LIFE TRANSFORMATION AFTER REIKI IN MY LIFE

### **Transformation 1: Begin Your Day and every work with Gratitude**

My Sincere Gratitude to God, Universe, Spiritual Guides, Healing Angels, Holy Angles, My Masters and Gurus, My Parents, My Family Members, Myself, Mother Earth and Reiki. As soon as I was chosen to be a Reiki Healer by divinity, I start my day, each and every work with my sincere gratitude. In my life journey, Reiki has made me to rediscover myself and know my life purpose, by means of which, a huge transformation is being experienced within me all the time. Feel very much blessed to be a Reiki's tool forever.

### **Transformation 2: Self-Healing – Charging Myself**

Every day morning, as I start my day with Self-Healing and Meditation I am able to charge myself with full of positivity all through the day – all 24 hours continuously. I am able to do all my tasks with full of energy and involvement both physically and mentally that in turn made me to accept the actual happenings (Good or Challenging Progress) as it is. Though this everyday practice of Self-Healing and Meditation consumes a little time but contributes to a high value within me at all times.

### **Transformation 3: Focusing on Good**

As a tool of Reiki, now I am able to focus on good things around me always, even when I am facing critical situations. But, before being a Reiki healer I used to take merry-go-round within the problematic area alone and undergo stress. Especially during the time of problematic situations, when I focus on good things on the happened events and situations, automatically problems are getting vanished and able to view the positive side of the situations that makes me to feel more confident, strong and attain good results.

### **Transformation 4: From I to YO (U)**

Before as a Reiki healer, I assess the events/ happenings from my point of view alone but now started to assess even from other's point of view, to say shortly more empathetic than before. In actual, we all think that he/ she will be thinking about us or any event in a particular point of view thereby we react, but this is where we impose our own thinking on others and expecting others to act/react according to our own expectations, thus leads to experience delayed and false results. Now gradually, I shifted from me to we and stopped expecting to have my expected reactions from others. Learnt to give others what I expect from others and truly saying, when I am sharing, giving and healing others without any expectations, it comes back to me with high level of true selfless love.

### **Transformation 5: Samarppanam - Dedication**

Before being the tool of Reiki, I feel proud when I succeed and feel guilt when faced with failure and finally take everything to my mind. But now as Reiki's tool, I started to dedicate everything both success and failure in the lotus feet of God which made me free from stress and unwanted loads within me. Now I feel physically, emotionally and mentally more strong and healthier. Pranams to Reiki.

### **Transformation 6: Self-Healing to Healing Others – A Case Study**

Myself as a Reiki healer in healing others was initiated when my mother was diagnosed with Thyroid issue. She was admitted in hospital for further diagnosis and it was then in hospital when I started to heal my mother. Sri Lalitha Sahasranamam was playing in SAI TV as my daughter was randomly tuning the TV channels. Few weeks before I was reciting Lalitha Sahasranamam for the first time in my life and later came to know the benefits of reciting/ listening to Lalitha Sahasranamam after this incident.



Whenever a devotee recites/ listens to Lalitha Sahasranamam: Goddesses is said to bless his/ her soul. In fact, reciting/ listening to Lalitha Sahasranamam is a benefit of good karma done by one in previous births. Helps one to develop the energy of Faith to do and achieve anything which is positive for us in our life. This energy generates the Belief, confidence and Determination in one's own self to work for Devi.

When I heard the listings, I was so surprised and realized that my mother and I were blessed by the divine and for me to begin my journey as Reiki Healer. Now doctor has informed that she was totally recovered and her thyroid level came to normal and there is no need for tablet anymore.

The Journey as Reiki Healer is still being continued with lots of transformational experiences happening within me and among others with higher soul satisfaction.

For now, concluding with My Sincere Gratitude to God, Universe, Spiritual Guides, Healing Angels, Holy Angles, My Masters and Gurus, My Parents, My Family Members, Myself, Mother Earth and Reiki.

**Dr. Nithya. S**

Reiki Grandmaster, UAE

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## REIKI HEALING DURING THE PANDEMIC

I am a student of honored Reiki Grandmaster Dr. Lalitha. I used to come from New Jersey to avail of the pristine knowledge and learn Reiki and Sujok from her. I have authored books, “**Herbal Transformations**” sold in USA and “**Healing with Herbs**” sold in India and on Amazon.

I am also an Anthropologist and a certified Nutritionist. I take a holistic approach in treating people during the pandemic. Actually, this method works well in general for healing. A holistic approach includes Reiki energy treatment, nutritional advice, meditation, breathing techniques, and Sujok. Any combination depending upon the patients need is very valuable in healing.

Being a nutritionist and knowledgeable on herbs and spices and their medicinal values, I incorporate this knowledge in energy healing. We know that food is medicine, therefore food should be eaten with care. Healthy nutritious food that goes into your body attracts positive energy. Therefore I educate my patients with healing foods while I treat with Reiki energy.

During the pandemic when i have patients with various types of ailments, my first question would be to find out what kind of food they eat. Heat producing foods deplete energy. After all we are doing energy healing, does it not make sense that one should avoid harmful foods that deplete energy? The patient must understand that Reiki healing goes hand in hand with conscious maintenance through proper food, meditation, breathing and exercise.

Cosmic energy is absorbed when the chakras are in balance. The chakras are in balance when the endocrine system functions properly without disease. And the endocrine system functions without disease when the body is nourished with healing foods. During the pandemic it is important to keep the endocrine system working properly. Our forebears were very knowledgeable and knew so many home remedies for various health issues. I started using the ones that are for nose and throat and the Pulmonary system.

I have treated many people with COVID. Obviously one cannot touch a COVID patient and one has to keep the distance. I used the combination of the home made medicine of black pepper, turmeric, ginger and honey that I make into small lemon size balls and make the patient take it for 10 days on empty stomach. I give the Reiki treatment also without touching for the same period of 10 days. I also include breathing exercises. All my patients have healed without having to go to a doctor or hospital. Now, it is important to assess the extent of the disease. If the person is having difficulty in breathing please make sure it is COVID related and have the patient seek medical advice.

One of my patients had asthma but was so paranoid about having caught COVID, and any form of its variants. I asked her if she had her asthma medicine. She did and she took it in my presence. Within a few minutes of my Reiki treatment she felt better. But she had lost her sense of smell and taste which told me that she indeed had contracted COVID. After Reiki treatment, the taste came back soon and the sense of smell took a few months to come back.

During the pandemic period having the body nourished, and energized through Reiki we are not treating symptoms but are doing preventive care. Vitamin D3, Vitamin C with Zinc, Quercetin, CoQ10 for immunity are an amazing combination. Believe in yourself and believe in Reiki power!

**Uma Swaminathan**  
Reiki Grandmaster,  
New Jersey, USA



## REIKI AND ABUNDANCE

Reiki is a gift that is given to each and everyone of us. By opening our mind to this energy, we will be more capable of seeing the synchronicity in our life and be able to let our life flow.

Things to do to enhance one's energy:

- i) Have balanced diet that provides your body with nutrients
- ii) Create habits that help maintain a clear state of mind
- iii) Meditate
- iv) Create positive mental patterns to help you process life

Abundance is not something you find outside of yourself; it is a state of being that you experience in your mind. Through your trust in your innate ability to attract abundance you actually enable yourself to experience it in the outer world. To live in abundance, you have to remember and affirm your essence which is the very wellspring of your prosperity.

The first step to realizing abundance is to wake up to the fact that true self, the Divine essence within us, is who we truly are. When we realize our source, it is then easy to surrender the false "self" to that greater power within us. By turning our awareness to true Self, and allowing ourselves to follow our hearts' desire, we soon realize that we have been THAT all along.

Turning within, we drop all thoughts of separation and turn toward the Universal Power which WE ARE – which is responsible for all manifestations, which is responsible for giving light to the Sun, which is responsible for giving power to the earth, to look after all our needs.

A simple way to shift into a new positive reality is to regularly treat ourselves with Reiki and cultivate the attitude of gratitude, to cultivate the feeling of love for everyone we meet, everything we do, and most of all, for our presence hereon this earth.

The secret to a healthy body is a healthy mind, free of the vibrations of stress, and unconsciousness, repressed negative thoughts and the resulting emotions. To free oneself and welcome an abundance of health in one's life, what is called for, is to raise his/her vibratory level.

It is essential to tune into the love that is all around us if we are to receive the abundance which is truly ours. Unfortunately, most people are not in contact with this infinite supply of love. Instead we spend much of our time trying to please others. Most of us unconsciously try to please our family, friends and co-workers in order to barter for the love we so deeply crave, but will not acknowledge. We seek recognition outside of ourselves which can never replace the love which is already there inside of us, just waiting for us to experience.

To become abundant we simply have to feel abundant. We have to penetrate through all of our negative conditioning and get in touch with the unlimited Source that we are. We simply have to convince the mind that we are abundant and we begin to attract that very same abundance.





The most simple and powerful way to develop an abundance consciousness is to cultivate the attitude of gratitude. One of the five Reiki principles, it has also been one of the most powerful tools.

- Feel your need
- Decide how to fulfil it
- Commit to make it happen

To get in touch with what will truly fulfil you, it may be necessary to spend some quiet time with yourself and actually put your hands on your heart and ask what it needs. You might even give Reiki to your heart at the same time.

Once you have given your word to yourself (or others), it is important to follow up with action. Your action further charges the energy around you with your intention and helps to draw in the needed pieces of your puzzle. The greater your sense of separation from true Self, the greater your action is going to have to be in order to manifest.

The way to abundance is not through doing, but through being; allowing things and events to unfold.

**Let us all join hands together to heal the World!**

**Dr. Yashodha Sethuraman**  
Reiki Grand Master,  
Bangalore.  
98453 08364



## INCREDIBLE EXPERIENCES OF REIKI

I wanted to share my scary experience which I had on one morning. The day i woke up with swelling in the jaw, left ear and neck region( left side). It was so tightening. It was same symptom which I had of spasm attack 4 years back. Same situation 4 years I was admitted in hospital and treated in ICU for 4 hrs. with the confidence in alternative medicines as I have had many personal experience I called Dr.Lalitha Ma'am seeking her help. She immediately took the call without a small hesitation started to treat me, within few minutes the swelling reduced and tightening turned to tenderness. She also added what should I do in the afternoon as next steps. Today I am fit and fine.Thanks ma'am for saving me from spasm attack and giving me my energy back.

**Mrs. Geethalakshmi**  
Reiki Healer, Hydreabad.

A cure through Reiki for Alzheimer. My husband suffering from Alzheimer's i request Madam for healing. By GOD'S Grace & Madam healings He recovered gradually very much grateful to P.S.Lalitha Madam Thank you Madam

**Mrs. Shyamali**  
Reiki Healer, Chennai.

## REIKI - A WAY OF LIFE

Reiki is a wonderful cosmic energy and healing method, which I first learnt in 1999; I learnt my Masters' degree in 2001 from our dear Dr.Lalitha madam; since then, it has been my armour, my protective first aid. Feel so truly blessed by the fact that I can heal myself and also others who ask for the healing.

Unlike modern medicine,Reiki has no side effects; in fact, combined with Allopathy,it speeds up the healing process! Also along with Sujok Acupressure, Reiki is very effective; here I would like to share my personal experience. In 2014, I accidentally sat on a slightly high chair at home, not realizing that one of the legs of the chair was loose & gave way when I sat on it; I immediately fell down with suddenness & hurt my lower back; I had excruciating pain and in spite of taking complete bed rest as well as anti-inflammatory drugs, it did not help me much. The low back pain was persistent especially when I used to climb up steps or surfaces! With a little difficulty I did Reiki to my Root chakra and also Sujok Acupressure to the corresponding points on my hand! Though it is hard to believe, one fine day, the entire pain vanished suddenly & I felt so happy & relieved! In another instance, a male patient came to my clinic and said that he was having severe neck pain & was also wearing a cervical collar; but with one-day direct healing & two days of distant Reiki healing, the pain totally disappeared & he got total relief!

Since the Covid pandemic last year, I have been able to protect myself & my family members through Reiki & also do distance Reiki healing to those who have approached me for the same! I want to mention here, that by doing Reiki meditation daily & weekly Chakra Meditation, I feel more fit & ready to face challenges & responsibilities, which life keeps throwing at us. I have also been regularly attending Lalitha madam's Full Moon meditation and find it a very blissful experience, each time.

Thanks a lot, Lalitha madam, for your tremendous love for each one of us & for teaching us Reiki & Sujok Accupressure, which are wonderful healing methods and have become a way of life for us!

**Dr. Kamala Varadharajan**  
Reiki Master, Bangalore.  
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## “பசித்துப் புசி” - ஆரோக்கிய வாழ்வு

குருவுக்கு வணக்கம், இறைவனுக்கு வணக்கம், அனைவருக்கும் வணக்கம்.

இன்று நான் உங்களிடம் பகிர்ந்து கொள்ளப் போகும் தகவல் ‘பசித்துப் புசித்தால் - ஆரோக்கிய வாழ்வு’ இதைப் பற்றியது. அதாவது, பசி நன்கு எடுத்தப்பிறகு, பசியை நன்கு உணர்ந்த பிறகு நாம் உண்ண வேண்டும் என்பதே, இதன் விளக்கம் நாம் அனைவரும் உண்மையாகவே பசி உணர்வு வந்த பிறகு உண்கிறோமா? நல்ல பசி வயிற்றைக் கீல்லும் உடலில் ஒரு சோர்வு வரும். மனம் உணவைப் பற்றி மட்டுமே சிந்திக்கும் எது கிடைத்தாலும் உண்டுவிடும் பேராவல் ஏற்படும். இது தான் பசி. உண்மையாகவே நாம் உடலின் பசிக்கு உணவு உண்கிறோமா அல்லது மனதின் கட்டாயத்திற்காக உணவை உண்கிறோமா?

### உணவே மருந்து :

“ மருந்தென வேண்டாவாம் யாக்கைக்கு அருந்தியது அற்றது போற்றி உணின் ” இக்குறள் மூவாயிரம் ஆண்டுகளுக்கு முன்பே திருவள்ளூரவரால் வகுத்துக் கூறப்பட்டது. இதை நாம் அனைவரும் படித்து இருக்கிறோம். இதன் பொருளாவது முன்பு உண்ட உணவு நன்றாக சளித்த பின், அடுத்த உணவை உண்பவருக்கு மருந்து என்ற ஒன்று உடம்பிற்கு தேவையில்லை என்பதே.

இது எந்த அளவிற்கு இன்றைய வாழ்க்கை முறைக்கு சாத்தியமாகிறது. நேரத்திற்கு உண்பதே சிறந்தது என்று மருத்துவர்களால் பரிந்துரைக்கப்படும் காலம்தான். பசிக்கிறதோ இல்லையோ அந்தந்த நேரத்திற்கு உணவை உண்டு விட வேண்டும். மாத்திரையும் உண்ண வேண்டும் என்பது காலத்தின் கட்டாயம் ஆக்கப்பட்டது.

ஒரு உணவு உண்ட பின் உடல் உழைப்பு என்பது அவ்விடத்தில் இருக்கிறதா இல்லையா? என்பது இங்கு மிகப்பெரிய கேள்வி ஆகி விட்டது. இன்றைய கழிநிலையில் உடல் உழைப்பை விட மனதின் உழைப்பை நம்பியே பெரும்பாலானவர்களின் வாழ்வு சென்று கொண்டிருக்கும் நிலைமையில், நன்கு உழைத்து, அதனால் நன்கு வியர்த்து, பிறகு பசித்து, அதன் பிறகு உண்ணும் வாழ்வியல் முறையை தொலைத்து விட்டோம். உணவு நன்கு சளித்த பின் அடுத்த உணவை உண்பதற்கு நேரமில்லாமல் அலைகிறோம். எனவே பசி இல்லாமல் உண்பதினால் முன் உண்ட உணவும் முழுதாய் சரிக்காமல் புது உணவும் சரிக்க முடியாமல், உடலில் தங்குவதால், கழிவுகளின் தேக்கம் அதிகமாகிவிட்டது. கழிவுகளின் தேக்கமே அனைத்து நோய்களுக்கும் பிரதான காரணம். நம் அனைவருக்கும் மனதிற்கு ஒன்று, புத்திக்கு ஒன்று என இரண்டு குரல்கள் ஒலித்துக் கொண்டே இருக்கும் மனம் என்பது பிடித்தது பிடிக்காதது என்று அதை சார்ந்து செயல்படுவது, - புத்தி என்பது நல்லது கெட்டது என்று அதை சார்ந்து செயல்படுவது. ஆனால் பெரும்பாலும் மனதின் குரலுக்கு மாத்திரமே நமது கவனம் கொடுக்கப் படுகிறது.

பசி இல்லாவிட்டாலும், புலன் உறுப்புகளால் கவரப்பட்டு நம் மனதிற்கு பிடித்தவாறு உண்பதை பழக்கப் படுத்திக் கொண்டோம். இதனால் சளிமானத்தில் குழப்பம் ஏற்பட்டு அதனால் உடலின் ஆற்றலும் குறைகிறது. பிறகு பலவித ஆட்கொள்ளப்படுகிறோம். இதை மாற்ற முடியுமா? முடியும். பழக்கத்தினால் இதை மாற்றுவது சாத்தியமே.

### லங்கணம் பூரம் ஓளதம் :

உள் உணர்வுக்கு மதிப்பு அளிக்க வேண்டும். பசியை உணர வேண்டும். உணர்ந்த பிறகே உண்ண வேண்டும். மேலும் மாதம் ஒருமுறை உபவாசம் இருக்க வேண்டும். “லங்கணம் பரம ஓளதம்”. - அதாவது ‘புத்தியமே சிறந்த மருந்து’ - உண்ணாமல் இருப்பது., நாமாகவே விரதமிருந்து, முழுவதுமாக வயிற்றிலிருந்து கழிவுகளை வெளியேற்றவைப்பது. உடலை முழுவதுமாக அதன் செயல்பாட்டிற்கு தருவது, சாலச் சிறந்த மருத்துவம் ஆகும். உடனே நம்மில் பலருக்கும் ஒரு சந்தேகம் எழக்கூடும் உணவை நாம் உண்ணாமல் விட்டோமானால் வயிற்றில் வாயு தொந்தரவு வந்து விடுமே, என்பதே.

இங்கு நாம் அறிந்து கொள்ள வேண்டியது விரதம் நாம் சுயமாக எடுத்துக் கொள்வது பட்டினி எதிர்பாராமல் இருப்பது நாம் உணவை எதிர்பார்த்து அப்பொழுது உணவு உண்ண முடியாமல் போனால் அதற்கு பெயர் பட்டினி. இதனால் உடல் நலக்குறைவு ஏற்படும். அதுவே நாமாகவே சுயமாக முடிவெடுத்து ஒரு நாளோ ஒரு வேளையோ உணவு உண்ணாமல் இருப்பதினால், எந்த உடல்நலக்குறைவும் ஏற்படாது. இது உடலுக்கான சிகிச்சையான மாற்றப்படுகிறது. ஏனென்றால், முன் அறிவிப்பினால் நம் உடல் அதற்கு தகுந்தார் போல தன்னை தயார்படுத்திக் கொள்கிறது. இது இயற்கையாகவே நம் உடலுக்கு உள்ள மிகச்சிறந்த அறிவாகும். இந்த உடல் சாரந்த அறிவே, கருவை உருவாக்கி அதற்கு உருவமும் கொடுத்து வளர்க்கிறது. காயப்பட்டால் தன்னைத்தானே சரிசெய்துக் கொள்கிறது. இறைவன் படைப்பில் இந்த மனித உடல் மிகப்பெரிய அற்புதம்.

எனவே, வாரம் ஒருமுறை ஒருவேளை விரதம் இருப்பதும், மாதம் ஒரு முறை ஒரு நாள் முழுவதும் விரதம் எடுப்பதும் நம் உடலுக்கு நன்மை செய்யக்கூடியது. இதனால் பல நோய்கள் நம்மை விட்டு விலகுவதை நாம் அனுபவத்தினால் உணர முடியும். உடலின் இரண்டாம் மூளையாக செயல்படுகின்ற வயிற்றுப்பகுதி சுத்தமானால், நமது முழு உடலும் சுத்தமாகும். ஆரோக்கியமடையும். மேலும், நமது உடலின் ஆற்றல் மையமாக விளங்கும் மணிப்பூரக சக்கரம் சிறப்பாக செயல்பட்டு உடலுக்குத் தேவையான ஆற்றலை கொடுக்கிறது. என்றும் இளமையுடன் இருக்கலாம். இதை நாம் நன்கு புரிந்து கொள்ள வேண்டும்.



பசியை உணர்ந்தபின் உணவு உட்கொள்வது, உடலுக்கு உழைப்பை தருவது, நல்ல தூக்கம், தேவை அறிந்து நீரை உட்கார்ந்து குடித்தல், சுவாசப்பயிற்சி மற்றும் அமைதியான மனம் இவை அனைத்துமே நல்ல ஆரோக்கிய வாழ்விற்கான காரணிகள். இவை அனைத்திலும், மனிதனுக்கு பிரதானம் உணவு ஏனென்றால், “உணவே பிரம்மம்”. மனம் மற்றும் புத்தியை ஒன்றுசேர்த்து நமக்குநாமே சுயமாக முறைப்படுத்திக் கொள்ளும் ஒழுக்கம், பசித்து பசித்தலும், உணவை சரிவர தேர்ந்தெடுத்து உண்ணுதல், தேவை அறிந்து உண்ணுதல் ஆகும்.

### எளியமுறை பயிற்சி:

ஒவ்வொரு வேளை உணவும் பசித்தபின் உண்ணுவது சாலச்சிறந்தது ஆனால் இன்றைய நமது வாழ்வியல் முறையில் அனைத்திற்குமே முன்னேற்பாடுகள் செய்து விடுவது வழக்கமாகிவிட்டது. ஒரு பயணத்திற்கு முன்போ அல்லது சில மணி நேர வகுப்பிற்கு முன்போ, தொடர்ந்த அலுவல் காரணத்தினாலோ சரியான நேரத்தில் நாம் உணவை உண்ண முடியாமல் போகலாம் இப்படிப்பட்ட சமயங்களில் பசி இல்லாமல் இருந்தாலும் முன்பே சிறிதளவு உண்டு விட்டுச் செல்வது இயல்புதான். ஆனால் இதுவே வழக்கமாகி விடக்கூடாது.

முடிந்த வரை ஒரு நாளுக்கு ஒரு முறையாவது நன்கு பசித்த பிறகு தான் உண்ண வேண்டும் என்று மனதினால் ஒரு தீர்மானம் எடுத்துக் கொள்ள வேண்டும். அடுத்து கண்கள் உணவைப் பார்த்து கவரப்படுவதால் ஏற்படும் பசிக்கும், உடலால் நன்கு உணரப்படும் பசிக்கும் உள்ள வித்தியாசத்தை நாம் அறிந்து கொள்ள வேண்டும்.

உண்மையான பசி என்ற உணர்வு வந்தபின் உணவு உட்கொள்வதினால் நாம் உடலை ஆரோக்கியமாகவும், கழிவுகளும் சேராமலும், பராமரிக்க முடியும். இதனால் நோய்வாய்ப்படுதல் குறைந்துவிடும். இது நமக்கு நாமே செய்து கொள்ளும் சிகிச்சை முறையாகும். மிக எளியதும் வலியதுமாகும். “நம் ஆரோக்கியம் நம் கைகளில்”

தங்கராணி  
ரெய்கி ஹீலர் மற்றும்  
யோகா பயிற்சியாளர்  
சென்னை



## “ ரெய்கி பிரபஞ்சத்தின் அற்புத சக்தி ”

அனைவருக்கும் வணக்கம்,

ஓம் அகிலத்தின் முதல் ஒலி  
ஓம் எனும் எழுத்திற்குரியோனே  
ஓம் எனும் ப்ரணவத்தில் ஓங்கி நிற்பவனே  
ஓம் எனும் பேரொளியாகி நிற்பவனே  
ஓம் எனும் மந்திரத்தை மருந்தாக்கியவனே  
என் முதல் வணக்கம்

செல்லும் வழியெல்லாம் கல்லும் முள்ளும் பாதையைக் காட்டுபவர் யார்? பார்வையிலே படுகின்ற விலங்கினங்களின் பாதையைக் காட்டுபவர் யார்? செல்லும் பாதையிலே பலகுழிகள் கடக்க உதவுபவர் யார்? பரிதவிக்கும் மனதைப் பண்படுத்திப் பாதையைக் காட்டுபவர் யார்? அனைத்திற்கும் தீர்வுண்டு என்று ஆதரவுக் கரம் நீட்டுபவர் யார்? இதோ நானிருக்கிறேன் என்று ஆதரவுக் கரம் நீட்டும் குருவை அனுக வேண்டும் அன்புடன் அடைய வேண்டும் நல்ல பாதையைக் காட்டுவரும் அவரே கடக்க உதவுபவரும் அவரே நல்லதோர் குருவாக நமக்கு அமைந்த Dr. P.S. Lalitha அவர்களுக்கு என் நம்ஸ்காரங்கள்.

கடவுள் யாருக்கும் உறுதிமொழி தரவில்லை வலியில்லாத நாட்கள் உண்டென்று கடவுள் யாருக்கும் உறுதிமொழி தரவில்லை நோயற்ற வாழ்வு உண்டென்று கடவுள் யாருக்கும் உறுதிமொழி தரவில்லை துன்பமற்ற இன்பம் உண்டென்று கடவுள் யாருக்கும் உறுதிமொழி தரவில்லை இருள் அற்ற பகல் மட்டும் உண்டென்று கடவுள் யாருக்கும் உறுதிமொழி தருகின்றார் நோயற்ற வாழ்விற்கு பேரொளி துணையென்று கடவுள் உறுதிமொழி தருகின்றார் அளவற்ற அன்பு ஏற்றோர்க்கு உண்டென்று கடவுள் உறுதிமொழி தருகின்றார் தன் பேரொளியின் கருணையே துணையென்று கடவுள் உறுதிமொழி தருகின்றார் எடுத்த செயலை முடிக்க மனோபலம் உண்டென்று கடவுள் உறுதிமொழி தருகின்றார் வாருங்கள் ஏற்போம்! அன்பே துணை! அதுவே ரெய்கி! என்ற பேரொளியின் அருள். ரெய்கி என்றால் என்ன? ப்ரபஞ்ச சக்தியே ரெய்கி அந்த சக்தியை முறையான குருவிடம் பயின்று அதை உபயோகித்து அனைவரையும் குணப்படுத்தலாம்.

அனைவரும் ரெய்கி என்பது நோய்களை குணப்படுத்த மட்டுமே உபயோகிக்க வேண்டும் என்று நினைக்கலாம் அப்படி இல்லை அதை படிப்பு, செல்வம், வேலை போன்றவற்றிற்கும் உபயோகப் படுத்தலாம். நல்ல வழிகளுக்கு மட்டுமே நாம் ரெய்கி சக்தியை உபயோகிக்க வேண்டும். டாக்டர் மிகாவ் உசுயி அதை, தான் கற்பதற்காக பல வருடங்கள் சீன, ஜப்பான் போன்ற பல நாடுகளிலும் புத்தவிகாரங்களிலும் கற்று கண்டு பிடிக்க இயலாமல் இந்தியாவில் வந்து இமயமலைப்பகுதிகளில், சமஸ்கிருதம் பயின்று, அதன் மூலம் வேதங்கள் இதிகாசங்கள் போன்ற பல நூல்களைக் கற்று பல ஞானிகளுடன் கலந்துரையாடி ரெய்கி முறையைக் கண்டறிந்தார். அதனால், ரெய்கி உருவான இடம் இந்தியா என்றே கூறலாம். அதை முதலில் ஹயாஷி என்பவருக்குக் கற்றுக் கொடுத்து பின்னர் டாக்டர் ஹாயாஷி அதை மேடம் டகாடா என்பவருக்குக் கற்றுத் தந்தார். மேடம் டகாடா மூலம் ரெய்கி என்ற கலை உலகம் முழுவதும் பரவிற்று. இந்தியாவிலும் அனைவரும் கற்க ஆரம்பித்தனர் அவ்வாறே வழித் தோன்றலாக வந்த டாக்டர் பி.எஸ். லலிதா அவர்கள் நமக்கு குருவாக அமைந்தார். அவர் ஆயிரம் பேருக்கு மேல் கற்றுத்தந்து ரெய்கியைப் பரப்பியுள்ளார்.

அப்படி அவரிடம் ரெய்கி மாஸ்டர் வரை கற்றவள் நான். அனைவருக்கும் ரெய்கி சிகிச்சை செய்தேன். நான் செய்தேன் என்று சொல்வது தவறு. பிரபஞ்ச சக்திக்கு நான் ஒரு கருவியாக உதவினேன் என்பதே சரி. எப்படி ஒரு ஆறானது பல கிளைகளாகப் பிரிந்து ஏர, அருவி கால்வாய் என்று பரவுகிறதோ, கால்வாய்கள் மூலம் வயல்களுக்குப் பாய்ந்து பலன் தந்து பயிர்களை வளமாக்குகிறதோ, அதே போலத் தான் ரெய்கி சக்தியும் பிரபஞ்ச மெனும் ஆற்றிலிருந்து நதியாக மனித உடலில் அருவியாகப் பாய்ந்து கால்வாய்களாக நாடி நரம்புகளில் ஓடி கைகளின் மூலம் அவர்களுக்கும் பயிர்களாக உள்ள நோயுற்றவர்களுக்கும் பாய்ந்து பலன் தந்து குணப்படுத்துகிறது. ரெய்கி சக்தியை முறையாக குருவின் மூலம் கற்றவர்கள் அந்த சக்தியை பிரபஞ்சத்திடம் வேண்டிப் பெற்று தங்கள் உடலில் ஏற்று அதை கைகளின் மூலம் மற்றவர்களுக்குத் தேவையான இடத்திற்கு அனுப்புகின்றனர்.

இக்கலையைக் கற்றுக் கொள்பவர்களுக்கு அனைத்து உயிர்களிடத்தும் அன்பு இருத்தல் வேண்டும். அத்துடன் நிறைய பயிற்சிகளும் தேவை. ரெய்கி குடும்பத்தில் தான் முதலில் தொடங்குகிறது. தான் பெற்ற குழந்தை வலியிலோ பசியிலோ அழுதால் தாய் அன்போடு கொஞ்சி பாலூட்ட தந்தை பாசத்துடன் தவ அந்தக் குழந்தை உடனே அழுவதை நிறுத்துகிறது. அந்த அன்பு பரிமாற்றமே ரெய்கி. அதுவே உறவினர், நண்பர்கள், அறிந்தோர் அறியாதோர் நோய்வாய்ப்பட்டால், அவர்களை நலம் விசாரித்து அன்போடும் கருணையோடும் பேசும் போது அந்த அன்பும் கருணையும் மருந்தாக சேர்ந்து அவர்களை மகிழ்வரச் செய்கிறது. அதையே கலையாகக் கற்று செய்யும் போது அதில் அடையும் திருப்தியும் இன்பமும் தனிதான். என் வாழ்க்கையில் அந்த மாதிரியான எளிய தருணம் 1996ல் வந்தது.



என் காலுடைந்த கட்டுகள் பிரித்த பின் நடக்க மிகவும் கஷ்டப்பட்ட போது டாக்டர் பி.எஸ். லலிதா அவர்களிடம் சிகிச்சை பெற்று 10 நாட்களில் நன்றாக நடந்தேன். மருந்தில்லா சிகிச்சை முறை இரண்டாவது முறை கருப்பையில் கட்டி இருப்பதாக மருத்துவ அறிக்கை வந்த போதும் அவரிடமே சென்றேன். ரெய்கி சிகிச்சையின் மூலமே அதை நீக்கினார். மூன்றாவது முறையாக உணவினால் எழுந்திருக்க முடியாமல் தவித்த போது போன் மூலமே சிகிச்சையளித்து குணப்படுத்தினார். எல்லாவற்றிற்கும் என்னைத்தேடி வருவதற்கு பதில் நீயே ஏன் இக்கலையைக் கற்றுக் கொள்ளக் கூடாது எனக் கேட்டார். சரி என்று நானும் கற்றுக் கொண்டேன். முதல் கோர்ஸ் கற்றுக் கொண்டு வீட்டுக்கு வருகிறேன். என் கணவர் ஸ்கூட்டர் ஓட்டும் போது எங்கோ இடித்துக் கொண்டு வலியுடன் வீட்டுக்கு வந்தார். இடது முழங்கை வீங்கி இருந்தது அவருக்கு அன்று கற்றுக் கொண்டு வந்ததை அன்றே செயல்படுத்தினேன். அரை மணியில் விட்டுப் போனது வலி. நம்பிக்கையின் முதல் ஊற்று என்னுள் உதித்தது அன்று. என் மகள் M.S. படிப்பிற்காக அமெரிக்காவில் 'உட்டா' என்ற நகரத்திற்கு சென்றிருந்தார். அங்கு வெளியில் சென்று விட்டு காரிலிருந்து இறங்கி கார்க்கதவை மூடும் போது அவளுடைய கட்டை விரல் பயங்கரமாக நசுங்கி விட்டது. உடனடியாக எனக்கு போன் செய்தார். அவளுக்கு செய்யும் போது அவள் கைவிரல் நடுங்குவதையும் அவள் வலியின் உச்சத்தையும் என்னுள் நன்கு உணர முடிந்தது.

ஆனால் ரெய்கி தந்த அரை மணியில் அவள் வலியின் வீரியம் குறைந்தது. 2,3 நாட்கள் தொடர்ந்து செய்து சரிசெய்தேன். ரெய்கியின் மேல் அவளுக்கும் நம்பிக்கை வந்தது. அதன் பின் ரெய்கியில் 2, 3A, 3B, கோர்ஸ் செய்து ரெய்கி மாஸ்டர் ஆனேன். இந்த கோர்ஸ்களை கற்று முடிப்பதற்குள் பலபேருக்கு ரெய்கி சிகிச்சை செய்தேன். எல்லாமே நோய்களுக்கு செய்தது தான் என்றாலும் சிலதெல்லாம் மனதை மிகவும் தீருப்தி அடையச் செய்தது. என் மகள் 6 மாத கர்ப்பினி. அவளும் அவள் கணவரும் பிக்கு போகலாம் என்று ஒரு இடத்திற்குச் சென்று தங்கியிருக்கிறார்கள் மாலை 6 மணிக்கு அந்த ஹோட்டலுக்கு சென்று இருக்கிறார்கள். 10 அறைகள் அனைவருக்குமாக சேர்த்து ஒரே ஒரு டாய்லெட். சென்ற சிறிது நேரத்தில் யூரினரி இன்பெக்ஷன் வந்து விட்டது. ஒவ்வொரு ஜந்து நிமிடமும் யூரினும், இரத்தமும் போகும். டாய்லெட் போவதும் சிரமம். அந்த இடத்தில் அந்த ஹோட்டல் ஒன்று தான்.

அதைச் சுற்றி 30 மைல் தூரத்திற்கு கடைகளோ மருத்துவமனையோ, ஏன் ஒரு மருந்து வாங்க கடைகூட கிடையாது. மருந்து வாங்க வேண்டும் என்றால் அவளை அந்த காட்டில் விட்டு மாப்பிள்ளை சென்றுவர வேண்டும். அவர் சென்றால் திரும்பி வர குறைந்தது 5 மணிநேரமாகும். தனியாக என் மகளை விட்டுச் செல்லவும் முடியாது. தவித்துப் போனார் என் மாப்பிள்ளை, என்ன செய்வது என்றதும் என் மகள் 'அம்மா ரெய்கி பண்ணுவா', அம்மாவுக்கு Phone பண்ணு என்று சொல்லி இருக்கிறாள். மாப்பிள்ளை உடனே போன் செய்தார். இரவு 7.30 மணி அங்கு. நான், உடன் அரைமணி நேரம் ரெய்கி சிகிச்சை செய்தேன். அடுத்த அரைமணியில் மாப்பிள்ளையிடமிருந்து போன் வந்தது. அவளுக்கு இரத்தம் போவதும் யூரின் போவதும் நின்று விட்டது என்று. ஆனாலும் 10 மணிக்கு ஒருமுறை செய்தேன்.

மறுநாள் அவர்கள் அங்கிருந்து கிளம்பி டாக்டர் செக்அப் செய்யலாம் என்று கிளம்பிவிட்டனர். கிளம்பும் போது எனக்கு போன் செய்து டாக்டர் வீட்டுக்குப் போக 3.30 மணி நேரம் ஆகும். ஒருமுறை எனக்கு ரெய்கி சிகிச்சை கொடு என்று செய்து கொண்டாள். அவள் வீட்டிலிருந்து அரை மணியில் டாக்டர் மருத்துவமனை ஏன் 3.30 மணி நேரம் சொல்கிறாள் என்று நான் நினைத்தேன். ஏன் என்றால் அவர்கள் பிக்குச் சென்றதை எனக்கு சொல்லவில்லை. ஒருமாதம் கழித்து நான் அவள் டெலிவரிக்கு உதவச் சென்ற போது தான் எனக்கு போட்டோக்களைக்காட்டினாள் இந்த இடத்தில் இருக்கும் போது தான் நீ எனக்கு செய்தாய் என்று உன் மாப்பிள்ளைக்கும் மருத்துவ உதவி இல்லாத இடத்தில் ரெய்கியின் மூலம் நீ சரி செய்ததில் அதுவும் இந்தியாவிலிருந்து அமெரிக்காவிலிருக்கும் எனக்கு சிகிச்சை செய்து சரியானதில் ஆச்சரியப்பட்டு ரெய்கியை நம்ப ஆரம்பித்தார் என்றாள். பிரபஞ்ச சக்தியான ரெய்கிக்கு நன்றி. என் நாத்தனாரின் கணவர் பணிபுரியும் நிறுவனத்தில் ஆட்குறைப்பு நடந்தது. ஆட்குறைப்பில் தன்னையும் நீக்கி விடுவார்களே என்று கவலைப்பட்டு சென்னையில் அவர் கம்பெனி முதலாளியைப் பார்த்து பேச வந்தார் சேலத்திலிருந்து காலையில் அங்கு கிளம்பும் போது அண்ணி கவலையாக இருக்கிறது என்று சொன்னார், நான் கவலைப்படாதீர்கள். நீங்கள் சென்று பேசுங்கள், நான் ரெய்கி சக்தியை அனுப்புகிறேன். வெற்றி கிடைக்கும் என்றேன். அவர் போய் பேசிவிட்டு மிகவும் சந்தோஷமாக வந்து, அண்ணி நீங்கள் சொன்னது போல எனக்கு வேலை நீட்டிப்பு தருவதாய் வாக்கு தந்து விட்டார் என்று சொன்னார்.

**சரஸ்வதி கல்யாணசுந்தரம்**

ரெய்கி மாஸ்டர்

சென்னை.

Cell : 9444417155

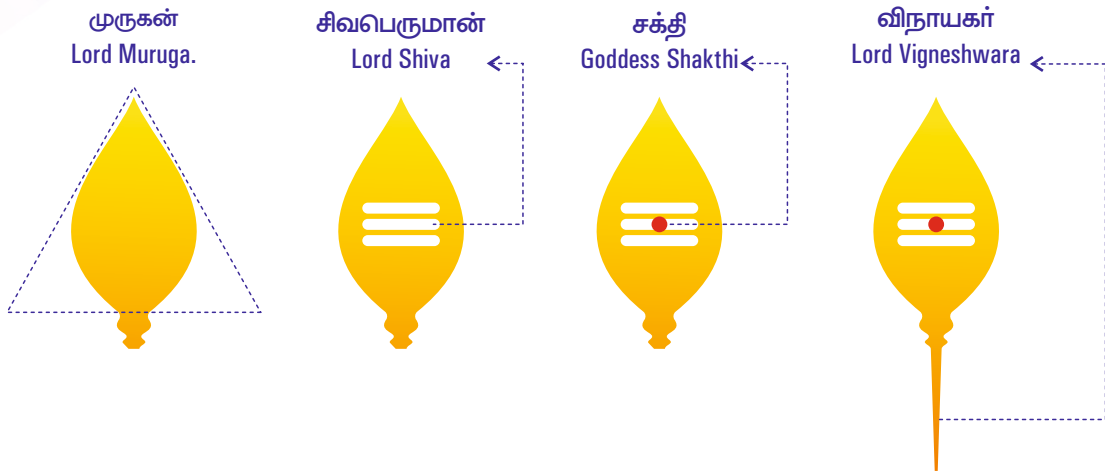


## “ வினை தீர்க்கும் வேல் ”

கடவுளை பல நாமங்களில் வழிபடுகிறோம். எனக்கு பரீத்தியான கடவுள் வேல்முருகன். எனக்கு ஏதோ ஒரு இடையூறு நேரும் தருணத்தில் வேல் என் மனக்கண் முன்னே தோன்றும். அப்படி என்றால் வேல் மிகவும் சக்தியை அளிக்கும் ஆயுதம் என தோன்றியது. வேலின் அமைப்பில் முக்கியமான பகுதி முக்கோணம். இது முருகன்.

இம்முக்கோணத்தினுள்ளே மூன்று விபூதி பட்டைகளுண்டு. இவை முருகப்பெருமானின் தந்தை சிவ பெருமானை குறிக்கும். நடு பட்டையின் மையத்தில் குங்குமப்பொட்டு, முருகப்பெருமானின் தாய் சக்தியை குறிக்கும். சூர சம்ஹாரம் செய்ய தாய் சக்தியடமிருந்து முருகன் வேலை பெற்றார்.

நான்கு பேர் சேர்ந்தது. ஒரு குடும்பம். இதில் ஒருவர் நான் சொன்ன வேலில் இல்லை, இவர் யார்..? இவர்தான் மூலதார மூர்த்தி. வேல் பிடிப்பதற்கு ஒரு கைப்பிடி வேண்டும். அதை நம் கையில் பிடித்தால், மேல் முனையில் இம் மூன்றும் இருக்கும். இப்போது தெரிகிறதா..? அந்த பிடி தான் மூலதார மூர்த்தி ஸ்ரீ விநாயகர் இந்த பிடியில் இருக்கிறார். மற்ற மூவரையும் தாங்குகிறார். வேலை நினைத்து அல்லது முருகப்பெருமானை வணங்கினால் வேல் நம்மை பாதுகாக்கும் என்பது என் தாழ்மையான அபிப்பிராயம். சிவனுடைய குடும்பமே வேலில் அடங்கியிருக்கிறது. இப்பொழுது கந்த சஷ்டி கவசத்தை நாம் மனமுறுகி பாடும் பொழுது அந்த வேல் நம் ஒவ்வொரு பாகத்தையும் பாதுகாத்து நம்மை ஆரோக்கியமாக வைக்க உதவுகிறது. ஆகையால் முருகப்பெருமானை வணங்குவோம். அதனால் சர்வேஸ்வரனே நம்மை காப்பாற்றுவார். வேலுண்டு பயமில்லை முருகா.



Vel is associated with **Lord Muruga**. But vel alone can protect a devotee of Lord Muruga. I was intrigued. I think I got the answer Vel's base triangle represents Lord Himself. His father is **Lord Shiva** which is included in Vel as three lines. His mother, **Goddess Shakthi** blessed Muruga with Vel to destroy evil force-- Sura samharam. Shakthi is represented as red kungumam in the midline. In this family, one great personality is missing. Mooladhara murthy- **Lord Vigneshwara**. Entire vel representing Shiva Shakthi and Muruga anchored by the stem/ handle. He supports the entire family.

What made me arrive at this idea? My favourite God is **LORD MURUGA**. Whenever I encounter hurdles Vel protects me. Hence I realized that “**Vel**” represents entire Shiva's family. You cannot think of Murugan without Vel. So if we pray to Lord Muruga the entire family protects you.

**Dr. P.S. Lalitha,**  
 Founder, Reiki Centre of India.  
 Reiki Grand Master, Chennai.  
 9840044198



## 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/-**

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

Cash  Cheque  DD

Cash  Cheque  DD

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





**Dr. P.S. LALITHA**  
Founder Reiki Centre of India.



Healing Camp @ Health Expo, Chennai Trade Centre.



Treatment of Reiki



Healing Camp

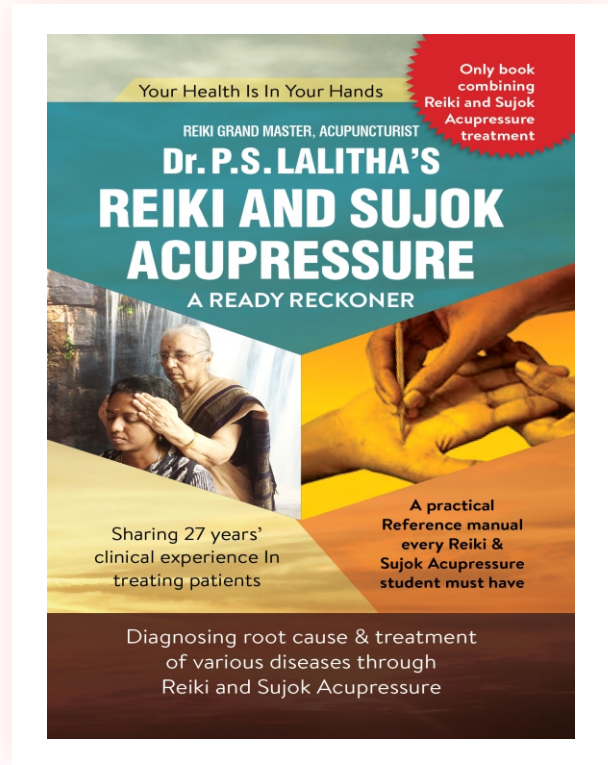
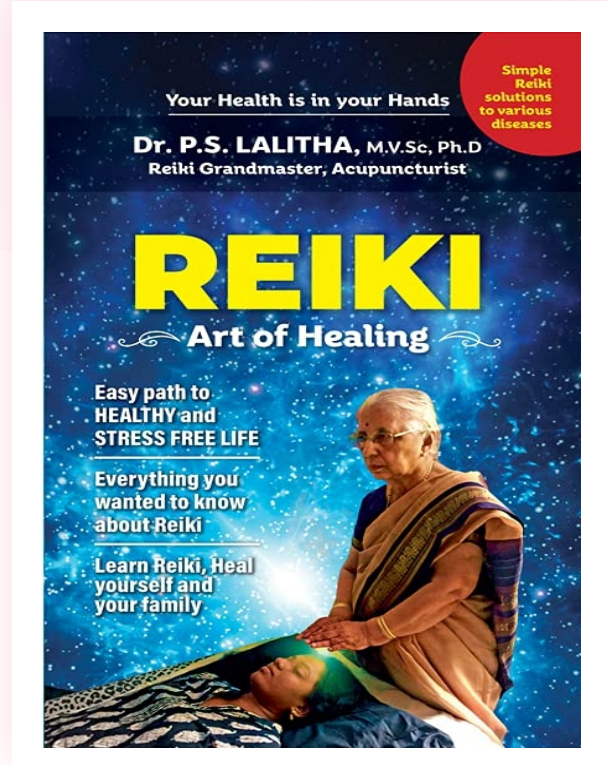
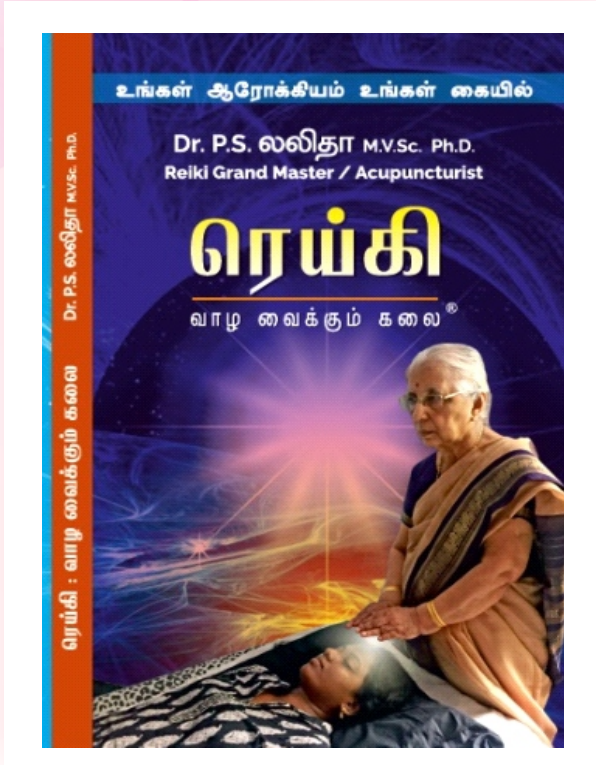


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## Book of Dr. P.S Lalitha





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