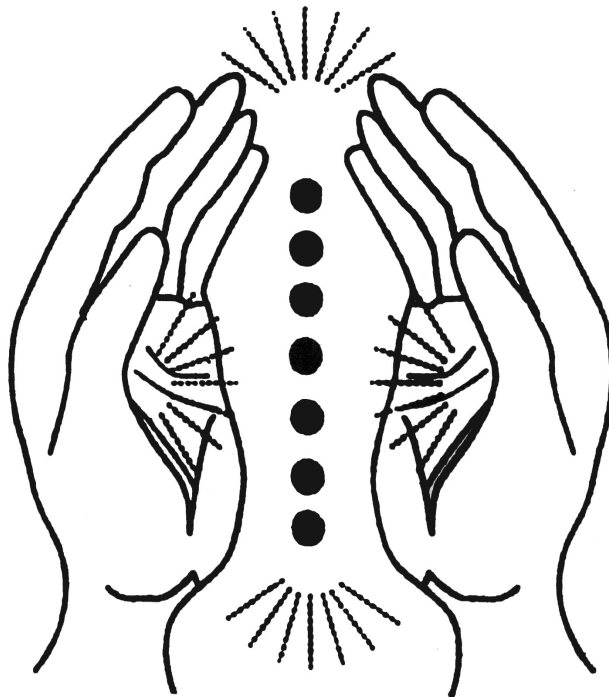


HEALING HANDS

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EDITORIAL

Dear Members of Reiki Centre of India,

I am happy to inform you that "WORLD REIKI DAY" is to be celebrated on 18th of January 2009.. As you all know that this is 9th consecutive year we are conducting this awareness program. On this day we pay homage to the founder of reiki, Dr. Mikao Usui. So I request all the healers to attend this function without fail. Since this is an awareness program to reach the public, I request you to bring your family and friends to the venue and make this meet a success.

Thanks

Venue: German hall, Prakasam street , Off G.N. chetty road, T.Nagar, Chennai 17.

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3 days Mega Health Camp organised by Lions Club International,
District 324-A5 at Valluvar Kottam.





3 days Mega Health Camp organised by Lions Club International,
District 324-A5 at Valluvar Kottam.



Mysteries of Nature

Modern Science elaborates on various types of energy. Energy can be used for constructive and destructive purposes. For instance, atomic energy can be used for therapy and the same as atom bombs also can be used for destruction. The human being created by the Supreme soul is also born with energy but it is the divine energy. By breathing, the same divine energy flows into the system to keep the body alive and cosmic conscious. The energy with which man is born called 'Shakthi'. Because this cosmic energy which we breathe is not visible to the naked eye, we tend to ignore its power. The entire Universe is constituted by five elements viz- earth, water, fire, air and void. As part of Nature human body also possesses the same five elements;[Pancha bhuthas].

Maybe, we do not know how to appreciate nature. Look at the rainbow. It is a bow which forms a bridge between space and earth.. Seven beautiful colors appear in the same order whenever and wherever it appears. It's a natural phenomenon. The same seven colors are distributed in the same order in the seven chakras in the human body. In the inner aura of the metaphysical auric body, seven major chakras are located in all human beings. Each chakra has a specific location, color, element, function and a link to endocrine organs. The same seven colors and five elements are represented in the seven chakras; Sahasrara – Violet void, Ajna- Indigo' void, Vishudha – Blue void, Anahatha – Green air, Manipura – Yellow fire, Swadhishtana – Orange, water, Mooladhara – Red earth. Sahasrara connects person to cosmos and Mooladhara to Mother earth.

Sahasrara chakra is in the summit of the head facing cosmos drawing abundant cosmic energy from the universe. Mooladhara chakra, whose focal point is the tip of the backbone, faces down, drawing the divine energy from mother earth. It is Mooladhara chakra which is responsible for our survival. The invisible root for survival extends between the Mooladhara chakra and the mother earth. In between these two chakras, other chakras are distributed.

Similar to the rainbow bridging the gap between heaven and earth with seven colours from violet to red, human beings also exist between heaven and earth. The energy with which man is alive is drawn from two sources, Cosmos and Mother Earth mainly through Sahasrara and Mooladhara chakras.

The knowledge of energy in the universe and within the body helps to maintain a healthy life. A simplified form of meditation to draw the divine energy from both the sources and to channelised the divine power to others in need is called reiki [healing by touch]Meditation on one's own chakra, concentrating on its color brings about balancing of the five elements and it enhances the healer's power.

Practice reiki, realize Nature's power and benevolence. .

Dr.P.S.Lalitha
98400 44198

Towards a happier way of living

- By **G. GOPALAKRISHNAN**

The way to live a happy life depends on some factors like monetary position, health condition, family atmosphere and “of cial” life. As a trapeze artiste in a circus one has to know the art of balancing, swift action, right movement at the right time with coordination and understanding. Life is like a circus-wild animals, buffoons, gymnast and so on-in it.

Set right goals (target) plan well, visualize things ten years later, work hard with devotion and dedication, learn things, know the art of being rich and happy. Faith in God, faith in self con dence, perseverance and moving the right coin at right time bring joy.

Adi Sankara in his SIVANANDA LAHARI writes by devotion (dedication) what one cannot achieve – (Bhakthi Kim na karshadi).

Practice meditation regularly daily. Thus will make you fresh and energetic every day. Know the art of relaxation – physically and mentally. Try to forgive others. Forget about past bitter experiences, events and incidence. There make you weak.

By meditation and prayer one can enrich themselves materially and spiritually.

In German languages there is a saying that God gave us teeth to eat bread. If we do not use it adequately, we will get almond nuts where there is no tooth. No prayer or hard work go waste.

Happy living depends upon our – thinking, action and reaction.

Let us live happily.

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Holistic Living

The mind is not just an inert matter. There is a store of abundant energy in the depth of our mind.

William Cullen, a great medical nosographer suggested that mind is responsible for both creation and destruction of disease. With the advent of the new science of molecular

Biology we are now in a position to study the effect of mental attitudes like happiness sorrow and depression on the body functions. It is now possible to see how the immune system of the body is directly controlled by various peptide hormones secreted in response to the attitude of mind. This is now proving the old ayurvedic wisdom by modern scientific methods. Tranquility of mind, equanimity, forgiveness and looking after the welfare of others are the ingredients of happy and healthy life said Sushruta 1000 years ago.

A quotation from Ayurveda tells, have moderation in daily food, work very hard, be honest, truthful and fair to all, have courage to forgive your enemies, always post judge an issue taking all points into consideration. Always treat the whole of mankind as your own kith and kin, doing a good turn to another human being. You will be able to live a healthy life as long as you live.

In one of the stanzas in Sushruta Samhita we are told that to be able to forgive someone is the greatest prevention aspect of keeping good health and avoiding disease. If you are very happy and have a positive attitude towards life, enjoying and laughing all the way and not letting anger, hatred, jealousy and pride eat at your immune system you can avoid even viral infection like common cold. On the other hand when you are depressed or are full of jealousy and anger the virus will have the upper hand and the body defense mechanism will be defeated in the war against germs. Also living like this helps us to overcome our rajasic and tamasic gunas, paving way for healthy and happy life. This will also facilitate our body to channelise more Reiki energy both to ourselves and others thus paving way for healthy and happy life.

C.S.BUVANESWARI

Ph. 64577907

Incident

My father died suddenly of a major heart attack. My family was devastated. When my Mother learned Reiki, the first thing she said after her class was, Reiki could have saved Father. If only we had known.

When our family friend Krishna Uncle had a similar attack I requested Lalitha madam for Reiki. He suffered cardiac arrest and heart attack and then a second attack immediately after, at which point I requested Dr. Lalitha madam for Reiki. Madam and other Reiki members gave Group Reiki.

The doctors did not give any hope for his survival. In their last ditch effort to revive him by shock therapy, he was revived, much to their surprise, but they declared his recovery as difficult due to bad parameters.

Dr. Lalitha Madam continued to give Reiki and later gave crystals to be kept under the patient's bed. There was regular improvement after that.

Over a period of a couple of months, he was recovered enough to leave hospital and go back home and to his family in the United States, a thing we had all thought would never happen.

Reiki healing to aged and dying

Akku patti and chinna patti were two elders who were eighty and more. They fell ill and doctors could not do much to help them as they were in their last stages. They were kept home and nursed but their suffering was painful to witness.

My mother, a Reiki student of Dr. Lalitha madam, gave each distant Reiki healing from Chennai. Chinna patti resided in Cuddalore, near Pondicherry. Chinna Patti's sons reported immediate effect in her state. She was not conscious but her moans and cries of pain ceased. She later passed away peacefully. Similar was the case with Akku patti.

Reiki for my infant baby

My newborn infant of one month developed a condition whereby she passed motion continuously without break. The paediatrician was unable to help.

She did not have any other problems, was feeding, was gaining weight, but her anus was constantly getting cracked and was raw due to frequently passing motion. She was also restless and crying and was not able to sleep even for 10 minutes at a stretch.

Dr. Lalitha Madam gave her Reiki healing and suggested Om chanting music be played to her. Immediately after Reiki the baby was calm and peaceful and she slept well. The stools started to reduce and became normal.

Thanks to Lalitha Madam and Reiki and my mother, a student of Dr. Lalitha madam, my baby is well and healthy today.

- Bhargavi Mukund.

MEDITATION

Everyday passes on to another day. If one has to take stock of what they had done that day, most people would find nothing spectacular and largely things would have been the same, a fast and hectic life. The present and modern life style etches its imprints on the people, young or old. This causes faster degeneration of body cells and brings diseases, premature ageing and even early death.

Due to activities of the day, energy to a large extent is exhausted. Like an inverter, one is charged with positive energy due to meditation. Of late, many people have understood the value of Yoga and Meditation, for the body and soul.

Prayer to God is one-way conversation. One does not know what the answer is, for sure. Meditation is two-way conversation. Soul is in interaction with the Paramathma.

Meditation brings about the capacity of controlling of self, and there comes a life style of positivity. The soul is discharged of anxiety, anger and worry. Negative thoughts do not arise easily. There is greater focus and understanding of others.

The exuberant inner strength and positivity fills the aura of the person and radiates, which benefits those who come into contact and creates interaction of positive energy. Meditation with Reiki Symbols increases the positivity, and heals all aspects of life.

Being in commune with the Paramathma, the Soul's quest, over a period of time, comes to an end, and one is self-contented, happy and peaceful being in oneness with God, and finds no need to ask for anything from Him.

Meditation is a beautiful and divine experience.

By :

Mrs. Usha Krishna, M.A.,

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CALAMITY MANAGEMENT

There is not a single human being who has not faced hardships, loss and sorrow. Thirukkural advises that one should laugh while confronted with hardships. There are quotations like, "After a dark night, the bright Sun appears", "When a door closes, there is an open Window", "Autumn falls – Spring blooms" etc.

It is general rule that one should not succumb to sorrow, failure or misfortune, and move ahead to achieve one's goal. Bhagavat Gita emphasis on carrying out one's duty without bothering about results. However, due to worldliness and body-consciousness, a human being is unable to face crisis, and breaks down mentally, morally and physically.

At times of mishap, if one could pose a question, "SO WHAT?" to himself/herself, it boosts the morale, reduces the sting of the problem and gives courage and confidence to face the crisis, accept and take stock of the deplorable situation. Once this is achieved, the problem's magnitude is reduced considerably.

Now, for remedial steps, the next question to be asked is, "WHAT NEXT?". This makes the subject to go deep into the problem, analyse the situation, get advice and help from the right sources, and find a solution to the problem.

The only time the question "SO WHAT?" cannot be asked is when death takes away someone near and dear, for this grief is irreparable, at that time. Yet, the question, "WHAT NEXT?" will help in paving way for understanding the philosophy of life, and whatever it be, life must go on

The two magical questions are, "SO WHAT?" and "WHAT NEXT?" is the essence of human life and calamity management.

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ஆன்ம லயம்

21வது நூற்றாண்டு உலகெங்கும் உயரிய விஞ்ஞான, பொருளாதார முன்னேற்றத்தைக் கண்டுள்ளது. மேன்மையடைந்த தகவல் தொழில் நுட்பத்துறை, வான்வெளி ஆராய்ச்சி, செயற்கைக் கோள்கள், சுற்றுச்சூழல் விழிப்புணர்வு, விவசாயத்துறையிலும் மருத்துவத்துறையிலும் ஆராய்ச்சிகள், ஏற்றமிகு உபகரணங்கள் என சமூக பொருளாதாரத்துறையில் உலக நாடுகள் பெரும் போட்டியிட்டு முன்னேறி வருகின்றன. நமது இந்தியத் துணைக்கண்டமும் வளர்ந்துள்ள ஒரு நாடாக அங்கீகாரம் பெற்றுள்ளது.

நமது மக்களின் வாழ்க்கை முறையில் வெளிப்படையான மாற்றங்கள் ஏற்பட்டு வருகிறது. பொருளாதார முன்னேற்றத்தை தொடர்ந்து, விஞ்ஞான தொழில் நுட்பம் வழங்கியுள்ள வசதிகள் மற்றும் உபகரணங்கள் பெருவாரியான மாந்தர்களை ஆட்கொண்டுள்ளது. விளைவு, பணம் என்பது ஒரு சக்தியாக உருவெடுத்துள்ளது கண்கூடாகத் தெரிகிறது.

பணத்தின் முன்னால் பந்தபாசம், உறவுகள், கடமை உணர்வு, நன்றி மற்றும் மனிதநேயம் போன்ற நற்பண்புகள் ஆட்டம் கண்டு வருவதாகத் தோன்றுகிறது. பணம் வசதிகளை மட்டுமே தரும். சந்தோஷத்தையும், ஆரோக்கியத்தையும் நிம்மதியையும் அல்ல. ஆழ்மனதில் அழுத்தம், கலவரம், அதிருப்தி, வேதனை உள்ளவர்கள் ஏராளம்.

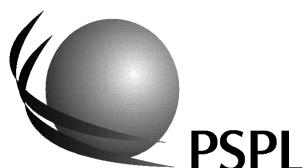
ஆறுவகை குணக்கேடுகளான காம, குரோத, லோப, மோக, மத, மாச்சர்யங்கள் தன் முனைப்பினாலும் (Ego) அகங்காரத்தினாலும் ஏற்படுபவை. இவற்றின் தாக்கத்தால் வாழ்க்கைப்பயணத்தில் எதிர்மறை எண்ணங்கள், சொற்கள், செயல்களின் துர்அதிர்வுகள், விளைவுகள், பதிவுகள் அமையப்பெற்று, தொடராக மீண்டும் மீண்டும் பிறவி எடுக்கும் நிலைக்குத் தள்ளப்படுவர்.

ரெய்கியின் ஐந்து கோட்பாடுகளான நன்றி உணர்வு, கவலையற்ற நிலை, சினம் தவிர்த்தல், நேர்மையான உழைப்பு, எல்லா உயிர்களிடத்தும் அன்பும் மரியாதையும் செலுத்துவது போன்றவற்றை மேற்கொண்டு மாந்தர் வாழ்ந்திடில், தூய நேர்நிறை சக்தியால் எப்போதும் நிரப்பப்பட்டு அமைதி, இன்பம், சமாதானம் நிரம்பப்பெற்ற வாழ்வினை அடைவது திண்ணம்.

“நான்” என்பது இந்த உடலல்ல. உடல் என்பது இப்பிறவியில் கிடைத்த வெளிப்புற ஆடை மட்டுமே. “நான்” என்பது ஆன்மாவே என்ற பிரக்ஞை தோன்றிடில் ஆன்மா இறைவனுடைய அலைவரிசையில் லயமாகி விடும்.

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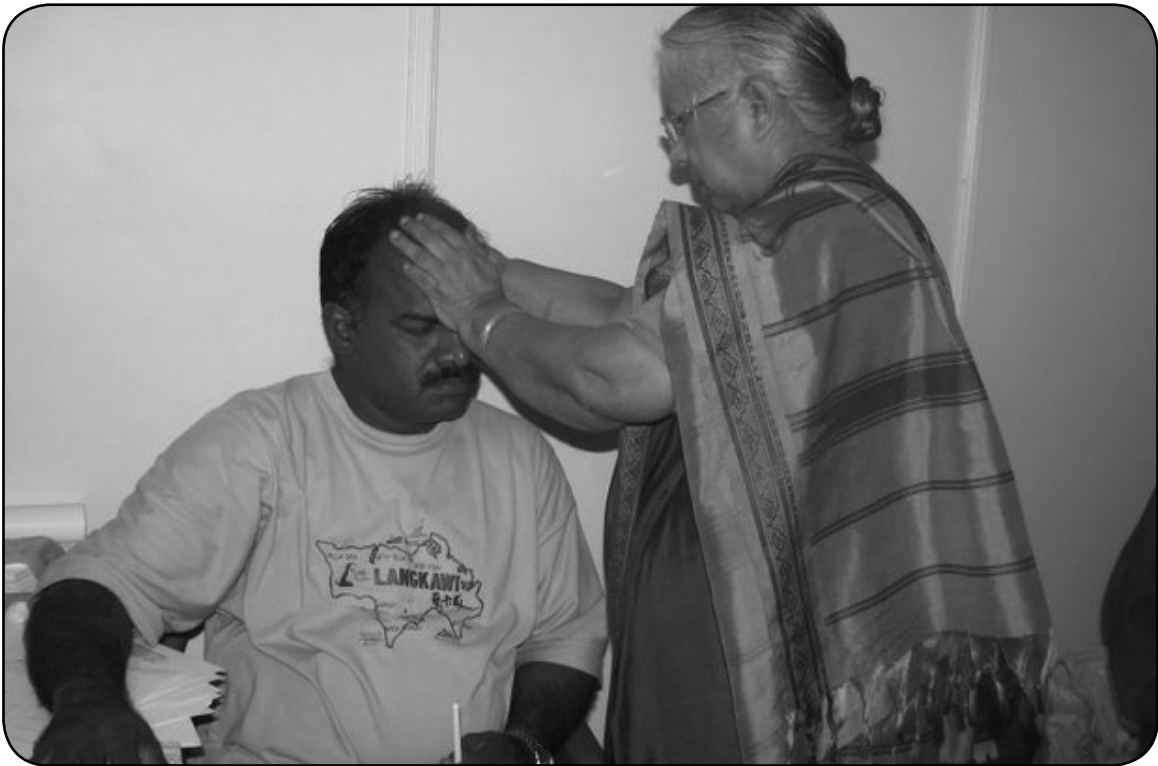
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