

# HEALING HANDS

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







# EDITORIAL

Dear Reiki healers,

I wish you all a very happy, healthy, prosperous and joyful life. Wish you all a happy Diwali.

The entire world is suffering from several diseases like Swine flu, Bird flu and other unknown diseases.

Common people are in panic and most of their income are being spent on medicine and for other hospital expenses. They are in the grip of collapse mentally, physically and financially. The cost of living also too high.

So it is the moral responsibility of every member of our association with the sole intention of healing the needy; thus keeping everyone healthy and happy.

10th "World Reiki Day" is to be celebrated in January, 2010. To make the function a success, share your experience through "HEALING HANDS"

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

Group Meditation for global peace

Chant "Gayathri Manthram"

Everyday 7 a.m - 7.10 a.m.



- Editor

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# REIKI- THE ULTIMATE THERAPY

The need of the hour is relief from diseases , esp. without medicine .Healthy life depends on a stress free mind .Of late drugless therapy, esp. Reiki is becoming popular, may be because the name is attractive and foreign or it heals without warranting any diagnostic tests or any drug. .Surprisingly, reiki appears to be the answer for all physical and psychosomatic diseases, and hence let us see the origin of this therapy.

In ancient India, saints who wished to reach the stage of Mukthi used to perform penance in dense forests. Total isolation, living with nature, made them experience the power of Nature. By observing Nature they realized that the entire universe, created by the supreme soul is constituted by five elements. Common to both Universe and the human beings are five elements namely, earth, water, fire, air and void. As human beings are creation of supreme soul, penance made them realize that the living beings are part of Nature, and have the same constituents as that of nature. The five elements are distributed in seven major chakras. The Chakras are the energy centres, located in the inner aura and invisible to the naked eye.

For realizing the Nature and the power of Nature, meditation formed the foundation. It is through meditation the saints realized that the divine power is distributed in both universe and the human body .The human body is made up of visible physical and invisible auric body. This awareness of divine power in the creations, by the enlightened saints was the beginning of a spiritual healing science “healing by touch” .It was customary to bow in front of the saints and get blessings by mere touch which had the power of healing. Since in ancient India the knowledge and experience were imparted thorough Gurukulam system, nothing was recorded. The disciples learnt the art of healing only by close association with the gurus and scrupulously following the master’s foot steps. Subsequently this knowledge was lost either by foreign invasion or by misuse of this sacred system. Vedas have evidence of this system of healing. .Ayurveda is derived from Atharva veda. Dhanvanthri known as physician of Gods taught this system of medicines to saint Sushrutha. Ayurveda- The word is composed of two parts — Ayush –life; Veda – knowledge .Ayurveda is science of life and is for treatment of both human beings and animals .According to Ayurveda the human body[ microcosm] is part of the Universe [macrocosm]. It has seven major chakras. Ayurvedic treatment is aimed at by prescribing medicines for balancing the chakras.

Saint Pathanjali was known as “PITHA” of Raja yoga. Yoga is meditation to perfect the mind and body and is aimed at the union of Jeevathma with Paramathma.

Pathanjali yoga emphasized the need for meditation and taught the means of raising kundalini shakthi.. Raja yoga involves practice of eight disciplines – yama, Niyama , Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. The stage of dhyana i.e. meditation is prerequisite for the last stage i.e. Samadhi .Samadhi is a stage where mind merges with the soul .It is at this stage the Jeevathma becomes one with paramathma. Hence Raja yoga paved the way for disciplining mind and body.



Lord Buddha though Prince by birth was moved by sufferings of human beings searched for knowledge of healing the physical sufferings. He meditated and achieved enlightenment. What he achieved by rigorous meditation he began to preach and heal.. Buddhists school emphasized meditation as a religious practice. Initiation by guru into particular practice was mandatory if one wanted to make progress towards the stage of "Nirvana" the ultimate goal of any saint. Initiation empowers them to practice. .Higher level of initiation includes higher level of meditation. Chanting mystical manthra was mandatory to reach the stage of "Nirvana".

Chinese acupuncture:

Acupuncture is a system of treating diseases by applying five elements principle. Traditional Chinese acupuncture was promoted by yellow emperor.. With the sole intention of keeping everyone healthy, barefoot doctors were promoted .Acupuncture is based on the principle that yang (cosmic) energy and yin (Mother earth) energy continuously flow through the human body in two opposite directions. The flow of energy is continuous and follows certain specific pathways, called meridians. Fourteen meridians have been specified and each one is associated with one major organ and the energy is called "Chi" .All meridians are associated with five elements-.The energy is in constant movement, and one gives rise to another and the elements are always in balance and in harmony resulting in good health. Imbalance among the five elements leads to disease .Block for the flow of energy is removed by application of needles at the appropriate points to restore health. Acupressure is also based on the above principle but application of needle is eliminated .Finger pressure is adopted.

Siddhas (seers of Tamil Nadu) who could heal the sufferers with herbs realized the power of Pancha Boothas and their distribution in the chakras of human body .Tamil verses mentioning the names of Chakras are well known to Tamil scholars. Thiru Mantiram of Thiru molar have verses on Chakras.The seven maor chakras are Mooladhara, Swadhishtana, Manipura, Anahatha, Vishuddhi, Ajna and Sahasrara. In addition Thirumanthiram has verses on yoga and the eight stages to each mukthi.

Lalitha Sahasranamam , soundharayalahari have verses on seven major chakras as part of Shakthi

All these systems briefed above are ancient system of medicine and were in vogue in ancient India. Relentless effort of Dr.Mikao Usui, a Japanese monk was responsible for reviving this ancient system of medicine..From Japan he was supposed to have reached India and could lay his hands on the lost treasure i.e. healing by touch in the form of suthras. As a Japanese with a lot of love for his mother tongue, he coined a Japanese term "Reiki" for healing by touch. Reiki means "Universal life force energy". Reiki is the essence of the olden systems listed above: but to suit the modern needs, it is simplified .Simplification is at all stages, although a real knowledgeable and experienced master is required , Gurukulam system is not mandatory; but a guru is required for attunements. The knowledge on Aura, Chakras, and the link between metaphysical chakra and endocrine organs within the physical body



is imparted in a few hours. Modern Reiki explains health and disease with reference to chakras and internal organs to satisfy the western scientists. Teaching is mainly aimed to make the student a spiritual healer and to make the healer live with the Nature Students are made to realize the Pancha boothas in self and in Nature. Meditation which was done for a number of years to reach the stage of bliss in ancient India, can be achieved in a few hours with the proper guidance from guru. A deep level of meditation chanting specific Manthras associated with Chakras on his own self makes the person a great healer. In this system of healing no medicine is required. Students are taught to draw the cosmic energy and channelise the same to keep self and others healthy. The sacred symbols that are used by reiki practitioners have the capacity to move faster than light to reach the patients in need. This is the principle based on which distant healing is done.

Whether healing self or others, knowledge of aura, chakra and five elements is mandatory. Balancing of chakras and five elements associated with the chakras keeps the body and mind in good health. Imbalance among the chakras and five elements block the flow of cosmic energy resulting in disease.

Simple chakra meditation with specific manthras for each chakra of self is part of reiki lessons. Chakra meditation awakens kundalini shakthi and enhances the power of all chakras. Though Reiki is a Japanese term meaning universal life force energy, the terms "chakra" Mooladhara , Swadhistana , Manipura, Anahatha , Vishudi Agna and Sahasrara are Sanskrit terms and has origin in Hindu philosophy. These terms have not been translated into Japanese language, indicating that reiki itself has originated from India. Unlike western medicine this system is mind oriented energy based, drugless, cost effective, no side effects, reaches root cause of the disease, reaches physical emotional, mental and spiritual levels

Hence learn Reiki and lead a stress free life and help others also to lead a healthy life. Let us realize the healing energy within and it cannot be replaced by chemicals. Through REIKI we can create a healthy peaceful world. Then the world in which we live becomes Heaven.

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





# OUR DEEPEST FEAR

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness that most frightens us.

We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous, healthy, courageous?

Actually, who are you not to be?

You are a child of God.

Your playing small does not serve the world.

There is nothing enlightened about shrinking so that other people won't feel insecure around you.

We are all meant to shine, as children do.

We were born to make manifest the glory of God that is within us.

It is not just in some of us; it is in everyone.

And as we let our own light shine, we unconsciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.

*So also with Reiki practice ...*

*The more we do for ourselves the less we fall sick in fact we don't fall sick ,the more confident we become .*

*Our own light and love spreads to others and others get healed.*

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**Full Page - Rs. 500/-**

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### **REQUEST TO MEMBERS**

Please share your experiences on Reiki through  
"Healing Hands".

Mail your articles to

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



# To Pep u Up Don't Pop a Pill

I get upset when I see a drug store.

Just the mere sight of shelves and shelves of pills stacked upon pills... it makes me annoyed!

Have a headache? Pop an aspirin.

Want to lose weight? Pop a diet pill.

Can't focus at work? Pop a Ritalin pill.

Every possible thing you can think of has an over the counter pill "solution".

And with society accepting that pharmaceutical companies are the "experts" means that we've trusted them and thus, we've become a pill-popping culture.

I think this is one of the saddest things about modern society. We have been trained to believe that our bodies are 'against' us.

Okay, I'm really sorry if my reaction to this has upset anyone. I don't mean to be harsh, but it's just that I know the power of natural healing, and I know that pills are not only unnecessary..... it can even be harmful.

I'm sure you know that drugs only fight the symptom - not heal the cause. Plus it will always have side effects. Even if you don't see it yet, the side effects will accumulate and cause more harm to your body in the long run..

But the mind-body connection to heal from within is both strong and powerful. And there's no such thing as side effects with natural healing like Reiki.

With Reiki you can use your mind to heal yourself from within.

What ailments do you want to overcome once and for all if you could harness the power of natural healing? Do you have a loved one you'd also like to help heal?

Then learn REIKI as soon as you can.

***With Love, light n Reiki***

***Nikitha.S.Prema - 9940267301***



# ரெய்கிக்கு நன்றி

அனைவருக்கும் வணக்கம். எனது பெயர் கோமதி, 18 வயதான நான் Print Shop Pvt. Ltd.. எனும் அச்சகத்தில் பணிபுரிந்து வருகிறேன். Despatch துறையில் பணியாற்றும் எனக்கு கடந்த இரண்டு வருடங்களுக்கும் மேலாக ஆஸ்த்துமா எனும் மூச்சுத் திணறல் பிரச்சினை இருந்து வந்தது. அதிலும் கடந்த ஆறு மாதங்களாக இத்தொல்லை அதிகமாகவே இருந்து வந்தது. இரவில் உறக்கம் இல்லாமல், மறுநாள் வேலைக்கு வந்து இங்கும் கடினமாய் வேலை செய்து, என எனது உடல் நாளுக்கு நாள் மோசமடைந்து வந்தது.

இதற்கிடையில் ஒவ்வொரு முறையும் இப்பிரச்சினை எழும் போது மருத்துவமனை, ஆக்சிஜன், டிரிபிள் என செலவும் கட்டுக்கடங்காமல் போனது. நான் நடுத்தர குடும்பத்தைச் சேர்ந்தவலாதலால் பணப்பிரச்சினையும், உடல் பிரச்சினையும் சேர்ந்து வாட்டியது. ஒருகட்டத்தில் இனி வேலையே செய்ய இயலாது என்று முடிவு செய்து அலுவலகத்தில் சொல்லிவிடுவது என்று முடிவு செய்தேன்.

அங்கு பணிபுரியும் திரு. எல்.ஜி. ராமசுவாமி அவர்களிடம் எனது நிலைமையைக் கூறினேன். அனைத்தையும் பொறுமையாகக் கேட்ட அவர், தான் ஒரு ரெய்கி ஹீலர் என்றும் ரெய்கியினால் என்னுடைய பிரச்சனைகளை தீர்க்க முடியும் என்று நம்பிக்கையூட்டியதுடன், இதற்காக நான் வேலையை விட வேண்டிய அவசியமில்லை என்றும் கூறினார்.

அவரது வார்த்தையைக் கேட்டு எனது மனம் ஓரளவு ஆறுதலடைந்தது. அவரிடம் எனக்கு ஹீல் செய்யுமாறு வேண்டினேன். அவரும் முழுமனதோடு சரி என்று சொன்னதோடு மட்டுமல்லாமல் உடனே ஹீல் செய்ய ஆரம்பித்தார்.

முதல் நாள் ஹீலிங்கின் முடிவில் நான் தூங்கிப் போனேன். இதுவரை அப்படி தூங்கியது இல்லை. அன்று இரவும் நல்ல உறக்கம். இத்தனை நாள் நான் தொலைத்த உறக்கத்தை ஒரு நாள் ரெய்கி ஹீலிங்கிலேயே பெற்றதை எண்ணி எனக்கு நம்பிக்கை அதிகரித்தது.

அடுத்த இரண்டு நாட்களும், தொடர்ந்து ஹீல் செய்யப்பட்டது. மூன்றாவது ஹீலிங்கின் இறுதியில் எனது ஆஸ்த்துமா பிரச்சினை அடியோடு தொலைந்து போனது. பல ஆயிரம் செலவு செய்தும் தீராத எனது இப்பிரச்சினை தீர்ந்ததில் மகிழ்ச்சி மட்டுமல்லாமல் ரெய்கி மீது அளவுகடந்த நம்பிக்கையும், மரியாதையும் வந்தது.

மேலும் பிரதிபலன் எதிர்பாராமல் எனக்கு இந்த ஹீலிங் செய்த ஹீலர் திரு. எல்.ஜி. ராமசுவாமி அவர்களுக்கும் இதன்மூலம் நன்றி கூறக் கடமைப்பட்டுள்ளேன்.

எனது இப்பிரச்சினை தீர உதவிய ரெய்கிக்கு நன்றி கூறுவதுடன் நில்லாமல் ரெய்கி பற்றி எனது நண்பர்கள், உறவினர்களிடமும் விளக்கி வருகிறேன்.

எல்லோரும் இன்புற்றிருக்க ரெய்கி அவசியம் என்ற எனது கருத்தை வாசகர்களுக்கு இக்கடிதத்தின் மூலம் பதிவு செய்கிறேன்.

நன்றி.

இப்படிக்கு

**கோமதி**



## ASTHMA

Asthma is a chronic disease of the airways of our lungs. These airways are also known as bronchial tubes. In the case of asthma, chronic means that it never goes away.

Airway constriction and inflammation together cause narrowing of the airways, which can result in wheezing, coughing, chest tightness, or shortness of breath. In people with asthma, the airways are inflamed even when we are not having symptoms.

The muscles around the airways in the lungs squeeze together or tighten. This tightening is often called "bronchoconstriction," and it can make it hard for us to breathe the air in or out of our lungs.

Inflammation can reduce the amount of air that we can take in or breathe out of our lungs.

**Asthma triggers** include allergens and irritants in the environment that can provoke asthma symptoms or attacks. There are many **asthma triggers** that can aggravate asthma symptoms, and they often differ from person to person.

We can help prevent asthma symptoms by identifying and avoiding our known **asthma triggers**.

It may not be possible to completely eliminate all **asthma triggers**, but you should still try to remove as many **asthma triggers** as possible from our home and work areas. This can help you enjoy a healthier life with fewer asthma symptoms and attacks. Select the triggers below to find out how you can learn to avoid them.

- Smoking
- Dust mites
- Pets
- Cockroaches
- Indoor mold
- Smoke, strong odors, and sprays
- Pollen or outdoor mold
- Exercise
- Colds and infections
- Weather
- Other asthma triggers

In Reiki, For first two days we heal all seven chakras and full body. Consequent days we heal **Manipura chakra** for more immunity development, front and back sides of **Aahatha Chakra** for lungs and **Visudha chakra** for throat and **Aghna chakra** for nose and sinuses. We advice the patient to do Pranayama and Speed Breathing exercise. It shows excellent result.

Courtesy: Online E-Books

by **L.G. Ramaswamy**

Mobile: 98840 13721

## ‘Manitha Nalanil Reiki’

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

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# REIKI AS A THERAPY

Generally people have a tendency to look at alternative therapies only when there is a problem and that too when they feel that it is not possible to get cured with instant relief medicines. Reiki is a therapy which is especially more prevention than cure.

Even if we do not have any problems whether physical or mental, we can practise reiki on a day to day basis and prevent ourselves from any kind of problems we face in life. If not at least we will have strength to face the problems or get correct guidance from the cosmic mother. These days with hectic life style we either get sugar or BP or relationship problems.

These can be prevented by learning Reiki. Better late than never, even after getting into problems we should rely on Reiki than any other instant relief medicines to avoid any side effects. A lot of youngsters should come forward to learn this like learning dance or music. If youngsters learn this it will improve concentration power and help them excel in studies.

If girls who are to get married practice Reiki it will help them in making good home and better relations. Thus Reiki is a form of therapy, if practised regularly gives abundance of health and happiness.

- Buvaneshwari Lakshminaryanan

## REQUEST TO THE MEMBERS

Those who wish to present your papers (on your views / experience in Reiki) send your articles or abstract on before 10th December 2009. Articles can be mailed to "lalithaps@yahoo.com".

Let the articles be your views or experiences of yours and not some abstracts from some books or magazines. "Healing Hands" is meant for promoting awareness on Reiki.

Since most of you are practising Reiki, your experience would convince the readers on the greatness of this simple Reiki therapy.



# "Reiki Centre of India" (Regd.)

(Tiruvanmiyur)

8, Coral Block, Park Royale Apartments, new no 21, Kottivakkam Kuppam Road,  
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## APPLICATION FORM

To:

The Secretary  
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Ph: 98400 44198

Dear Sir / Madam,

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

Name : .....

Full Address : .....

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Telephone : .....

E-mail: : .....

Date of Birth : .....

Marriage Day : .....

Place : .....

Date : .....

Yours Sincerely,

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

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





# **Five Principles of REIKI**

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**Just for today :**

*I will live the attitude of gratitude*



*I will not worry*



*I will not anger*



*I will do my work honestly*



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





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





To

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

8, Coral Block, Park Royale Apartments  
New No. 21, Kottivakkam Kuppam Road  
Valmiki Nagar, Thiruvanmiyur  
Chennai - 600 041.  
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