



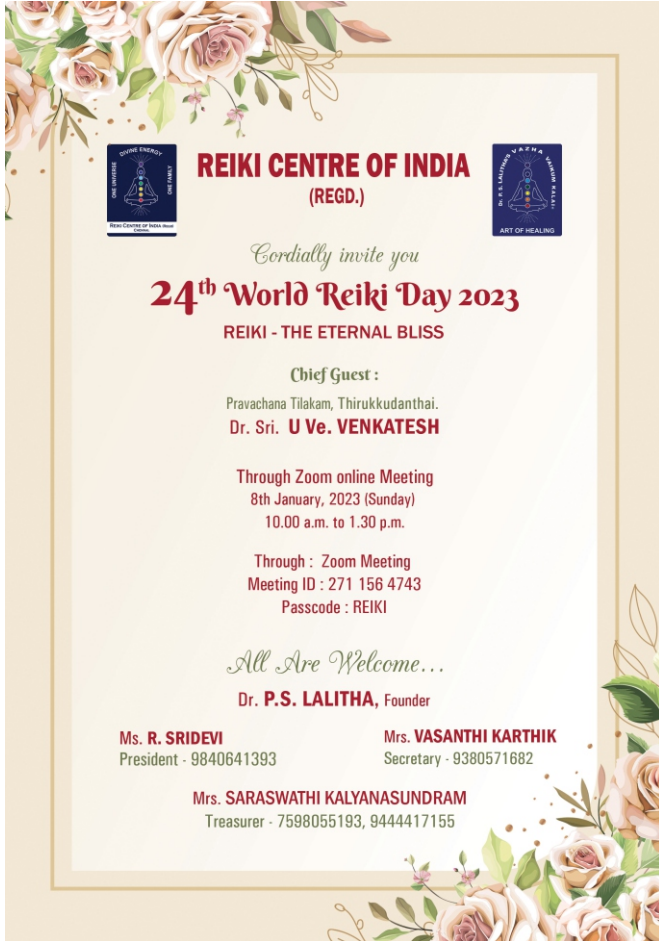
# HEALING HANDS


Vol.  
23

REIKI - THE ETERNAL BLISS


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JANUARY 2023





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



*Cordially invite you*

## 24<sup>th</sup> World Reiki Day 2023

**REIKI - THE ETERNAL BLISS**

**Chief Guest :**  
Pravachana Tilakam, Thirukkudanthai.  
**Dr. Sri. U Ve. VENKATESH**

Through Zoom online Meeting  
8th January, 2023 (Sunday)  
10.00 a.m. to 1.30 p.m.

Through : Zoom Meeting  
Meeting ID : 271 156 4743  
Passcode : REIKI

*All Are Welcome...*

**Dr. P.S. LALITHA**, Founder

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

**Mrs. VASANTHI KARTHIK**  
Secretary - 9380571682

**Mrs. SARASWATHI KALYANASUNDRAM**  
Treasurer - 7598055193, 9444417155

**Programme Agenda :**

10.00 am	Prayer
10.05 am	Welcome Address <b>Mrs. VASANTHI KARTHIK</b> Secretary, Reiki Centre of India
10.15 am	Report on Reiki Centre Activities <b>Ms. R. SRIDEVI</b> President, Reiki Centre of India
10.30 am	Chief Guest Address Pravachana Tilakam Thirukkudanthai. <b>Dr. Sri. U Ve. VENKATESH</b> Topic : Body and mind.
11.00 am	Launch of Healing Hands Magazine
11.05 am	Topic : Sri Chakram <b>Ms. R. SRIDEVI</b> President, Reiki Centre of India
11.20 am	<b>Experience of Healers</b> Reiki Centre of India
12.20 Noon	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

Through : Zoom Meeting  
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Kind Note :

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

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



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Play Back Singer.

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## EDITORIAL

Beloved associates,

Wishing everyone a year of resourceful state for a peaceful progression in life.

We at Reiki centre of India presents you the "Healing Hands" magazine every year with the compilation of experiential wisdom, learning, and inspiring experience of the healers, Masters and GrandMasters of Reiki from across the Globe. Every insight that is covered in this magazine shall spring forth the cosmic power of reiki that had benefitted the needy through the healing power of reiki by the respective Healers/Masters and Grandmasters.

Ever year, Reiki centre of India is been celebrating "WORLD REIKI DAY" to pay homage to Dr Mikao Usui, the Founder of "REIKI " system, and here we are on our 24th year of World Reiki Day.

It is indeed, we owe our greater altitude of gratitude for the efforts of our founder Dr.P.S.Lalitha that she had been rendering by her soul hearted efforts through the Art of Healing. Her guidance means a lot to us, to promote the art of healing – Reiki, which is touching lives and transforming the masses for their betterment. It is essentially an art which adds life to life; hence we would like to share the deep-rooted efforts taken by our association through this magazine from primordial days and the journey till day which is remarkable through series of experiences and events.

We would also like to congratulate and appreciate the quest of the Reiki healers, Masters and Grandmasters who are rendering their services of healing and teaching the art of healing with diligence at their respective places which is directing towards the mission "Holistic Health for all".

- Editorial Team

Perform  
"AGNIHOTRA"  
For pollution free atmosphere

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

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## SOLITUDE WITH PEACE



Of late, there are adverse reports on lock down, isolation in ICU, home quarantining, fear of contacting corona etc leading to emotional disturbances, diabetes, BP, neurological disorders. Fear plays a crucial role. When fear grips the mind, breathing pattern changes. For breathing entry point is nose and the same for corona virus. Hence to protect the respiratory system portal of entry has to be protected.

### **Power of meditation :**

Meditation is the best means To allay the fear and to normalize breathing,. During meditation, meditators should concentrate on deep breathing. Usually we don't concentrate on breathing. Once meditator concentrates on breathing, the divine cosmic energy, in the form of subatomic particles reaches every cell in the body. Negative energy accumulating in the cells / organ, proves to be the root cause of the disease, which would be replaced by the positive divine energy particles, by restoring health.

### **Activeness to Stillness:**

Pandemic forced people to stay indoors. Majority of those isolated, live with fear leading to several other diseases. For myself, as a reiki practitioner who was leading a excited life with a completely packed schedule with energy, by visiting Bharathi Raja speciality hospital and running my own clinic, recently during pandemic found my life had come to a mode of standstill. Home alone gave me plenty of time to think, as how to convert this time at my disposal usefully.

### **Productive stillness with tranquility of purpose:**

Basically I was a teacher (teaching veterinary anatomy in Madras Veterinary College). Modern technology gave me an opportunity to pursue my passion for teaching Reiki and sujok acupressure / acupuncture through zoom. Regular online courses drew students not only from India and also from abroad. Having created Healers and Masters with the object of promoting drugless therapy and also giving an opportunity to practice from home, I created Healers group. To my surprise, there is overwhelming response from the public.

The healers group heals the needy from a distance. This serves a dual purpose 1. Healers gain experience in distant healing for various ailments. 2. The patients get free service from home without resorting to neither any diagnostic tests nor any medicine. Recently our association has started inviting member of Reiki centre of India to share her/ his healing experience through a speakers forum.

### **Momentum of Fulfillment:**

Prior to pandemic I had published a book on Reiki in Tamil. The public insisted the same in English. For want of time, I could not meet their demand. Now with the time at my disposal I translated my Reiki book in English and released.

My practice of combining reiki and sujok acupuncture and acupressure for more than two decades has given a profound knowledge on simple most economical drugless therapy. With the intention of reaching everyone I wrote a book on combination of “**Reiki and Sujok acupressure, a ready reckoner**” for most of the common ailments and challenging diseases with illustrations on acupressure points. This book gives points for self treatment.

**Brought back music in life:**

Basically I am a Carnatic music lover. During December I used to visit sabhas to listen to my favourite musicians. Lockdown was a boon in disguise. Most of the kutcheries were available in zoom. This gave me an opportunity for me to listen to many youngsters performing better than the famous Carnatic musicians. At one stage, I was worried that our culturally oriented Carnatic music would vanish with the present generation. After listening to these young kids performance I have realized that Carnatic music will have glorified period in future.

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Right from younger days, because I learnt Carnatic music I know how to enjoy the same. In contrast, my son is a fan of legend Ilaya Raja. During lockdown we had time to spend our time together. My son forced me to listen to film songs with Ilaya Raja’s music. The variations in every composition of legend Ilaya Raja are mind-boggling. Ilaya Raja’s music is based on Carnatic raga, but the variation in every composition is unique which is lacking in traditional Carnatic music. Now I have learnt how to enjoy the intricacies of Ilaya Raja’s scintillating music. I am 80+ when I can convert so called negativity into positivity why not every one of you?

Begin now...Live fresh...Live vibrantly every day!!!

**Dr.PS.Lalitha**  
Reiki Grand Master  
Founder Reiki Centre of India Art of Healing  
Chennai. 9840641393

## தனிமையில் இனிமை



கடந்த இரண்டு வருடமாக கொரோனா எனும் காட்டுத்தீ போன்று பரவும் நோயால் உலகில் யாவரும் ஊரடங்கு உத்திரவினால் அவரவர் இல்லத்தில் தனிமையில் உள்ளனர்.

இவ்வியாதி எப்படி மனிதனை பழிவாங்குகிறது என்று ஊடகங்கள் வாயிலாக கேட்டு பயம் இன்னும் அதிகமாகிறது. வீட்டில் முடங்கினாலும் தனிமை எவ்வாறு வியாதிகளை மன அழுத்தம், சர்க்கரை வியாதி, உயர் ரத்த அழுத்தம், மூளை சம்பந்தப்பட்ட நோய்கள் உருவாகின்றன என மருத்துவர்கள் கூறுகிறார்கள். இதனால் பயம் மேலும் அதிகரிக்கிறது. மனதில் உண்டாகும் பயமே எல்லாவற்றிற்கும் மூல காரணம்.

கொரோனா என்றவுடன் நானும் வீட்டில் தனிமையில் இருக்கத்தொடங்கினேன். மாற்று மருத்துவராகிய நான் பாரதிராஜா மருத்துவமனை, என்னுடைய கீளினிக் இரண்டிலும் தீவிர சிகிச்சை அளித்து வந்தேன். ஊரடங்கு உத்திரவினால் இதற்கு முற்று புள்ளி வைக்க வேண்டிய நேரம் வந்தது. அதனால் நான் தனிமைக்கு பயப்படவில்லை. இந்த தனிமையை எவ்வாறு பயனுள்ளதாக செய்ய முடியும் என்று ஒரு முடிவெடுத்தேன்.

கணினி மயமாக்கப்பட்ட உலகில் இந்த கணினி மூலமாக என்னை தொடர்பு கொண்டவர்களுக்கு தொலைபேசி மூலம் சில அக்குபிரஷர் புள்ளிகளை கற்பித்து தன்னை சுகமாக இருக்க வழிமுறைகள் வழங்கினேன். ரெய்கி மூலம் தொலை தூர சிகிச்சை செய்தேன். இம்முறையில் நிறை போர் தொடர்பு கொள்ள என்னிடம் ரெய்கி, சுஜோக் கற்ற வரையும் சேர்த்து ஒரு குழு உண்டாக்க முடிந்தது. இதனால் மற்ற ஹீலர்களும் பிறருக்கு சிகிச்சை செய்ய முன்வந்தனர்.

கணினி மூலமாக அதாவது ஜீம் (Online) வழியாக இதுவரை ரெய்கி சுஜோக் வகுப்புகள் எடுத்து வருகிறேன் இதனால் தமிழ்நாட்டை தவிர மற்ற மாநிலங்களில் இருந்தும் மற்ற நாடுகளிலிருந்தும் மருந்தில்லா மருத்துவ முறையை கற்கின்றனர். இதனால் வீட்டில் இருந்தபடியே மற்றவர்கள் இதை கற்பிக்க வசதியாக உள்ளது. பயன்பெற்றோர் அதிகம். என்னிடம் சிகிச்சை முறையை கற்றவர்கள், சிகிச்சை பெற்றவர்கள் மன அமைதி பெற விரும்புவோர்களுக்கு உதவ மன ஆரோக்கியத்திற்கும் மாதம் ஒரு முறை அதாவது பெளர்ணமி அன்று கூட்டு தீயானம் செய்ய ஜம் முலமே தீயானம் செய்ய அழைக்கின்றேன். இதற்கு நல்ல வரவேற்பு உள்ளது. தற்போது இதில் யார் வேண்டுமானாலும் கலந்து கொள்ளலாம் என அறிவித்ததால் கூட்டுப்பிராத்தனை தீயானத்திற்கு நல்ல வரவேற்பு உள்ளது.

செய்தித்தாள்களில் வரும் சில முக்கிய உடல் ஆரோக்கியம் சார்ந்த குறிப்புகளை முகநூலில் வாட்ஸப்பிலும் பகிரிந்து கொள்கிறேன். இதனால் எனக்கு பழைய நண்பர்கள், புதிய நண்பர்கள் தொடர்பு கிடைக்கிறது. முன்பு ஆரோக்கியம் "உங்கள் கையில்" என்ற ரெய்கி பற்றி எல்லா விவரங்களையும் தமிழில் ஒரு புத்தகம் வெளியிட்டு இருந்தேன். சிலர் இதை ஆங்கிலத்தில் எழுதுங்கள் என கேட்டுக்கொண்டனர். நேரமின்மையால் இதில் எனக்கு நாட்டமில்லை. முழு அடைப்பில் நேரம் என்பது என்னுடையது என கொண்டிருந்தேன். தமிழ் (ரெய்கி) என் புத்தகத்தை, ஆங்கிலத்தில் எழுதி முழுமையாக முடிக்க நேரம் இருந்ததால் அதை முடித்து வெளியிட்டேன்.



என்னுடைய 25 ஆண்டு மருந்தில்லா மருத்துவத்தின் அனுபவத்தின் அடிப்படையில் ஆங்கிலத்தில் ரெய்கி சுஜோக் எனும் மருந்தில்லா மருத்துவ முறையை இணைத்து எவ்வாறு குணப்படுத்தி உள்ளேன் என்பதை ஒரு புத்தகம் எழுதி வெளியிட இந்த முழு அடைப்பு உதவியது. (Reiki and Sujok, Acupressure, a ready reckoner) இசை என்பது என் மனசுக்கு இசைந்தது முழு அடைப்பினால் பல இசைக் கச்சேரிகளை இந்த டிசம்பர் மாதம் தொலைக்காட்சிகள் மூலம் சில சபாக்கள் கச்சேரிகளை ஒளிபரப்பின. இதில் சில இளைஞர்கள் மிகவும் பிரபலமாக பாடி மனை கவர்ந்தனர்.

கர்நாடக இசை பிரியையான நான் சில நேரங்களில் இந்த இசை அடுத்த தலைமுறைக்கு சென்றடையுமோ என வருத்தப்பட்டதுண்டு. ஆனால் இந்த கவலை, பயம் இப்போது அறவே நீங்கியது. வீட்டிலிருந்தே சிறுவர்கள் சிறுமிகள் இன்னிசை கச்சேரிகள் பிரமாதமாக செய்வதை கண்டேன். கர்நாடக இசை இவர்களால் மேலும் தழைக்க வாய்ப்பு உள்ளது என மகிழ்ச்சி அடைகிறேன். இக்கட்டுரை வரைய காரணம் தனிமை என்பதை உபயோகமாக செய்து அதை மகிழ்ச்சிகரமாக மாற்றலாம்.

என் வயது 85. 1996 இல் நான் ஓய்வு பெற்றாலும் இந்நாள் வரை எனக்கு விருப்பமான பலருக்கு உதவியாவது செய்து கொண்டு இதில் மகிழ்ச்சி அடைந்து ஆரோக்கியமாக இருக்கிறேன். முழு அடைப்பு எனக்கு தனிமையில் இனிமை என்பதை அறிய ஒரு வாய்ப்பு கிடைத்தது. மகிழ்ச்சி பயம் போன்ற உணர்ச்சிகள் நம் மனதை சார்ந்தது. ஒவ்வொருவரும் ஏதோ ஒன்றில் தேர்ச்சி பெற்றிருப்பார். நேரமின்மையால் நமக்கு விருப்பமானதை மேற்கொள்ள முடியாமல் இருக்கலாம்.

உங்கள் நேரம் உங்கள் கையில் உங்களுக்கு பிடித்ததை விருப்பமாக செய்ய இருந்து வாய்ப்பை பயன்படுத்திக்கொள்ள வேண்டும். பயம் என்பது மனதையும் உடலையும் பாதிக்கும். மனதை ஆரோக்கியமாக வைக்க தியான பயிற்சி செய்யலாம்.

**"நம் ஆரோக்கியம் நம் கையில்"**

Dr. P.S. லலிதா  
ரெய்கி கிராண்ட் மாஸ்டர்  
நிறுவனர் இந்திய ரெய்கி மையம்,  
சென்னை



## Reiki Multidimensional Healing



Namaskaram and my gratitude to Dr.PS.lalitha mam, Sridevi mam and all masters for giving me an opportunity to share my experience on reiki. As a parent as we have lot of challenges, in upbringing children I too faced a lot like complaint from schools, health issues etc.....at that time I got a pamphlet in newspaper, that through reiki Healing these issues can be transformed. I took my children for healing and in few sittings before SSC exam was given. They were able to write the exam well without falling sick and passed after which I learned 1st level and so on i had been trained till master level from Dr.PS.lalitha mam.

### **Reiki for asthma:**

One of my friend's sisters had asthma attack and also allergy to incense sticks (agarbatti). After treating her with reiki she became all right within a week. Firstly, cleaned the whole aura by sweeping method, then gave reiki to every chakra using all Sui symbols along with Karuna reiki symbols where ever necessary and concentrated more on Manipura, Anahata. Then energise, balance and protect.

### **Reiki for prostate gland enlargement:**

Her father who was 80 plus at that time had prostate glands enlargement and was very serious and were admitted in hospital his own son in law being doctor knowing the risk factors didn't advice for surgery. He was taken care by few nurses and home when I was approached by my friend's sister, after healing him, as well as for the medicines, next day he was able to sit, the nurses and the family were stunned and happy for speedy recovery within a week. For him all chakras and aura cleansed, concentrated more on Mooladhara.

### **Reiki for cardiac surgery:**

Another experience is my Husband's colleague was hospitalised for Bypass surgery he was given reiki healing, the day of operation the family members were panic because the doctor told them they have done their job rest pray to God. And his wife was so much in anxiety and called me for healing I did psychic surgery the next day he was all right and he was able to sit. They were all happy. Concentrated more on Anahata Chakra, apart from physical healing,

### **Reiki for relationship:**

Few people had problems in relationship when asked they told me recently we moved to new house after which we are facing problems, I asked them to send plan of the house after treating with reiki, and they are well off. Treated with respective symbols

### **Reiki for stroke:**

Another friend of mine had paralytic stroke and went in coma and regained consciousness after lot of medication. but one leg and hand are still in problem they were doing physiotherapy daily inspiteof that she was with the help of Walker. After giving her healing, she was able to walk without support from one room to another. But due to some reason she couldn't continue healing. For her concentration was given on mooladhara also all chakras and right brain.

### **Reiki for survival:**

Another incident is one of my friend's daughter who is in Canada had problem in getting job both husband and wife and terribly worried of survival, after healing them both are in good job. Mooladhara chakra, for interviewer heart and Manipura.

### **Reiki for instruments:**

Last but not the least my own personal experience that my laptop, desktop both had issues my phone is getting heated if I use continuously. So, i took my laptop to servicing centre, before that I sent reiki so that I get a genuine service person, who will not exploit me. First, I went to one shop that fellow told processor issue which may cost just for repairing 5-6 K. Since that wasn't my budget I moved to another where it was fixed for just 1700/-. He told the key board is damaged.

I placed my right hand on the base of my laptop and invoked each symbol of reiki one by one to help me in getting genuine service person. Symbols helped me to connect with the laptop on spiritual context and helped me to channelize power and sense of security to my laptop.. I sent waves of gratitude to the laptop as well as to the unknown service person (soul). I channelled healing towards the laptop across time and space for its good health. Symbols helped me to emphasize and thank the service person for being genuine and truthful not to exploit. Hence symbols are used for the highest good for all. I thanked the creator, reiki, reiki master's service person, laptop and myself.

### **Regarding my warm up exercises:**

I do Surya Namaskar, Arm circle, squat, shoulders roll, knee exercise, leg swing, hip circle, jog in place, front and side bend etc. Thank you Universe, Reiki, Reiki Masters, Spiritual Helpers, Holy angels, Arc angels, My Parents, My family and Myself.

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

## Against The Odds



Being a practitioner of energy related practices, yoga and spirituality, Reiki came into my life when I was at the cross roads wanting to make a life decision that didn't fit into the norms defined by the society. For a few years now, I knew deep within that I wasn't necessarily enjoying what I was doing and wanted to take a break from my job, but did not have the courage to do so. Fear of what next, worry about how others would react etc. was pushing me to continue.

"God has his own plans and all these go on according to that. No one need to worry as to what happens." This quote by Bhagavan Sri Ramana Maharshi came to fructify through the situations that I was going through and I finally decided to trust the plan of the Universe by surrendering to the cosmic order.

Practicing Reiki through this period gave me the confidence to accept the situation, make a decision and be at peace with it. It gave me the ability to realize that this is a part of a bigger transformation and a path towards inner spiritual growth. The practice also opened up further avenues for going deeper into meditation, leading to a better appreciation of the cosmic laws.

"**Yat pinde tat brahmande**" an ancient Vedic saying, beautifully summarizes the concept behind Reiki - "All that is outside you (in the Universe) is within you (in the human body)". Comprehending 'Ki' or prana (life force energy) helps in understanding that Reiki has a holistic positive influence on the three bodies - casual, astral/subtle gross, equated to the five koshas (sheaths) that cover the Atman.

The purpose of life is the realization of Atman - one's own true nature. Practicing and applying the principles of Reiki is a step towards achieving this goal. Reiki and spirituality in everyday life has given me the strength to continue on this journey of tapping into the abundant cosmic energy, and to progress on the path of experiencing the supreme eternal bliss of divine consciousness.

**Sowmya Krishnan**  
Reiki Practitioner, Hyderabad  
9701526218

## Wonders of Reiki



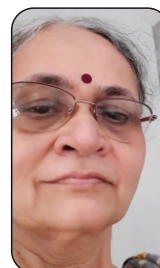
We are aware that Reiki healing energy is linked to a range of physical and emotional health benefits. In my personal life, Reiki brings a great transformation on how to be a conscious eater. Since my childhood, I'm a non-vegetarian eater, but after my Reiki attunement, I become more conscious of my food choices and choose to be a vegetarian. My family members and circle of friends couldn't believe the transformation but I believe that's the magic of Reiki.

Over the years, been a Reiki practitioner, I have seen the wonders of Reiki happens in people's life. One day, my friend brought her mother in her 50s to my healing centre in Malaysia. She was discharged from the hospital after 10 days and her energy levels were so low and twisted, she couldn't even walk from her room to the washroom without collapsing. My friend and I helped to support her lying down on the Reiki bed. Just after one hour of Reiki healing session, it was as if she was a new person, energetic and lively, She got up from the bed and walk by herself without support. The very next day, my friend gave her unbelievably happy feedback that her mother was healed and actively driving the car.

Besides this, I have witnessed Reiki immediately to ease menstrual stomach cramps, heal knee pain, and to increase fertility. People suffering from anxiety and depression are calmer and grounded after Reiki healing. The wonders of Reiki will continue forever. My humble gratitude to my Reiki masters for sharing and teaching Reiki to me.

**J. Edeline Fabiola**  
Reiki healer, Malaysia  
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## My Experiences with Reiki



My journey with Reiki started with my coccyx bone pain that started in early 2021. It prevented me from sitting for more than half an hour. I was looking for alternate therapies and came across Dr Lalitha's videos on reiki and sujok acupressure. In April 2021, she conducted an online first level reiki course and the second level later. I did sujok acupressure under Ms .Sridevi. Now i am mostly free from that pain. After my second level , I got in touch with Ms Dhaya Vasudevan ( she is a Reiki master trained by Dr Lalitha) who has cured my IBS (Irritable Bowel syndrome)and had been taking her guidance for certain day to day issues.

Based on my personal experience, I also started reiki healing for my family members. My husband was suffering from rhinitis for nearly a year and was taking antihistamine every day. It became chronic. Ms Dhaya advised me to do the healing myself. I did it for a week and it totally went off. Now it is more than six months and he has no trace of rhinitis. My father was having severe back pain on the left side and stomach ache. He lost his appetite and he was prescribed medicines for acidity and pain. Even after taking them for three days, he had no relief. I did distance reiki healing. In just two sittings, his pain vanished and he started eating normally and stopped all the medicines.

My 4 year old grandson had a severe wheezing problem in the middle of the night for more than 2 hrs, when we were in a remote place in California. I did reiki distance healing and within 5 minutes he became normal and slept off. We all felt it was a real miracle. I have done many times reiki healing for all sorts of pains to my family members and they were cured. Now reiki has become a part of my daily life. I have total faith in reiki and do my meditation and self healing every day. Whenever I get any pain in any part of my body, I immediately do reiki and the pain disappears. Thanks to Reiki and my gurus Dr Lalitha, Ms.Dhaya, Ms. Sridevi.

**Dr. Hemalatha Diwakar,**  
Reiki Practitioner, Pune  
9850959104

## Reiki as my Close Friend

A friend in need is a friend indeed. Reiki is such a friend for me. I start my day with meditation and end it with meditation. I invite reiki for all daily activities in simple things like meeting should go well, tea should taste well to more driving things like carving a great career, to grow spiritually with reiki etc. The more I do healing for others the more I feel grounded and healed. Reiki helps me to see the world through divine lens without judgment. I try to follow Reiki principles on a daily basis like don't get angry for just today, be more kind etc. This has brought in a paradigm shift in my way of life. I am now accepting people more gracefully and have reduced talking about others or criticizing. If someone gets angry, I invoke reiki to do the best for them and if somebody hurts me I invoke reiki and feel that this will pass too. Hence I feel so closely connected with reiki as like a friend.

**Subhaashini Sivakumaran**  
Reiki Practitioner, Bangalore  
9930590883



## Healing Effects of Reiki

When I was 53, I was told that I had thick walls in my uterus, measuring 17mm. My doctor immediately advised me to have a biopsy. That is when I consulted Vasanthi mam for a second opinion. She guided me through life changing routines that would help me physically, mentally and spiritually. For 21 days, I was advised to meditate between 4.30 to 5.30am for at least 20minutes. Vasanthi mam taught me a few techniques for meditation. She gave me a few acupressure points to focus on. When I met her for sessions, she did reiki energy healing which helped me a great deal. After 2 months, when my uterus was scanned again, the wall thickness shrunk to 4mm. After my uterus wall thickness reduced, I started consulting her regarding my thyroid issues too. She helps me cope up with menopausal changes also. I'm really happy with the results that I got from her treatment and through her advice. I believe in Reiki as I had a positive effect on me. Now I'm 55, and I continue to consult her for reiki treatment to improve my health in all aspects.

**VASANTHI K**  
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## பிரபஞ்ச சக்தியின் மகத்துவம்



அன்பு வாசகர்களுக்கு எனது அன்பான வணக்கம்.

ரெய்கி என்னும் அரிய கலையைக் கற்றுக்கொள்ளும் வாய்ப்பு எனக்கு 2000 ம் ஆண்டு கிடைத்தது. அப்போது சென்னை கீழ்பாக்கம் மருத்துவக்கல்லூரியில் படிப்பு முடித்து பயிற்சியில் ஈடுபட்டிருந்தேன். அது சமயம் திருமதி. நீகிதா மற்றும் திரு. ராஜேஷ் இருவரிடமும். நானும் எனது தோழிகள் கிருத்திகா, கிருஷ்ணப்பிரியா, ரெய்கி கலையின் முதல் நிலையைக் கற்றுக்கொண்டோம். இதனைப் பயிற்சி செய்யும் பொருட்டு, எங்கள் விடுதியில் தங்கியிருந்த, நீண்ட காலமாகத் தீராத முதுகு வலியால் அவதிப்பட்டு வந்த உத்திரப்பிரதேச மாணவிக்கு (புலவித மருத்துவத்தினாலும் பயனற்ற போது) தொடர்ந்து 21 நாட்களுக்கு, நாங்கள் கற்றதைப் பயிற்சியாகச் செய்ய, அவரின் முதுகு வலி முற்றிலும் நீங்கிவிட்டு. அவரும் கற்றுக்கொள்ளத் தொடங்கிவிட்டார்.

இக்கலையால், பிறந்த குழந்தைகளின் அழகையைக் கூட அமைதியாக உறங்க வைக்க முடிந்தது.

2006 ஆம் ஆண்டு நானும், என் குடும்பத்தார் சிலரும், திருமதி. மீனாகுமாரி அவர்களிடம் இரண்டாம் நிலையைக் கற்றுக்கொண்டோம். திருமதி. உஸ்மினா அவர்களிடம் முதல் இரண்டு நிலைகளை மீண்டும் கற்றுக்கொண்டேன். திருமதி. பி.எஸ்.லலிதா அவர்களிடம் இரண்டு மற்றும் மூன்றாம் நிலைகளைக்கற்றுக்கொண்டேன். கொரானா சமயத்தில் அம்மா, அண்ணா, அக்கா, அக்காவின் மகள் மற்றும் தம்பியின் நண்பர் என அனைவருக்கும் கொரானா வந்துவிட, இக்கலையைப் பயன்படுத்தியதில் விரைவில் வீட்டிலிருந்தபடியே குணமடைந்தனர். ஈரோட்டிலிருக்கும் எனது அக்காவின் மகளுக்கு, திடீரென்று தோல் சம்பந்தப்பட்ட பிரச்சனைகள் ஏற்பட நான் காட்பாடியிலிருந்த வண்ணம் இக்கலையைப் பயன்படுத்தியதில் விரைவில் குணமடைந்தார்.

எனது கணவர் வெளியூரிலிருக்கும்போது, சளியால் அவதிப்பட்ட, இக்கலையால் மைசூரில் இருந்தவண்ணமே சரி செய்ய முடிந்தது. அதேபோல எனது மகனுக்கும் (வயது 10) இக்கலை அவ்வப்போது ஏற்படும் எந்தப் பிரச்சனைக்கும், அமிர்தம் போல் அமைய, அவனும், விருப்பப்பட்டு, இக்கலையின் மூன்று நிலைகளையும் கற்றுத் தேர்ந்துவிட்டான். இக்கலையை ஒருவர் மீது, பயன்படுத்த அவருக்குப் பிரச்சனை நீங்கிட, நல்ல உறக்கம் ஏற்படும். இதை மைசூரிலியே, எங்களது குடும்ப நண்பர் ஒருவருக்கு 21 நாட்கள், பயன்படுத்த, அமைதியின்மையும் படபடப்பும், கோபமுமாக இருந்த அவருக்கு, நல்ல அமைதியும், எதையும் ஏற்றுக்கொள்ளும் தன்மையும் கிடைத்தது என்பதை கண்கூடாக பார்க்க முடிந்தது.

மனநிலை பாதிக்கப்பட்டிருந்த பெண் ஒருவருக்கு, இக்கலையைப் பயன்படுத்த, அவருக்கு நல்ல குணம் தெரிந்தது. இந்த ரெய்கி என்னும் வாழவைக்கும் கலையானது, நானும் எனது கணவர், மகன், அம்மா, அண்ணா, அண்ணி, அக்காமார் இருவர், தம்பி, தம்பியின் மனைவி, என அனைவருமே கற்றுக்கொண்டு, பயன்படுத்திப் பலன்பெறும், பிரிக்க முடியாத மாபெரும் அருட்கலையாக ஆகிவிட்டது என்பது மிகையாகாது.

திருமதி.பி. எஸ். லலிதா அவர்கள் வாரம் இருமுறை நடத்தும் ரெய்கி தியான வகுப்புக்கள், மற்றும் பெளர்ணமி வகுப்பு, மிகவும் பலன் தருவதாக உள்ளது. அவர் ஏற்படுத்தியுள்ள வாட்ஸப் குழுவின் மூலம், அவ்வப்போது குறைகள் தீர்க்கப்படும் வருகின்றன. உடலும் மனமும் நலமுடன் வாழ வழி வகுக்கும் இந்த அரிய கலையை அனைவரும் கற்றுப் பயனுறுவோம். இதனைக் கற்றுக்கொடுத்த எனது அனைத்துக் குருமார்களுக்கும், இதன் மூலம் எனது வணக்கங்களையும் வந்தனங்களையும் தெரிவித்துக்கொள்கிறேன்.

மருத்துவர் க. அ. கிருத்திகா,  
ரெய்கி சிகிச்சையாளர், மைசூர்.  
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## Reiki towards Nature

Hello everyone, Namaskarams . I am C.B.Malli Raju from Vedaranyam, Nagai Dt. I am a student of Miss. Sridevi mam, Kumbakonam as directed by Dr. Lalitha mam. Let me share some of my experiences with Reiki that I have come across in my day to day life with nature.

Last March it was predicted by some weather men, that heavy rain with wind is going to hit South East Tamil Nadu exactly over Vedaranyam. They predicted the day also on March 7th 2022. They even predicted that it could be like a winter rains during which Harvest in all the paddy fields were going on. Simultaneously all the Salt pan works also were going on. I just connected with the Universe and with the low pressure depression of the wind and requested it to weaken in the sea itself without disturbing the work. I did just once and forgot about it. Upto March 5 th it's direction was predicted towards southern Tamil Nadu only. But with the blessings of the Universe it just turned it's direction on a day before and also weakened in the sea itself.

Whenever I connected with Universe, I connected with Divine White light and added all the symbols. with a request to the Universe that concerned symbols for the concerned issues could act. I then thanked the Universe and the Low pressure for paying heed to my prayers. Last week one more experience I had. It was predicted that there will be heavy Thundery Showers upon Vedaranyam and the farmers are asked not to go out when it rains. Same type prayers done. This time it rained without thunder. This rain we needed for our paddy field.

Thank you Universe.

Thank you Dr Lalitha mam.

Thank you Miss. Sridevi mam.

**C.B.Malli Raju**  
Reiki Practitioner, Vedaranyam,  
9344863463.

## Reiki A Beacon of Life



Reiki has touched my life in 2011 through the reiki epitome Dr.P.S.Lalitha who has been treating me with compassion. It's a breakthrough all the way through reiki which has become the radiance of hope to live even today, to meet the throwback challenges of life in terms of health, facing day to day issues, to deal with people, which is pretty severe for a person who had been meeting the heaven of death point every now and then...and there comes every step on this earth becomes a seed of hope for a new day through reiki. Yes, life gave an awestuck accident where I had undergone a nasal bone fracture surgery which had some complications in the brain in the subsequent years of growth. Nevertheless, reiki had been the beacon of my life which carried me safely through the treatment that was given by dr.p.s.lalitha which made me to understand the power of cosmos. The incessant treatment of reiki made me to relax at physical and emotional level and hence gained the acceptance and maturity to live life to the best and serve the society with reiki and other drugless therapy which I learnt from dr.p.s.lalitha mam.

### **Mentor-disciple relationship:**

The profound epitome of reiki - Dr.P.S.Lalitha, made me to learn each degree, when I raised the question how could hands heal. Thanks to universe for the wonderful persona of Dr.P.S.Lalitha who is my mentor and teacher of reiki , a compassionate, dynamic, vibrant master who fills us with the quest of life along with the consistent moral support and encouragement with the power of reiki. While learning reiki, it is the master who cultivates the integrity of total wellbeing in us with the guidance of the divine cosmic power through the process of attunement, in that way, I'm so very grateful to my beloved teacher, dr.p.s.lalitha whose gesture, guidance and gush of voluminous efforts towards us brought lots of thirst in me, to dwell in reiki. As we go deeper in the journey of reiki along with the master/guru as they show, our intuitiveness, feeling the oneness with the higher force will bring the epiphany moments of the cosmic design in life.

Each degree of reiki made me as a student/disciple to grow, relive, recreate and has added value to life of purpose. Reiki brought out the spiritual wisdom and outgrow the spiritual understanding of various cultures, to be intact with universe, it had transformed life of many through the treatment that we give through healing, experienced spirituality better and better day by day through which faith in reiki grew to the highest as it made me to evolve and to educate people about reiki with higher branch of consciousness, through the consistent rapport of universe by means of silence and meditation and to do healing for the needy through reiki.

**Albinism - A Case History** - Pristine power of reiki that made impossible possible My understanding in treating the healee is such that an ailment in a person is an occurrence inborn through genetic disorder or an acquired version by bearing the emotional baggage or unanswered questions in mind, which forms a cluster of thought pattern that yields an ailment physically in a person, in later years of their growth. Reiki which is the universal life force energy enters into a person through the aura and chakras where one can feel the existential energy that unites them with the life force thereby reiki cures the root cause and symptoms of the ailment which the person is suffering from. Here there is a case history of genetic disorder which I would like to share where reiki became the beacon for her life.



A girl of 3 yrs had been touched through reiki, whose hair, eyebrow, whole body was white due to lack of melanin pigment, this was by birth itself. In scientific mode, it was said to be albinism, there was no medicine to cure that. And naturally her body is not responding to any medicine. Her parents approached as they want the child to be treated with reiki, the drugless therapy.

Treatment phase: - distance healing method For the past one year reiki treatment had been given to her through distance healing method, among which, the first three month made the girl to feel the transition at her physical level of hair, eyes and eyebrow shade. Second three months the changes started to appear in her body colour and her twinkling of eyes. Next trimester felt changes at her social behaviour and intellectual level.

Those who lack melanin pigment are segregated from the normal people and the society has a stigma towards accepting them as they are... Thanks to universe, with the cosmic power she was placed in a normal school with the request of mother, we also wanted to know the comfortable level of the child. In that way, she was so a go-getter in getting along with others, but found to inconsistent in attention span at intellectual level, the starting till the completion of the healing process there was a series of emotional imbalance that the child crossed through mainly adamancy, where reiki had be a reliever to the parent, as the child behaviour was so uncontrollable, which is finally getting sedated along the way of healing.

**Healing phase :** Cleansed the aura, balanced all chakras by applying all symbols. More concentration was given on the following chakra.

- ◆ **Mooladhara** (as it had occurred from the childbirth) and for the skin.
- ◆ **Ajna** - for the intellect, to be receptive of healing, to activate the pituitary gland which is the master gland that makes all the other gland with respect to each chakra to function at its own pace
- ◆ **Manipura** – to gain self confidence and for the social behavior.
- ◆ **Sole feet** – to while away adamancy, with the stabilization of energy at mooladhara to springforth with good life force condition and to feel secured. Sides of the sahasrara was also concentrated for her healing to make her calm and peaceful. Every time her aura was shielded with the power protection and sealing symbols respectively.

**Additional care:**

I told her mother to keep the baby in her arms to show the sunlight between 6 am-8 am (for 5 -10 mins) as the oxygen shall be pure and also the fact is such that sunlight gives melanin pigment and in her food, red colour fruits and vegetables.

**Result:** The response was little slow in the process but got the complete wholesomeness through the pristine power of reiki which made the impossible possible and thus reiki became the beacon of life to her. (Picture – attach)

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

## My Joyful Journey with Reiki



My journey with Reiki begins 5 years ago, when I came to know about our beloved Guru Dr.PS.Lalitha who was treating people with reiki and she had been teaching about the wonderful Reiki Healing. Dr.PS.Lalitha had named reiki, and patented the art of healing as "Vazha Vaikum Kalai "which is a Divine Bliss, that serves as a vital channel of energy to transform the lives of many into Healthy/Peaceful/Cheerful life.

One such experience I gained it in my Distance Healing Treatment to a Western woman, who was longing for her motherhood, that was a turning point in her life. Westerners generally do not have much faith in our Reiki & other drugless therapy.. This woman aged 40 years, could not conceive, despite her modern treatment for more than a decade. She came to know about Reiki & its healing effects, through our Guru Dr .PS.Lalitha's You Tube videos. She is living in Australia, approached me through my son for the treatment of Reiki Distance Healing Process. First I gave her a sample distance healing for 3 days, to reduce her anxiety, with the magic powers of Reiki; she was able to sleep peacefully, relaxed. After her positive experience, she got confidence on Reiki, requested me to treat her for her long time wish of child bearing/Motherhood, through Distance Healing. I treated her with Reiki Symbols, to activate Ajna chakra, to induce Pituitary Gland, which is vital in reproduction.

In subsequent sessions Swadhishtana, Mooladhara chakras were continuously activated. This process went on weekly twice, for three months. After 3 months, I got a delightful call from her, about her Positive Pregnancy test. She was flying in sky, with the result. She heartfully thanked me for the wonderful thing happened, in her life. I continued this process , upto 5 months pregnancy. She was relaxed.

During her check up after 8 months, her Doctor warned her about the large size of the baby & apprehension about normal delivery. She again requested me to do the needful, with the power of Reiki. I took advise from our Guru Dr.PS.Lalitha. With Mam's guidance, I started healing her with Suka Sandan Symbol , prior to 10 days of delivery date. Reiki Blessed her with a baby boy, without any problem. She profusely thanked Reiki, for achieved her life time wish of having a baby motherhood.

**Mrs.Rajeswary Soorian,**  
Reiki Master, thiruvanmiyur,  
Chennai. 9445280299

## My experiences with Reiki healing



Pranam to my Guru Dr P. S. Lalitha.

### Reiki for Child Birth:

I wish to narrate one of the great experiences that I had through Reiki healing.

My close friend referred one girl who is her daughter's friend in Melbourne, Australia. She called me during end of 2020 and informed that after five years of marriage she could not be blessed with a child. During the pandemic situation, she lost her mom and dad who were very dear to her. Naturally, she felt lonely and depressed. She was very eager to have a child to recover from the disheartened state of mind. I had given her counseling and also done reiki healing.

I cleansed all her chakras for 2 days then sent distance healing Reiki for 2 more sessions. She didn't contact me after that, but I had satisfaction that I could put my sincere effort to heal her. Later I came to know that she had been blessed with a baby girl on 7th Jan 2022. I felt very happy for her. I have full faith in the power of Reiki. It is 100 % spiritual, where we as reiki channels enabling one another to direct the cosmic energy whenever and wherever energy is needed.

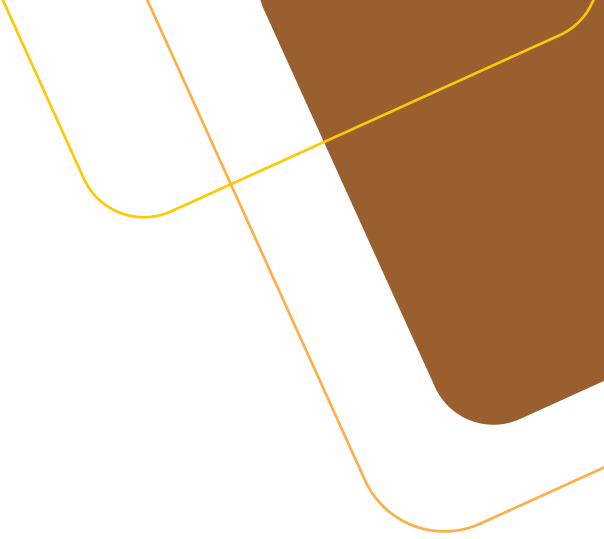
### My personal experience with reiki:

I also want to share one personal experience where we had planned to go to USA on 3rd July this year which was a Sunday. Our son's family had come to India and we went with them to a picnic on Thursday. We had food outside that day. From Friday I started suffering from severe loose motions which led to dysentery. I tried all my alternative therapies. It was night and I had no other way apart from consulting doctor at a nearby hospital. He advised me to get admitted immediately for observation as I was very weak and dehydrated.

He prescribed Antibiotics to be given by drips. As my travel is been planned, I also sought the help of Ms.sridevi, Reiki healer and Grandmaster, who rendered her support through reiki healing, which enabled me to be normal. Thereby, after 5 hours of stay at the hospital I was finally discharged the next day I was ready to travel and reached America safely without any problem. I haven't had any issues after that.

Reiki healing is great which I am able to experiences in my everyday life from being energetic with the help of Reiki meditation and living great with my own tastes and interest.

Another miracle experience in my family that my husband had was septic shock, full of infection in blood, gone to unconscious state; BP came down very low level. With Reiki healing, power of grace, somehow admitted in ICU in a very critical Condition. Within 5 hours he became normal level. Where Group healing from our Guru Dr P.S Lalitha's healers group made it well and good. Thank to all of them.



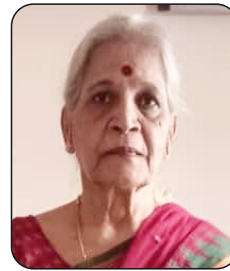
One more instance proved that Reiki healing is compliment to other therapies. We got correct doctor, timely attention, correct diagnosis, correct medications without any confusion, within 4 days he became normal, discharged from hospital. Now he is doing well, through the cosmic help of reiki.

Thanks to Reiki power and the blessings of our guru. I also offer my Reiki Universal prayer as gratitude to our Guru and all other higher energy sources, myself and Sridevi Madam.

Thanks to Reiki power, Mother Earth and to the Universe.

**Arundhathy, D**  
Reiki Grandmaster,  
Bangalore.  
9611605861

## The Real Art Of Healing



Each of us is a born healer!!

It is the inherent nature of every human, to want to heal a physical wound, broken heart, therefore healing a fellow soul. When a child is still in its mother's womb, every family member is already loving, protecting and healing it.

As that child makes its way into the world and grows, it is every adult's instinct, to protect them from any impairment, at physical and emotional level. Naturally, however the circumstances are faced by the family, the infant parenting phase makes the family soothen them by the innocent childish acts which is indeed a healing experience in that surroundings where the little one grew up.

In the journey to adulthood, that child would have healed someone or the other along the way at various instances. The cycle continues as that very child becomes a parent. The healing that parents provide usually involves healing at its most gross level; a look of love, a tap on the back, a stroke on the head or the simple gesture of blowing on a wound, kissing it to make it all better!

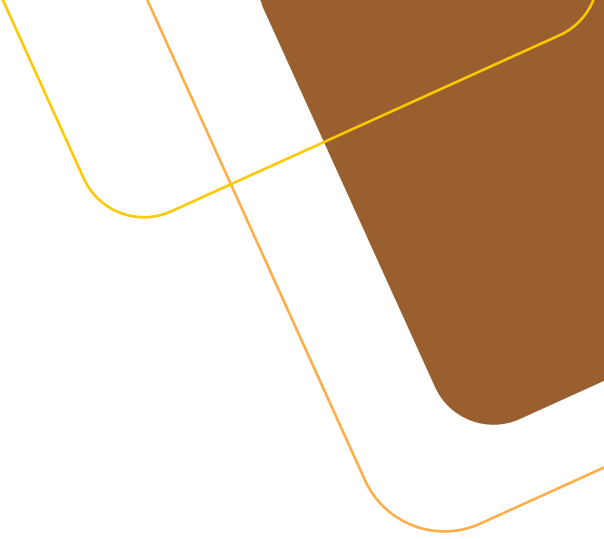
The basic quality that defines us as humans is our innate compassion. When someone passes into the eternal world, we conduct condolence meetings. There, a two minute silence directs the group energy towards healing the soul of the person who expired and those that remain in mourning. Just for those two minutes it is human nature to forget ourselves and heal those in pain around us. But it is also human nature to ignore or neglect the feelings and suffering of others, as we get caught up in our day to day lives. The next obvious question then is, how does healing take place with Reiki? Very simply, it is through resonance, the recipient matches the vibration of the healer, thereby facilitating the patient's body towards accelerating its own healing process, through the universal life force energy that is from the cosmos.

From this we understand that the healer has to always maintain a high vibrational level that requires abundant positive thinking about life by the healer.

I have found in this life journey with Reiki alongside of me, the negativity coming from my own mind or from the environment does not have an impact on me to a great degree. Also, by learning from every situation, I believe I become more positive, but I have to be constantly aware that I am doing so. Or else, I or you as healers start reacting to the situations in spite of our best intentions.

It is not enough just to say, 'I want to think positively'. By practicing Spiritual Sadhanas (breathing exercises, the different levels of meditations, Chakra Meditation.) we can burn our bad karmas and hence the negative thoughts automatically change into positive because the vibratory level is raised.





Another benefit of increasing the vibratory level is the decrease in the frequency of falling sick and the increase in the pace of recovery. We don't fall ill often because the virus in the air doesn't affect us that easily and even if it affects us, recovery takes place very fast, while others who have low vibratory levels suffer for a longer time. Any virus in the air affects our aura much before it affects our physical body.

When even a small negative thought comes to us, we should be aware of it and immediately deal with it. We should channelize our energy into constructive work by which we change the thought patterns. When we feel that negative thoughts or energy are coming from others towards us, start repeating the following words mentally. "Any negative thought or negative energy coming from anyone towards me is transmuted into positive energy which empowers my healing power." This exercise really works well.

I have shared some of my experiences and efforts towards becoming a good healer. Let us all together gain back our qualities like love, compassion and peace by various methods, which suit us and are guided into and make our society and the planet we live in, beautiful.

**Mrs.Uma Seetharaman,**  
Reiki Master, Adyar  
9840748942

## Diabetic Ulcer Treated Through Distance Healing



My brother MURALI K V P underwent surgery in the Right lower leg for gangrene in the year 2004. He became well by the kind complementary healing of Dr. P S Lalitha, my GURUJI. His big toe escaped by her healing only. That was the first life saving miracle , that I could see with my own eyes as we know what it means to remove toes or fingers in adiabetic patient.

Now during last April, he had infection in the same leg and the surgeon gave antibiotics for 21 days through IV as the x-ray showed infection in the bone. As the infection persisted he wanted to scrap the pus or cut the bone itself involving opening from knee to foot. That was very risky considering his age (69) and heart pumping at 30%. I told the doctor, since I believe in REIKI HEALING, asked two healers to do PSYCHIC SURGERY and healing also. So please take another xray and find out the current status. He obliged and had a doubt and asked for MRI scan. The result was NO BONE INVOLVEMENT and the infection was just subcutaneous. Brother escaped from death narrowly as the doctors told 90% chances of his dying on the table when anesthesia was given, could not be ruled out because of poor heart functioning. 6 months have passed. My brother is living alone, very much active, doing all his work as a normal person would do.

The entire healing was done by Dr.PS.Lalitha Madam and my cousin Mrs. Uma Seetharaman. Thanks REIKI. Thanks Dr. Madam and Uma.

**V. Latha**  
Reiki practitioner,  
Pallavakkam Village, Uthukottai.  
8825606376

## Became Reiki Itself



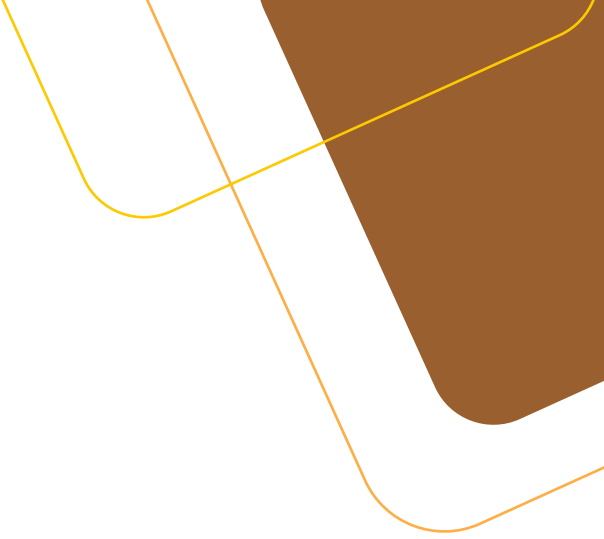
In my journey as my life goes with REIKI WORLD, I have met many wonderful people coming to learn Reiki and coming for Reiki healing. Everyone has their reasons to be a part of the beautiful and compassionate energy of our REIKI. I am sharing this one story of a lovely person who became very bold and strong when Reiki became part of her world. She went through a lot of challenges and never gave up. It was never an easy journey.

She came to learn Reiki in 2019, became a Reiki practitioner. She is a young woman in her early 30s with a good career and a joyful and humble personality. Because of COVID-19 in 2020, she could not have a wedding as she planned earlier, but only with a limited crowd with close family members. Life was going smoothly and she really wanted to become a mother, having a child of her own. She used to get hip pain, and also her working stress was heavy, and her blood pressure would shoot up, so she used to come for Reiki healing and chakra balancing with me. She tells me she wants to become pregnant and have a baby soon. There are times I have to tell her to hold on first, do take care of your health and then decide. In 2021, October she completed her Reiki Mastership.

The good news of her pregnancy came to me on 14th January 2022, almost one and a half years after her marriage. By then her health was disturbing her, even though she knew after pregnancy, due to her health she had to take care of herself and her baby carefully. It became very stressful because of blood pressure, diabetes, and some immune system issues and ended up taking a lot of medication. She was doing her check-ups with a private hospital and made sure to keep the baby safe.

Everything looked fine, but when her father was diagnosed with cancer and had only a few months to live, her stress went high and she was admitted to hospital where her immune system was bad and it seemed that some damage might happen in the head area. We as Reiki healers have been sending healing to her from the beginning of her pregnancy, and thus we call it REIKI BABY.

We made sure our REIKI BABY and the mother will be safe. The private hospital told her they can't handle her situation and hence asked to do check-ups with a government hospital. She started her check-ups there and her father passed away in the 4th month of her pregnancy. She really wanted her father to see her child. With her health issues, her father's death, and with medication that includes her routine check-ups, it was not easy for her. Her due date was the 1st week of September but she was admitted two weeks earlier for a cesarean section. They said the baby was fine but the mother was at high risk. After staying 3 days they told her no need to do an operation but must stay until delivery. But she told me that she can't stay longer in hospital that would create added stress in her, wherein she took the risk and signed the letter and came out from hospital. We never missed sending healing for her.

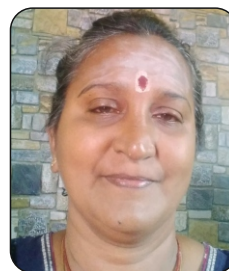


She stayed home and went to hospital on 36 th week and gave birth to our REIKI BABY GIRL on 1 st September 2022. (IT'S A, C SECTION) A story how REIKI had made a woman so strong in facing challenges that was very tough, to save herself and her baby and also facing the demise of her beloved father.

I AM SO THANKFUL TO MY REIKI FAMILY AND ALSO TO MY DEAR STUDENT THEYSHINI KALANATHAN for allowing me to share her story. From the day I met her in 2019 and until today I have seen her strength and her faith in Almighty and Reiki Healing. From Reiki practitioner we become REIKI itself.

**Nageswary Veloo**  
Reiki Grand Master, Malaysia  
006014-7215159

## Miracles of Reiki



I was under the treatment of Dr.PS.Lalitha, who had treated me with compassion and through her reiki healed my ailment. Thereby I started to have a great faith in it, which enabled me to learn reiki. As per the guidance of Dr.PS.Lalitha, I learnt reiki from the Mrs.Fathima raffiduin, and Ms.Sridevi where I was able to complete my level: 3 a level that is making me to gain so much of knowledge and experience in day to day life and to those who is in need of reiki. Here are few case history which I would like to share that had made an Impact and proved to be a miracle through reiki.



1) A boy of age 11 years from Avadi was facing problem more than 5 years of his physical appearance in his front posture of her body and backbone. His parents went to the doctor they advised for the surgery in the Child trust Hospital. but parents were not willing towards the surgery, they met me on August end of the month from 22/8/22 overall healing till now is 70 days and a good change is observed at his physical appearance. Healing phase: Healing him by back mooladhara to front ajna chakra (front and back) applied symbols and given acupressure points for the neck to stabilize. His family believes much in reiki and feels very much happy (photos are enclosed).

2) A lady aged 65 years from kanchipuram who was having sleeping disorders due to stress. Healing phase: She was given reiki more concentration was given to Ajna, Anahatha, Manipura Swadishtana and Mooladhara front and back chakras. Applied peace and calmness symbols. She was also suffering from fever, and she went to doctor for 3 days but not cured, Reiki healed her in one sitting she feels well now , even her wealth issues also got solved through reiki.

3) A lady of Age 62 yrs from Ennore problem in leg and shoulder pain and also was in stress. Healing Phase: Reiki was given on her ajna, anahatha, and more concentration in vishuddha, mooladhara swadishtana chakras, applied symbols for peace and pain relieving symbols. Her husband suffered from neck pain in one sitting pain released. Applied the pain relieving symbol and Healing was directed to vishuddha chakras front and back more.

Her daughters suffered from severe headache and vomiting. Healing was given to her Ajna Manipura front and back more concentration and added other chakras to heal because she is having nail problems in the fingers. Thanks to god, thanks to reiki and my Gurus thanks to Sridevi Madam.

**S.Periyanayaki**  
Reiki Practitioner  
Veppampattu, Thiruvallur  
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## Reiki for a Pregnant Woman



In fact, it is true! It is possible to receive reiki healing while pregnant. It's one of the best things you can do for yourself and your child. But first, let's discuss some fundamental details about reiki healing that you should be aware of. First, if you're expecting and want to get reiki from a non-professional healer, make sure they've had training and experience working with expectant women. Before they begin working on you, they should be fully prepared.

It's also crucial to keep in mind that just because something is non-invasive, doesn't mean it's completely risk-free; even if you feel nothing happening during a treatment, there could still be a slight risk if the practitioner doesn't know what they're doing or doesn't fully grasp the specific energy flow that needs to occur while working on a pregnant person's body.

In my last World Reiki Day talk, I talked about a client who got reiki healing and got pregnant after trying to have a baby for almost a decade. So I'm glad that the universe has been sending me patients with problems related to women.

Last year, one of my clients had many problems, from her parents, not letting her get married as her health worsening. Finally, at age 28, she was told she had a growth in her uterus. She and her husband came to us to get better. I was perplexed because there was no growth in the Swadistana region when I checked her energy level. Instead, I sensed a dense, ominous, and heavy energy close to her stomach.

This entire experience taught me that having strong faith is not only important for the healer, but also for the person being healed. But how do we persuade them to accept it? First, the healer should do the healing with complete honesty and sincerity and give up control of the healing to the universe and Reiki. So, whether the patient is aware of it, they can feel the positive wavelength and receive the healing energy. The couples have asked if there is anything like reiki for pregnancy and want to try it. So, we had set up few healing sessions where the concentration were given more towards **Ajna Chakra, Manipura Chakra, Swadistana and Mooladhara Chakra** for few months . My continuous healing and their positive response yielded result and she became pregnant, and thus the couples were so happy to lead their life from there on.



Thanks to God, the universe, my masters, ancestors, guardian angels, parents, family, and my spiritual guides. A very special mention to my master, Sridevi ma'am, who is always there for me whenever I have any clarification to make and guidance regarding Reiki healing. With lots of love and gratitude,

**Thinisha Anandarajah**  
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## 5 Lessons - I Learned as Reiki Healer



### 1. Shield before Healing others:

The human body has its natural energy field called the aura, which has a radiant glow extending to about one and a half feet from the metaphysical body. The central part of the aura is referred to as the energy vortex, and this is where our chakras are located. Some people are naturally sensitive to the energies of others, especially when in close proximity. If your energy field is not adequately protected, you can absorb the negative energy of others. Therefore, before you begin your healing session, it is essential to shield your aura/chakras so that you do not pick up anything from the subject of your healing session except for what you want them to receive. This will also help you avoid absorbing any negative energy from them into yourself in case they already have something negative going on in their lives (this can vary widely depending on what they are dealing with).

### 2. Never judge a patient's condition.

Always be open to the power of healing, and never judge a patient's condition. People often have different reasons for seeking healing, and perhaps the issue is not even the one you assume it is. For example, the other day, I did a session for someone who said she had trouble in sleeping—why would that be? She said that her friend had given up her life by committing suicide. I did not know this when I started the session, but I wanted to know why.

I treated her with gratitude and said, & "You're so strong." And then suddenly she started crying: "I want to thank you! My friend died a few months back, but she suffered from depression and did not open up to anyone. I am glad I am here to see you today for Reiki healing/ consultation, so I won't end up doing something like that. I affirmed that she was a strong person again and congratulated her for her courage to fight against her negative thoughts. Then she kept asking me: "Did you really see that? Am I really strong?" And we talked about how we can be strong in our hearts and never give up in the face of difficulties.

### 3. Never force someone to accept Reiki Healing.

Giving Reiki is always a gift, never a requirement. If you feel like someone needs Reiki, ask yourself why and be sure that the answer has nothing to do with any obligation or pressure from yourself. It's essential not just for the person receiving Reiki but also for the person giving it that intentions are pure. The purpose of intention is sometimes confused with motivation or expectation. The intention is simply your reason for doing something or your focus while doing it. In terms of giving healing or helping someone else, the intention is knowing your goal in the exchange what you're trying to achieve through sharing energy with them. It can be helpful to ask yourself what your intention is when you give

### 4. Ancient healing with divine love:

Reiki also has a rich cultural history that dates back centuries and has been used by people from all walks of life worldwide to successfully heal themselves and their loved ones.



Reiki is a complementary modality of healing, which means it can work in conjunction with other modalities. Reiki can be incorporated with other alternative practices such as Siddha, Ayurvedic, Traditional Chinese Medicine.

Everyone has a right to their beliefs and opinions, but when they are based on ignorance, they can be harmful. For example, when someone starts to make comparisons with Reiki, it's like that person is saying, " My beliefs are better than yours." That's a very closed-minded way of thinking. It is important to remember that every individual has their path, which makes us all beautiful.

#### **5. Value for the art of healing:**

You are giving people the gift of your time and energy, a very high-value gift. There is a channelization of a cosmic energy alignment to the life force through the healer/ master that happens with healing. The universal law of life is said to be that "Energy cannot be created or destroyed but can be transferred from one form to another". In this context, REIKI is an art of healing where one can imbibe the cosmic energy power in the palms which is channelized to the person who needs it for their well being. You may not feel the impact of the healing session at the moment itself, but I promise you that you will feel the impact on your body, mind, and spirit over time. The Sometimes, patients cannot afford to pay my set fee, and I would ask them to buy me a bottle of mineral water or any simple snack as a token of energy exchange. Denying someone from getting healed is NOT ethical in energy healing, but at the same time, the healer should take care of their gift as well.

I believe who I am as a Reiki master today is never by accident or forced choice but a destiny that comes with great responsibility. To complete this life's lessons of mine, I thank the CREATOR, universal energy, my family & kuladeivam, my master Sri Devi and other masters, my healing partner & myself. Finally, I thank my soul for guiding me into this beautiful path that enables me to enhance others' life for betterment.

**Vickneswaran.M**

Reiki Master, Malaysia

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Healing Camp @ Mylapore, Chennai.



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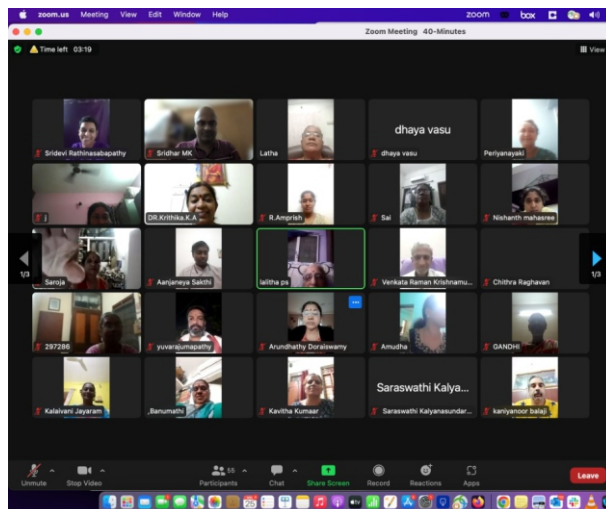
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## Reiki Classes @ Malaysia



## Universal Consciousness Meditation by Dr. P.S. Lalitha (online)





## 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.

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Marriage Day : .....

Place : .....

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

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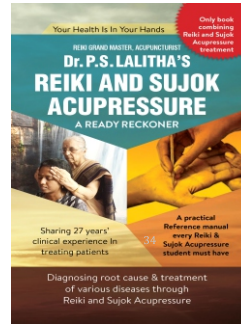
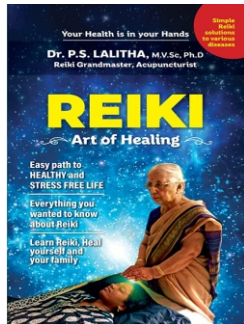
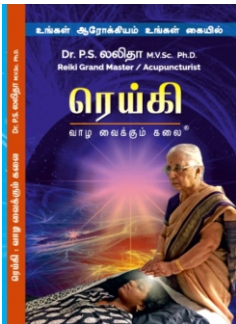
**Dr. P. S. LALITHA**  
Founder- Reiki Centre of India & Art of Healing



My best wishes to all the healers for all the efforts of Reiki Centre of India in propagating the essence of Reiki.

With her great, relentless effort patented the Art of Healing and published five books.

## BOOK OF DR. P.S LALITHA



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## DRUGLESS THERAPY

Dr. **P.S. LALITHA**, M.V.Sc., Ph.D.,  
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