

Healing Hands

Vol.24

REIKI - THE CELESTIAL POWER



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JANUARY 2024




REIKI CENTRE OF INDIA
(REGD.)

Confratilly invite you

25th
WORLD REIKI DAY
REIKI - CONCLAVE 2024
(A TWO DAY EVENT)

JAN 6th & 7th 2024

DAY 1

Chief Guest :
Dr. ANIL KUMAR VASIREEDY
M.B.B.S., M.S., (ENT), D.N.B, M.D.(HOM), F.F.HOM, M.G. HOM, D.Sc., D.L.Sc.,
D.Ac, MDIACU, F.Ac.F, M.I.L.A., (Consultant ENT Surgeon, Homoeopath & Acupuncturist)

Virtual Meet
6th January, 2024 (Saturday)
10.30 a.m. to 1.00 noon.

Through - Zoom Meeting
Meeting ID : 735 744 8841
Passcode : 5ACnVx

All Are Welcome...
Dr. P.S. LALITHA, Founder

Ms. R. SRIDEVI Mrs. VASANTHI KARTHIK
President - 8754824133 Secretary - 9380571682

Mrs. SARASWATHI KALYANASUNDRAM
Treasurer - 7598055193, 9444417155
&
Executive Members Reiki Centre of India

Programme Agenda

10.30 am Prayer

10.35 am Welcome Address
Mrs. VASANTHI KARTHIK
Secretary, Reiki Centre of India

10.40 am Gratification/ Dialogue on Dr. Mikao Usui

10.50 am Memorabilia of RCI

11.00 am Chief Guest Address
Dr. ANIL KUMAR VASIREEDY
M.B.B.S., M.S., (ENT), D.N.B, M.D.(HOM),
F.F.HOM, M.G. HOM, D.Sc., D.L.Sc., D.Ac, MDIACU),
F.Ac.F, M.I.L.A., Consultant ENT Surgeon,
Homoeopath & Acupuncturist)

11.40 am Book Release
Whispers of Wellness : A Reiki Compendium

11.45 am Founder's Speech
Dr. P.S. LALITHA

12.00 noon Treasures of RCI
(Memories of Senior Associates)

1.00 Noon Vote of Thanks
Mrs. SARASWATHI KALYANASUNDRAM
Treasurer, Reiki Centre of India

Through Meeting ID 735 744 8841
Passcode 5ACnVx

Kind Note :
• Please Login by 10.20 a.m
• Please Mute yourself once logged in

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




REIKI CENTRE OF INDIA
(REGD.)

Confratilly invite you

25th
WORLD REIKI DAY
REIKI - CONCLAVE 2024
(A TWO DAY EVENT)

JAN 6th & 7th 2024

DAY 2

Chief Guest :
Dr. BHUVANESSWAR K.C., MBBS.
Dr. Mohan's Diabetes Specialities Centre, Chennai

Virtual Meet
7th January, 2024 (Sunday)
10.00 a.m. to 1.00 Noon

Through - Zoom Meeting
Meeting ID : 735 744 8841
Passcode : 5ACnVx

All Are Welcome...
Dr. P.S. LALITHA, Founder

Ms. R. SRIDEVI Mrs. VASANTHI KARTHIK
President - 8754824133 Secretary - 9380571682

Mrs. SARASWATHI KALYANASUNDRAM
Treasurer - 7598055193, 9444417155
&
Executive Members Reiki Centre of India

Programme Agenda

10.00 am Prayer

10.05 am Welcome Address
Mrs. VASANTHI KARTHIK
Secretary, Reiki Centre of India

10.15 am Report on Reiki Centre Activities
Ms. R. SRIDEVI
President, Reiki Centre of India

10.25 am Memorabilia of RCI

10.30 am Chief Guest Address
Dr. BHUVANESSWAR, K.C., MBBS.
Dr. Mohan's Diabetes Specialities Centre, Chennai

11.00 am Launch of Healing Hands Magazine

11.05 am Reiki - "The kernel of the being"
Ms. R. SRIDEVI
President, Reiki Centre of India

11.20 noon Experience of Healers
Reiki Centre of India

12.20 noon Interaction with the audience

12.45 noon Guided Meditation
Dr. P.S. LALITHA
Founder- Reiki Centre of India

1.00 Noon Vote of Thanks
Mrs. SARASWATHI KALYANASUNDRAM
Treasurer, Reiki Centre of India

Through Meeting ID 735 744 8841
Passcode 5ACnVx

Kind Note :
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EDITORIAL

Dear Readers,

Wishing everyone bountiful health and happiness!!!

We, the REIKI CENTRE OF INDIA associates, delighted to announce the commemoration of **25th Year of WORLD REIKI DAY CELEBRATION** with overwhelming blissfulness.

We owe our reverential gratitude on this monumental occasion to Dr.Mikao Usui, the founder of REIKI system.

The year of 2023 had been a spectacular healing journey for the healers, Masters and Grand Masters.

Reiki Centre of India presents our Annual magazine "**Healing Hands**" which comprehends the healing experiences by the Reiki practitioners and the persons who experienced it.

In the tapestry of life that is packed with stress and ailments, we as a team who is been equipped by Dr.PS.Lalitha in the **Art of Healing - "Reiki"** are rendering the support to the needy through the process of this ancient science of healing. Moments of solace and gratitude had been shared by the people who had experienced it through the touch of reiki by the reiki practitioners. Here are the experiential note that are shared by them which instills the source of faith that essentially proves that Reiki had been showering its existential grace to all the living being and creatures of the universe that are created by the creator.

Editorial Team

Perform
"AGNIHOTRA"
For pollution free atmosphere

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

Web : www.reikicentreofindia.org
e-mail : reikicentreofindia@gmail.com

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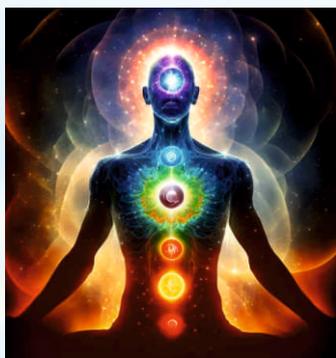
RAINBOW

We Indians should be proud of being born in India, a spiritually oriented country, which was called as "a country of snakes" by British. Yes, in India we worship serpents, temples are exclusively for Naga Raja seen in India. Lord Vishnu's anantha sayanam is on five headed cobra. Lord Shiva is decorated with Naga serpent around his neck. Every year, Hindus celebrate Naga panchami. Ladies offer milk and conduct poojas to serpents, residing in ant-hill. When Vasudeva and infant Krishna were crossing the river in torrential rain to reach Gokulam, Adhi Sesha with his hood gave full protection for Vasudeva and infant Krishna.

In India, Hindus worship planets as Devathas. Best example is, we do Surya namaskar at dawn every day. Poojas are performed to propitiate Sun God. Agni hothra is performed in most of the houses. We worship Pancha Boothas, created by the Supreme Soul, distributed in the universe. The same Pancha Boothas are distributed in seven chakras of human body as five elements. The seven major chakras in the inner aura of metaphysical human body have their own specific location and colour, five elements, linked to seven endocrine glands in the physical body.

Let us see the distribution of colours in major chakras.

SAHASRARA	VIOLET
AJNA	INDIGO
VISHUDHI	BLUE
ANAHATHA	GREEN
MANIPURA	YELLOW
SWADISHTANA	ORANGE
MOOLADHARA	RED



When you read this, you would remember the VIBGYOR colours of the rainbow. The same seven colours in rainbow are distributed in the same order in seven chakras of human body. It is nothing but proof that all human beings, irrespective of nation, religion, caste, community, are part of this universe, created by the Creator.

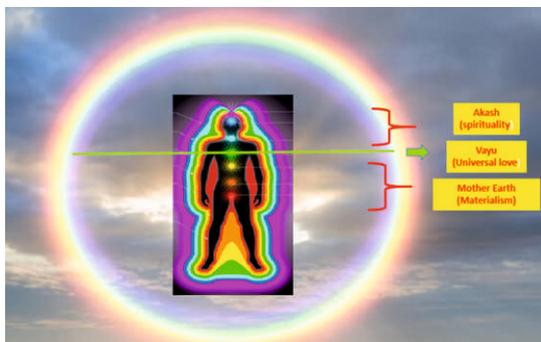
Now, look at the human body -According to our ancient science. It has an invisible energy body (bio magnetic field, aura), in the form of zero. (Of

Look at this picture of human being with all seven chakras with aura and seven major chakras. A rainbow - It appears as semi-circle. The two limbs touch the Mother Earth. If we complete this semicircle, where is the other half?



Surprisingly, it can be only within Mother Earth. Now visualise, a person with aura and chakras standing in the middle of rainbow with the imaginary completed circle. The middle chakra namely Anahata chakra is seen coinciding with the two limbs of rainbow apparently touching the ground.

Reiki practitioners know that Anahata chakra is the middle one with three chakra above and three chakra below. It links (binding force) lower three chakras (materialistic) and upper three chakras (spiritualism). Lower three are Mooladhara-- for grounding, Swadhishtana -- to be here, enjoying materialistic pleasure, and Manipura--wisdom and metabolism. Anahata chakra stands for Universal love.



The spiritually oriented upper three chakra, namely, Vishudha-- for expression, (chanting Mantras in praise of God) Ajna (through third eye controlling mind and autonomic nervous system and physical body) and Sahasrara -- for reaching a state of Samadhi (becoming one with God).

Transcendence enables one to realise Jeevathama within self and Paramathma, the Creator. When we observe Nature, Nature teaches us how human beings alone are blessed with sixth sense and realise Shakthi within self and to enhance

Shakthi by meditation. To be born as human being, that too in spiritually oriented country like India, we have to be indebted to God.

“SARVAM SHAKTHI MAYAM”

Dr. **P.S.LALITHA**
 Reiki Grand Master
 Founder- Reiki Centre of India
 Founder- Art of Healing
 9840044198



DISTANT ENERGY HEALING OF REIKI & MY EXPERIENCES

In Nature, Energy transcends time and space. There is an energy healing system called Reiki which is an ancient form that can be used holistically in our daily life just like Divine prayer, directly connecting us to our life force which is divine in nature. "Rei-ki" is a Japan word meaning Cosmic - living force Energy. The connection of this energy is called LIFE.

It is a healing practice based on the intention that energy that can be transmitted through palms of Reiki practitioner by meditation with traditional and new life symbols of reiki to the mental, physical or emotional level of the person that adds up to their total well-being. Reiki involves the transfer of Energy around the body- Aura, through the Reiki healer's hands.

This healing system is an ideal supplement or alternative treatment for physical as well as psychological ailments that helps for the treatment of ailments such as anxiety, depression, injury pain, headache, grief, body pain etc.. After each session the recipient will feel deeply relaxed at body and mind.

Distance Healing of Reiki:

Distant Reiki healing offers the same benefits as like direct healing for the wellbeing of all strata such as emotional, mental, physical and spiritual, when applying the respective symbols to its chakra. Distant healing works because energy is not limited by distance. We are all connected with one Energy internally as we are all part of Universal Energy. Reiki Energy connects to our Emotional and spiritual level.

Role of Reiki Healers in Healing:

Reiki healing is an excellent way to purifier our inner energy.

The Energy you will receive does not come from the Reiki healers, but rather through them emanating from source. Reiki healers can channelize the Energy which will always go where it is most needed. This Energy reaches the root cause and the symptoms of the ailment. The Reiki healers have to know about Reiki symbols, how to use them, and even know how to combine them together for strong effects. Reiki symbols are learned during Reiki second level onwards from a Reiki master/Reiki Grand Master who is instrumental in attuning the student. Four Reiki traditional symbols along with New Reiki symbols are used by reiki healers to assist healing or channelizing the Energy. The symbols are often drawn, visualized, chanted, or meditated during a Reiki healing session.

Experiences with Reiki :

One of my relatives called and told me that her husband had been admitted in a hospital for infection in the leg due to diabetics. Even though the treatment was going on for weeks, there is not much improvement . Then her husband contacted me to do Reiki healing. He hoped that it will be cured with Reiki energy because he had a good experience of Reiki healing earlier from me.I did distant healing 3 days. There was some improvement and she requested more sessions.

Feedback:

"My husband has been discharged from the hospital, now he is perfectly alright. With our experience, we are fully satisfied. The recent Reiki healing done when he was in hospital helped a lot in addition to the doctor's treatment. Compliments of treatment with reiki energy helped much to heal his leg quickly without much complications. We got full hope and Thank Reiki and you".

Divine Intervention through Reiki

One of the Reiki healing experiences I had at America was a miracle.My neighbour asked me to heal her friend's father who had been admitted in a hospital in a serious condition. First the doctor said it was Hernia. His daughter requested me to send Reiki Energy and the healing was sent to her by me. After healing she messaged me this.

"Aunty, it was a perfect timing when you sent energy which intervened to bring blessings, father is slowly recovering, but his temperature is fluctuating". I did Reiki two more times, later she messaged me again, "Aunty, I am so grateful for your healing energies I felt like a miracle from where he was to how he is today. He will be discharged from the hospital . I am grateful for your healings. I will call this a miracle and divine intervention.

First they said Hernia, then said water retention in lungs. They took him to drain fluid from lungs. Upon scanning, they did not see any. It has been an interesting journey and even though they made mistakes --Divine Energy intervention is protecting him. All tests are negative, doctor just cleared him to go home.

Thank you for your continued daily energy healings and grateful for your wishes. Thanks to Reiki power.

Love Nature and Love yourself. Be happy, healthy and peaceful

ARUNDHATHY. D
Reiki Grandmaster
Bangalore. 9611605861



CRPS நரம்பு சம்பந்தப்பட்ட உபாதை

CRPS என்பது ஒரு கடுமையான நோய் Complex Regional Pain Syndrome. இதன் விரிவாக்கம். நரம்பு சம்பந்தப்பட்ட நோய், இந்தவலி அனுபவித்தவர்கள் வலியின் தீவிரத்தல் சாகலாமே என்ற அளவுக்கு மனம் உடைந்து போவார்களாம். இருமடங்கு பிரசவ வலியை விட அதிகமாம். இந்த கடுமையான நோய் என் 8 வயது பேத்தியை திடீரென்று தாக்கி முழங்கால் அருகில் நடக்க, ஓட முடியாமல் படுத்த படுக்கையாக்கிவிட்டது. அவளை ஓவ்வொரு முறையும் தூக்கிச்சென்று தான் பாத்ரூமில் கூட விடவேண்டும். 45 நாட்கள் அதன் பிடியிலிருந்து வெளி வரமுடியவில்லை, அவர் பெற்றோரும். அவள் சகோதரியும் மிகவும் மனம் உடைந்து விட்டார்கள். என் பேத்திக்காக 50-60 பேர் கடவுளிடம் பிரார்த்தனை செய்தனர். என் மகள் எனக்கு 15-ம் நாள் போன் செய்து வலியில் உன்பேத்தி துடிக்கிறாள். நீ அவளுக்கு செய்கி பண்ணும்மா என்றாள்.

அந்த வலியின் தீவிரம் அறியாத நான் சுளுக்கு என்று நினைத்து காலுக்கு மட்டும் செய்கி செய்தேன், அதனால் 15 நிமிடம் வலியில் விடுபட்டு நடந்திருக்கிறாள். ஆனால் மறுபடி வலி வந்து நடந்து முடியாமல் போய்விட்டது அது CRPS என்று கண்டுபிடிக்கவே டாக்டர்களுக்கு ஒரு மாதம் ஆகிவிட்டது. அதனால் தான் என் மகளுக்கும் அது என்ன என்றே தெரியவில்லை. நான் 15 ம் நாள் சிகிச்சை அளித்த போது எனக்கு அது நரம்பு சம்பந்தப்பட்டது என்று தோன்றியது. நரம்புடாக்டரிம் போய் காட்டு என்று அவளிடம் கூறினேன். அவள் அதெல்லாம் ஒன்றுமில்லம்மா என்று சொல்லிவிட்டாள் மற்ற டாக்டர்கள் தந்த Anti biotics மருந்துகளை வலிகுறைய தினமும் கொடுத்து இருக்கிறாள் கடைசியில் 40 ம் நாள் வலி மிகவும் அதிகமாகி தூங்கக்கூட முடியாமல் தவித்த போது என்மகள் மறுமுறை போன் செய்து அம்மா செய்கி பண்ணு, வலியின் தீவிரம் ரொம்ப அதிகமாக உள்ளது என்றாள் இந்தமுறை CRPS என்று தெரிந்ததால், எனக்கும் நரம்பு தொடர்பு உள்ளது என்று தோன்றியதால் 2 வது முறையாக முழு உடல் சுத்தப்படுத்தி நரம்புகளுக்கு தலை முதல் காலைவரை முழுஉடல் சிகிச்சை அளித்தேன்.

என் மனதில் சரியாகிவிட்டது என்று தீர்த்தமானதாக எண்ணம் தோன்றியது. ரெய்கிக்கு நன்றி கூறி தியானம் முடிந்தேன். அடுத்த 15 நிமிடங்களில் என் மகள் போன்செய்து என்னம்மா செய்தாய் 40 நாளாக படுத்த படுக்கையாக இருந்த குழந்தை நீ ரெய்கி செய்த 10 நிமிடங்களில் படுக்கையில் குதிப்பதும், கீழே குதிப்பதும் வீடு பூரா ஒருவதுமாக இருக்கிறாள் அடக்க முடியவில்லை அவளை என்றாள் ஓய்வு எடுக்க சொல் ரெய்கி உடம்பில் வேலை செய்யப்படும் என்றேன். ரெய்கியினால் நடத்த மிகப்பெரிய அதிசயம். கடவுளருளால் 6 மாதங்கள் நடத்து கொண்டும் ஓடிக்கொண்டும் இருக்கிறாள். பள்ளிக்கும் செல்கிறாள். 41 ம் நாள் நரம்பு டாக்டரிடமும் காட்டி இருக்கிறாள். இது நரம்பு சம்பந்தப்பட்ட நோய்தான். வலியின் தீவிரம், எனக்கும் சிறு வயதில் வந்ததால் தெரியும். ஆனாலயாருமே இவ்வளவு குறுகிய நேரத்தில் குணமடையவில்லை. எனக்கு ஆறுமாதங்கள் இருந்து தான் குணமானேன். இதுமிக அதிசயமாக உள்ளது. கடவுளுக்கம், ரெய்கிக்கும் மிக்க நன்றி தெரிவிக்கிறேன்.

K.S. சரஸ்வதி
ரெய்கி மாஸ்டர், பெங்களூரு.
9444417155



CARPAL TUNNEL SYNDROME

Carpal tunnel is a very small space in the wrist, through which a nerve passes by. The nerve is called the median nerve. If this nerve gets squeezed or irritated or compressed, the resulting problem is named as Carpal tunnel syndrome. The symptom varies from numbness or excruciating pain or tingling sensation in the forearm and hand... In the hand, mostly the index finger and thumb gets affected. If untreated for too long, it can lead to permanent dysfunction of the hand, including loss of sensation in the fingers and weakness.

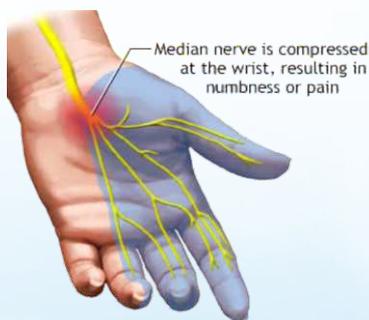
History of the Patient :

A man aged around 52 years came to clinic; he was experiencing pain in his index finger and thumb of the right hand and also mild discomfort in his left hand fingers as well.... The pain was on and off, but was more persistent during the night time and because of this; his sleep was also disturbed.

When enquired about the history of his illness, he said that he experienced the same problem 3 years back, and was treated by an allopath doctor.... After 3 years, now again he is facing the same pain... But before coming to Reiki treatment, he had consulted the doctor and took tablets and also underwent some physiotherapy sessions as well but there was no improvement.

Reiki Phase:

On the first day of Reiki session, he was very sceptical about the treatment and asked too many questions about the methods and how Reiki works etc... All his questions were answered with utmost patience. The answers completely convinced him and he agreed to get the treatment.



During the session, the back chakras starting from Mooladhara to Sahasrara were completely cleansed and energised, back vishudha chakra, shoulders and the arms, wrists and fingers were given more energy.... apart from Reiki, Sujok treatment was also done i.e all the corresponding points were treated. After three sessions, though he didn't get the pain during the day, he experienced shooting pain during the night sleep which annoyed him. But after 9 sessions are so., his symptoms slowly subsided... Now he comes once in a month just to get a shower of Reiki energy.

As Reiki not only worked on his ailment but also gave him an overall good spirit to carry out all his activities efficiently...

Mrs. Subhashini Damodaran
Reiki Master
Specialist in Drugless Therapies
9841334548.



REIKI – HOPE TO THE HOPELESS

Our lives as human beings are a complex fabric of many factors- our personalities, habits, karma and family connections among them in which we easily become entangled with deep emotions and unable to free ourselves. People spend their days fussing and fretting about their problems where reiki gives hope to the hopeless in which it brings the solution in the process. Reiki – the divine universal life force energy has been illuminating lives in times of need and during crisis. Off late in the modern world, Science lead by spirituality makes the scenario of the society where the human beings are guided to live a life which is peaceful ... During and after math of Covid, had taught us many things, but we as human beings had lead the life which is unusual at the surface level but there are many things that fabricated the whole world which is compassion, bonding, learning new things, But there existed a gap between the covid phase and the aftermath of covid ... Here is an instance where reiki became the only source to heal them as there is none to benefit their need.

Technophobia : Fear of technology

A boy of 24 year old, who had passed in the entrance of TOFEL, was waiting for the result ... to pursue his higher studies in U.S. Being born in orthodox family with strict discipline along with extreme care, made him to obey his parents. At one point in life, as he was only with technology and away from parental care and concern, he had been lonely, and his mother was sharing everything to him which was happening in the neighbourhood. That boy had kept everything in mind, without being able to balance people and studies, his stress started consuming him with technology addiction that had lead him to Hallucination, restless, insomnia for nearly a month with less intake of food, and started breaking all the technology, where he was irritated with alarm sound , calling bell sound as well and his life lost the balance.

Reiki Phase:

First four days of consecutive treatment , where in the aura was cleansed, and did chakra balancing with respective symbols that is required for each chakra.and concentrated more on

- ◆ **Mooladhara Chakra** - for survival and to remove the insecurity
- ◆ **Ajna chakra** - to alleviate the hallucination
- ◆ **Sides of Sahasrara chakra** was concentrated for proper sleep and relaxation of mind added more of peace symbol along with traditional and new life symbols as well, the restlessness thereby got reduced.
- ◆ **Manipura chakra** – for wisdom and courage. Followed by aura cutting and shielding of his aura with attitude of gratitude.

Conclusion:

Reiki had brought a sensible awareness to respond to life, with hope for his bright future. The sparkling happiness in the eyes of the boy and the parents was incredible.

R.Sridevi

Reiki Grand Master

Specialist in Drugless Therapies

Kumbakonam. 8754824133

EXPLORING ENERGY, VIBRATION & FREQUENCY HEALING



According to Quantum Science, everything in the Universe is made up of energy and everything vibrates at a certain frequency. Energy is the life force that flows through all beings. Frequency is the rate at which energy vibrates. (Measured in Hertz). Vibration is the amplitude or intensity of energy. When frequency is disturbed there is chaos, confusion and disease. When energy is compressed it becomes matter and it becomes tangible.



FREQUENCY & REIKI ENERGY:

Energy, vibration and frequency are in subtle form, it can only be felt. Not only each creation, animate or inanimate, vibrates at a certain frequency, the case is also similar with each organ, chakra, bones, muscles and cells as well, which vibrate at varied frequencies. If an organ, chakra, or any other body part are affected, we can correct it by applying a certain frequency to it and correct it thereby the disease mitigates.

Reiki the energy healing mechanism, when given and taken by the recipient, corrects the frequency of the recipient and makes them overcome their problems. Reiki also has certain frequency, which can lend the required frequency to any ailment.

Each nutrient, Bach flower, biosalt, tissue salt, minerals, vitamins has a certain frequency, which corrects the emotions as well as the physical body. Not only the physical body but different emotions also vibrate at different frequencies.

Every thought has energy, and vibrates at a certain frequency, and thought travels at a very high speed. "Where thoughts flow, energy flows." Negative thoughts vibrate at a very low frequency, but travel at a very high speed and reach the person, being thought of.

When that person has a circle of protection around him it comes back and hits the sender who may unintentionally send the negative energy. Not only that, when one has negative thoughts flowing in the mind, it affects one's own body. That's why it is important to cultivate positive thinking all the time.

STEPS TO INCREASE POSITIVE VIBRATION:

If one wants to maintain high vibration and wants to help others, self-healing with Reiki and Chakra Meditation are the methods one should practice daily along with well inculcated positive self uplifting processes.

Gratitude, deep breathing , Meditation, self-love, kindness , Healthy eating, exercise and releasing negativity throughout the day are processes which facilitate the building and maintenance of positive vibrations in the body as well as the mind.

Caring for the planet is one thing we can do for increasing the frequency of the earth and the other sentient beings that live in symbiotic harmony. Not allowing the negativity to enter one's Aura, forgiving oneself and others, who hurt you, as a lifelong practice as well as celebrating each success of our own and of others and embracing change without resistance, Patience and Mindfulness in each aspect of life are among the other practices that can be inculcated for increasing our positive vibrational frequency.

Practising holistic health modalities like Acupressure, Bach flower remedies, Mudra Therapy as well as the regular Practice of , chanting, singing and using singing bowls facilitate an increase in our vibrations. Valuing silence and solitude, detox the body and mind regularly.

Articulate communication with ourselves and others, through choosing our words very carefully along with Surrendering to the Divine timing and Spending time in Nature are vital elements in our journey of increasing our positive vibrations.

Abundant consciousness believes that the Universe has an abundance of everything for everyone and that there is no need for competition or insecurity. Listening to others with patience and sharing one's light while uplifting and transforming others creates a ripple effect of positivity.

To practise inner tranquility all the time, means Embracing challenges and opportunities without fear and to develop detachment from material possessions. Aligning with the heart chakra to give love freely and effortlessly to others. Practicing self-compassion and surrendering will balance control one's life situations to focus on one's own reactions and responses, heightens inner tranquility.

Cultivate joy in simplicity, and a long lasting connection with spirit, guides and ascended masters to get guidance in life, while spreading the light of knowledge and wisdom.

Let us all raise our vibrations and evolve and enjoy every moment of our lives.

Uma Seetharaman
Reiki Master
Drugless Therapist
Chennai. 9840748942



MY EXPERIENCE IN REIKI

The first reiki experience is starts with myself, in 2016. I was suffering from severe back pain and ligament tear pain in my left leg and after getting treatment from Dr. PS Lalitha madam, I can able to climb stairs and even sit on the floor without any support and pain thanks to Dr. P.S.Lalitha madam and Reiki

A patient aged 39 years can't able to walk for 10 years due to bike accident and for 6 months weekly twice healing was given to him, now he can able to walk few steps in his room.

A cow will come at 9pm to take food in front of our house that time I saw her one eyes left side close with eye swelling. After seeing this I immediately started to heal the cow and applied pain relief symbol and applied turmeric powder for swelling in her eyes. Immediately, slowly she begin to open her eyes and now she is good after healing and her eyes are normal.

One of my patient aged 40 years female. She faced headache and BP due to stress in her life by her husband and after healing she is good and root cause for her stress is also solved. Healing done for only one sitting.

A 2 months old puppy got accident in her lower Abdomen after consulting the doctor they said like minor operation has to be done. Then the doctor advice to bring the puppy after 2 days for review. I gave healing to that puppy for one time only .after 2 days my son took the puppy to the Vepery Hospital and doctor said that surgery is not required. It can be cured by medicine itself, thanks to the god thanks to Reiki. Thus we can understand reiki heals the needy person, animals, nature. Thanks to Dr.PS.Lalitha Mam and my masters.

Periyanyaki
Reiki Master
Veppampattu. Thiruvallur
9962074285



ரெய்கியின் அனுபவம்

பலர், தான் ரெய்கியால் உடல்நலம் பெற்றதால், ஈடுபாடோடு கற்க முன்வந்ததாக அறிந்தோம். நான் அது மருந்தற்ற மருத்துவம் (DRUGLESS THERAPY) என்பதால், ஆர்வத்தோடு (2021) இல் கற்க விழைந்தேன். இந்த ஆர்வம் எனது குரு குடந்தை செல்வி. ஸ்ரீதேவி அவர்களின் பேச்சை கேட்டும், அவர்களது அனுபவத்தை கேட்டும் வரப்பெற்றேன். அவர்களுக்கு எனது நன்றியை தெரிவித்துக்கொள்கிறேன். மேலும் ம்றீ.ண.றீ.லலிதா அவர்களும் என்னை ஊக்கப்படுத்தினார்கள். அவர்களுக்கும் எனது நன்றி

கடந்த வருடம் (2022) மார்ச் மாதம் முதல் அக்டோபர் மாதம் வரை இணையவழியில் நடந்த பலரின் ரெய்கி அனுபவங்களும் ஆர்வத்தைக்கூட்டின. எனக்கு சளியும், சோரியாசிஸ் எனது தோல் சம்மந்தமான நோயும் குணமடைந்தது. முடக்குவாதம் 60% வரை சரியானதாக சொன்னார்கள் இது பலவருட உபத்திரவம் என்பதால் மெல்ல சரியாகும் . தொடர்ந்து தொடர்பில் இருக்கிறார்கள்.

ஒருவர் வாயில் புற்றுநோய் பாதிக்கப்பட்டதாக சொன்னார். ரெய்கியால் குணமடைந்து வருவதாக சொன்னார். வீட்டிற்கு ஒருவர் ரெய்கி கற்றுக்கொண்டால், நாமும் மற்றவர்களும் பயன்பெறலாம், எனவே மருந்தில்லா மருத்துவம் கற்போம் !! பக்க விளைவுகளைத் தவிர்ப்போம்.

காந்திமதி செல்வம்
ரெய்கி நிபுணர்
9444578961

THE BODY AS A MICROCOSM OF THE UNIVERSE:

Exploring the Energetic Anatomy and the Transformative Power of Reiki Energy Healing



The ancient wisdom and traditions have long back recognized the profound connection between the human body and the universe. In this article, we will delve into the concept of the body as a microcosm of the universe, which will enable us to explore the fascinating field of energetic anatomy, and discover the transformative power of Reiki energy healing. By understanding the parallels between our bodies, the cosmos, and the healing potential of Reiki, we can tap into harmony within ourselves and with the universe at large.

The Energetic Anatomy and the Universal Life Force :

The human body is not just a physical structure; it is also composed of subtle energy systems that mirror the larger energetic fabric of the universe. These systems, including the meridians, nadis, and aura, interact with the universal life force energy. Reiki, a Japanese energy healing modality, harnesses this universal life force energy to promote healing and brings balance at all levels – physical, emotional, mental, and spiritual.

Reiki as a Gateway to Universal Consciousness:

Central to Reiki healing is the understanding that the body is a microcosm of the universe and that each person is connected to the universal energy. Reiki practitioners can channel this energy through attunements, acting as a conduit for its healing properties. Reiki enhances energy flow through the chakras, promoting balance, clearing blockages, and restoring harmony within the energetic anatomy, that makes each person evolve with consciousness with the realm of universe.

The Transformative Power of Reiki Energy Healing:

Reiki the divine energy from the cosmos enters the life force of the person through the auric field and thereby it is imbibed into the chakra which serves as energy centres. The healer channelizes the energy to the needy through their palms which are causing the transformation through the process of healing. Thus, Reiki works holistically, addressing the root causes of imbalance and promoting self-healing. It can alleviate stress, anxiety, and physical discomfort by harmonizing the energy flow within the body. Reiki practitioners transmit the healing energy to their clients through the gentle touch or non-contact approach, allowing the body's innate wisdom to restore balance and promote overall well-being.

Reiki energy healing goes beyond the physical realm, touching an individual's emotional and spiritual aspects. It can release emotional blockages, promote inner peace, and support spiritual growth. By working with the universal life force energy, Reiki helps individuals aligned with their true essence, fostering a sense of connection, purpose, and empowerment.

Conclusion:

Exploring the body as a microcosm of the universe, combined with the transformative power of Reiki energy healing, opens a gateway to profound healing and self-discovery. By recognizing the energetic anatomy within us, attuning to the cosmic energy, and embracing the healing potential of Reiki, we can experience a profound sense of unity, balance, and well-being.

Reiki acts as a bridge between our individual energy and the universal life force energy, enabling us to tap into the infinite healing potential of the universe, adding on to the divine power in each of us. As we harmonize our internal energies through Reiki, we become active participants in the universal flow, co-creating a reality imbued with love, peace, and interconnectedness. Embrace the wisdom of the body-universe connection, harness the transformative power of Reiki, and embark on a journey of profound healing, growth, and self-realization.

My heartfelt gratitude to all the Masters, Dr P.S.Lalitha and our beloved Master, Miss. Sri Devi.

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HEALING WOMEN'S TRAUMA WITH REIKI ENERGY :

Nurturing Restoration And Empowerment.



Women may experience various traumas, from societal pressures, gender-based violence, reproductive health challenges, or personal experiences. Reiki energy healing offers a gentle and holistic approach to support women in healing them. This article will explore how Reiki can help to address women-related traumas, providing a nurturing space for restoration, empowerment, and transformation.

Understanding Women's Traumas:

Women's traumas can encompass a wide range of experiences, including but not limited to sexual assault, domestic violence, body image issues, reproductive health concerns, pregnancy and childbirth trauma, and gender-based discrimination. These traumas can deeply impact women's physical, emotional, and spiritual well-being, often leaving imprints that require healing and integration.

Reiki's Healing Potential for Women's Trauma:

Reiki works on multiple levels, addressing the physical, emotional, mental, and spiritual aspects of an individual. It facilitates healing by promoting relaxation, reducing stress, and supporting the body's natural ability to restore balance. Here's how Reiki can specifically aid in healing women's traumas:

a) Creating a Safe and Nurturing Space: Reiki sessions provide a safe and non-judgmental environment for women to share and proceed towards healing their traumas. The compassionate presence of a Reiki practitioner and the gentle touch or non-contact approach during a session can help women feel supported, validated, and heard. This safe space allows for the release of stored emotions, this is where the healing process starts and tends to be at ease.

b) Energy Clearing and Balancing: Traumatic experiences often leave energetic imprints in the body. Reiki energy is directed to these imprinted areas, helping to clear blockages and restore the natural flow of energy. By balancing the energy centers (chakras) and releasing stagnant energy with the help of respective symbol, Reiki promotes a sense of harmony and revitalization, supporting women in reclaiming their inner strength.

c) Emotional Healing and Integration : Reiki gently addresses emotional wounds associated with women's traumas. The healing energy works on emotional imbalances, helping to release suppressed emotions, heal emotional scars, and foster emotional well-being. Through regular Reiki sessions, women can experience increased self-awareness, emotional resilience, and greater empowerment.

d) Supporting Spiritual Connection and Transformation : Reiki transcends the physical and emotional realms, offering a spiritual growth and connection pathway. It nurtures a deeper understanding of oneself, one's purpose, and the interconnectedness of all life. Women who have experienced trauma can find solace in the spiritual aspects of Reiki, fostering a sense of inner peace, self-compassion, and transformation.

The Importance of Holistic Self-Care:

In addition to Reiki sessions, women who recovered from trauma through healing can integrate self-care practices into their daily routines. This may include meditation, breathwork, journaling, gentle movement, and connecting with nature. These practices support the integration of Reiki healing, empowering women to take an active role in their healing process.

Reiki energy healing offers a compassionate and holistic approach to addressing women-related traumas, supporting the healing physical, emotional, and spiritual wounds. Reiki empowers women on their healing journeys by creating a safe and nurturing space, promoting energetic clearing and balancing, facilitating emotional healing and integration, and supporting spiritual connection and transformation.

It is essential to remember that each woman's healing process is unique and may require different approaches. Through the transformative power of Reiki, women can embark on a path of restoration, empowerment, and renewed vitality, reclaiming their innate strength and embracing a future of healing and growth.

Ever grateful to all the masters especially to Dr P.S. Lalitha & my master Miss. Sri Devi for the continuous guidance and support in this beautiful healing journey.

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உறவுகளை இணைத்த ரெய்கி

அனைவருக்கும் வணக்கம்.

வேதாரண்யத்திலிருந்து மல்லிராஜ் எழுதுகிறேன். நான் கும்பகோணத்தில் இருக்கும் ரெய்கி கிராண்ட் மாஸ்டர் ஸ்ரீ தேவி அவர்களின் மாணவி. ரெக்கியில் 3டி வரை தீட்சை பெறும் வாய்ப்பினை பிரஞ்சம் எனக்கு அருளியது. மேற்கொண்டு ரெக்கியில் பயணிக்க பிரஞ்சத்தின் அருள்வேண்டி காத்திருக்கிறேன்.

தினசரி வாழ்வில் ரெய்கி ஒரு அங்கமாக மாறி நிகழ்த்திய அற்புதங்கள் ஏராளம். அதில் மிக முக்கியமான ஒன்றை பகிர்ந்து கொள்ள இந்த பிரபஞ்சத்தின் உதவியுடன் முயல்கிறேன். சில நேரங்களில் நான் எனது போன்ற வார்த்தைகளை தவிர்க்க முடியாததிற்கு வருந்துகிறேன். எனது வயது 62 பிரபஞ்சத்தின் பேரருளால் ஒரு மகன் இருக்கின்றான். அவனுக்கு திருமணம் ஆகி 8 ஆண்டுகள் நிறைவுற நிலையில் குழந்தை வரத்தை பிரபஞ்சம் தள்ளி போடுகிறது.

பிறவியிலேயே சிறிய உணத்துடன் பிறந்ததால் என் மகனை கருவில் சுமந்த போது ஒருவிதமான பயம் என்னுள் இருந்தது. அதன் வெளிப்பாடு தான் என் மகனின் வாழ்க்கையில் முதல் எதிரி தன் தாய் என்பதை அடிக்கடி என் மகன் சொல்லிவருவான். ரெக்கி முலமாக இதை சரி செய்ய இயலுமான என்ற சந்தேகத்துடன் 2 வருடங்களுக்கு முன்னர் ஸ்ரீதேவி அவர்களிடம் ரெய்கி கற்றுக்கொள்ள ஆரம்பித்தேன். அவர்களும் எனக்கு பலவிதத்தில் நம்பிக்கை அளித்தார்கள். பிரபஞ்சம் சரியான நேரத்தில் கொண்டுவந்து சேர்க்கும். சந்தேகம் வேண்டாம் என்று அடிக்கடி சொல்லிவருவார்கள். என் பிரார்த்தனைக்கு பிரபஞ்சம் செவி சாய்த்தது. தற்போது என் மகன் என்னை ஏற்றுக்கொண்டான்.

இருவருக்கும் தனித்தனியே Divine White Light Healing with all symbols கொடுத்து வந்தேன். மகத்தான மாற்றம் உருவானது.

நன்றி பிரபஞ்சமே!

மல்லிராஜ்
ரெய்கி நிபுணர்
வேதாரண்யம்.
9344863463



AN ATYPICAL CASE OF GASTRITIS

One lady, aged 54 approached me with abdominal pain associated with irritation in the chest region and throat region. Symptoms were more prominent when the stomach was empty. It appeared to be (GERD) - Gastro oesophageal reflux disorder. Since it was chronic, initially, I cleansed all the chakras and then energised all the chakras. In the fourth session, all chakras were energised, but I concentrated more on three chakras, namely, Ajna, Vishuddhi and Manipura chakras. In addition to that, I advised her to have breakfast before 9 am. There was gradual improvement. One day she came with a complaint of severe pain restricted to entire left side of her body. I myself was, a bit confused.

Sujok Acupuncture:

Since I am practitioner of Sujok acupuncture, out of curiosity, I just tested the fire point in the way stomach meridian (Sedation).

Reiki Phase:

To my surprise, she felt a little bit of relaxation.. Reiki healing was done for all chakras(both front and back) , simultaneously I sedated the fire point in the stomach meridian . Relief was drastic and surprising.

So, symptoms may not be restricted to the diseased organ alone as described in books, it is likely to show variations as elicited in this particular case.

In my practice I come across several peculiar cases where the patient comes after trying all other healing modalities, she doesn't get relief but respond to Reiki healing dramatically and also gets complete cure as Reiki not only works on the symptoms but it addressed the root cause of the symptoms... where the lady attained the complete cure.

9841334549

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TRADITIONAL ACUPUNCTURE THERAPIST
Executive member - Reiki Centre of India (Regd.) Chennai

Clinic : 34/7, Kottivakkam Kuppam Road, Valmiki Nagar,
Thiruvanmiyur, Chennai - 600 041. Next to Lister Metropolis Lab

D.Subhashini
Reiki Master
Specialist in Drugless Therapy
9841334549



மன அழுத்தத்திற்கான தீர்வு - ரெய்கி

நோய் : மன அழுத்தம் (24 வயதுடைய பெண்)

சிகிச்சை :

1. ஆரா கிளெனசிங்

2. அனைத்து சக்கரங்களிலும் பொதுவான சிம்பல்ஸ் (சோ.கூ.ரே. செ.ஹே-கி. ஹான்-சா-செய்-சே-னே ஹோசானா, சோஹாரே, லும் வேல், உத்ரேகா) மற்றும் நோய்க்கு காரணமாக இருக்கும் ஆக்ஞா, அனாஹதம், மணிபுரகம், ஸ்வாதிஷ்டானம் சக்கரங்களில் பொதுவான சிம்பல்ஸ் மற்றும் (சாந்தி, ஹர்த், ராமா) சிம்பல்களை பயன்படுத்தி சிகிச்சை அளித்தேன்.

3. ஆரா Cutting செய்தேன்

4. இடது தோள்பட்டையில் (ஹான்-சா-சோ-னேன்) தவிர மற்றும் பொதுவான சிம்பல்களை போட்டு ஆராவில் கவசம் உருவாக்கினேன்.

நோயாளியின் கருத்து :

சிகிச்சை முடிந்த பின்பு முதல் மூன்று அவர் சொன்ன கருத்து உடம்பின் உள்ள ஏதோ போவது போல் உணர்வு, உடம்பில் முனுமுனுப்பு, உடம்பிள் ஒளி வந்தது போன்ற உணர்வு, முனுமுனுப்பான உணர்வு மற்றும் ஆக்ஞா சக்கரம் சுற்றுவது போன்ற உணர்வு ஏற்பட்டள்ளது. முதல் நாள் முடிந்து மறுநாள் சிகிச்சைக்கு வரும்போது னிழிஆஷ்ட போல இருக்கு. நான் நேற்று முழுவதும் மிகவும் மகிழ்ச்சியாக இருந்தேன் எந்த சூழ்நிலை வந்தாலும் அதை யழிஉள செய்யும் தைரியம் உண்டாகியுள்ள என்று கூறினார்.

தொடர்ந்து 4 நாள் சிகிச்சையும் பின் வாரத்தில் 1நாள் என்று மொத்தம் 5 Sitting சிகிச்சை எடுத்துக்கொண்டார். நான் மிகவும் நன்றாக இருப்பதை உணர்கிறேன் என்று இனி தேவையானால் சிகிச்சைக்கு வருகிறேன் என்றும் அவரே கூறினார்.

U. பாக்கியலெசுஷிமி
ரெய்கி நிபுணர்
அம்மாபேட்டை
8675796960



REIKI CENTRE OF INDIA (Regd.)

The Secretary

No. 487, 17th Street, 4th Sector, K.K. Nagar,
Chennai - 600 078.

e-mail : reikicentreofindia@gmail.com

APPLICATION FORM

To.

THE SECRETARY

No.487, 17th Street, 4th Street,
K.K. Nagar, Chennai - 600 078.
Ph : 93805 71682

Dear Sir/Madam.

Please enroll me as a member of Reiki Centre of India, I am enclosing herewith the Life membership fee of Rs. One Thousand five hundred rupees only by Cash/Crossed Cheque/DD Payable at Chennai in favour of Reiki Centre of India.

Name :

Full Address :

:

:

Telephone :

Mobile :

E-mail :

Date of Birth :

Marriage Day :

Place :

Date :

Life Membership Fee (India) : Rs. 1500/-

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

Cash Cheque DD

Cash Cheque DD

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

HORIZONS OF REIKI CENTRE OF INDIA'S HEALERS, MASTERS, GRAND MASTERS



India

Chennai	Coimbatore	Salem	Erode
Devakottai	Thiruvallur	Kumbakonam	Thanjavur
Thiruvarur	Vedharanyam	Theni	Uthandi
Hosur	Krishnagiri	Kerala	Ahmedabad
Bangalore	Hyderabad	Varanasi	Mumbai
Pune	Delhi	Uttarakhand	

Overseas :

Australia	U.S.A	U. K	Canada
France	Malaysia	Singapore	Dubai



Thiruvanimiyur, Chennai



Online Class/Meditation



Reiki Introductory Lecture, California



Reiki Session, California



Senior Citizen Home, Kodambakkam



Healing Camp, Mylapore



"Aspire" - Reiki Introductory Lecture, Kumbakonam.



Village Healing Camp, Devananchery.



WISH BOARD MESSAGE TO ALL

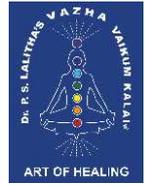
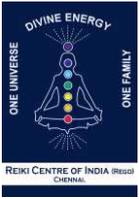


Dr. P. S. LALITHA

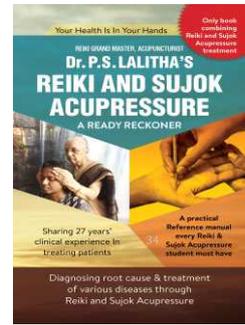
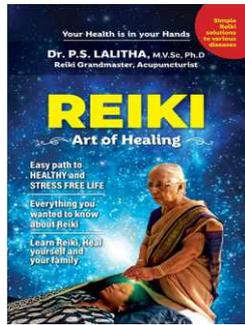
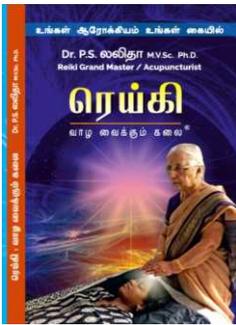
Founder- Reiki Centre of India & Art of Healing

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



Available at : [amazon](#) [Flipkart](#) 





DRUGLESS THERAPY

Dr. P.S. LALITHA, M.V.Sc., Ph.D.,
Reiki Grand Master, Acupuncturist
Founder - Reiki Centre of India (Regd.)
Art of Healing

Healing through a combination of
Reiki, Pranic Healing, Crystal Therapy, Magneto Therapy,
Acupuncture (Traditional & Sujok), Acupressure

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