

HEALING HANDS

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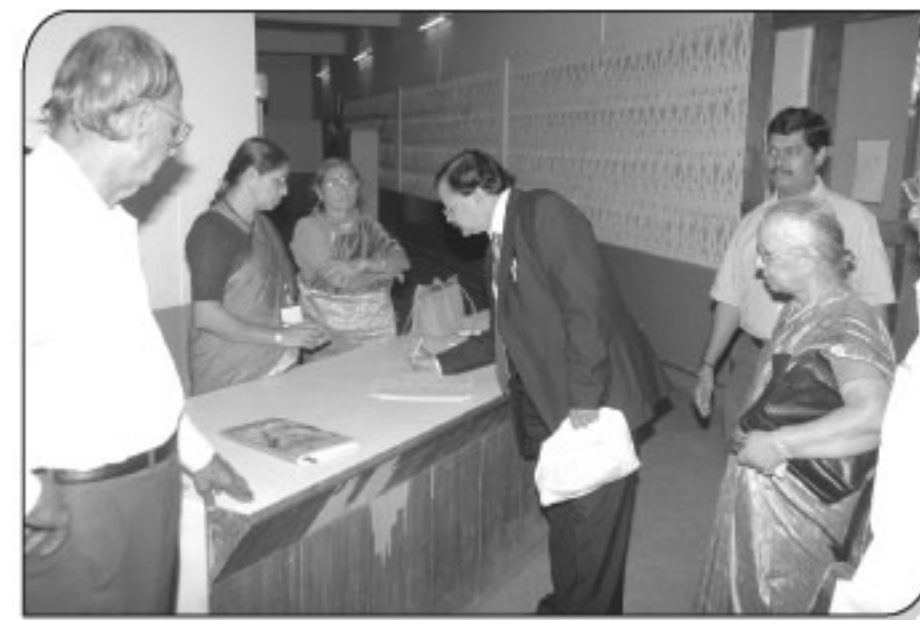


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EDITORIAL

Growth of "Reiki Centre of India" lies in the healing hands of Reiki practitioners joining hands to enroll themselves as members, shedding the extra cloak "I" for the common cause i.e. creating awareness among the public about the efficacy of spiritual healing, based on ancient Indian culture - Healing with mere hand and loving heart. Recognition comes only by strength and proof, which can be achieved by strong association with dedicated service. Kindly Organise free healing camps in our premises and work place.

**Perform
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- Editor

Emotional Freedom Technique

Emotional freedom technique is a simple highly effective technique that is useful effective technique that is useful in obtaining relief from a wide range of physical and psychological problem. It involves the combination of applied Kinesiology and Acupuncture which is also known as 'Psychological acupuncture'. The mid is the birth place for almost all of our ailments, physical and psychological. Right from the moment of birth (or even possibly earlier) one is subject to various conflicts and negative experiences. These need not necessarily be ours. Even the conflict / negativity in the household place of study etc...are downloaded and imprinted. Emotional shocks in one's life are also stored and every time the mind does a rerun of these, blocks are created in our energy channels, or meridians. It's these blocks that eventually lead to disease.

Methods of treatment target the affected organ/system alone will have only limited results as the real cause is not addressed. This cause, which is invariably a negative emotion (more than one in some individuals) is addressed and cleared from the mind by tapping acupuncture points with the fingers. This is done while focussing on the problem and the issues involved by making 'statements' orally. Many complaints are effectively healed in one session, while others take several sessions depending on the chronicity, and the issues which crop up while tapping. When the 'core' issue is revealed (as a consequence of tapping and releasing) and dealt with, the problem is completely resolved.

It is a complementary therapy which applies to all issues, including: pain relief, anger, addiction, weight loss, anxiety, trauma, depression, fears and phobias, stress relief, allergies, respiratory problems, blood pressure, relationship issues, women's issues and children issues, serious medical conditions from (migraine to cancer).

Emotional freedom technique is "where astonishing emotional relief leads to profound physical healings".

Dr. Sarojini Prahalad B.Sc., M.BBS, DMRD, DNB (radiology)
Radiologist, Cancer Institute, Adayar.

It was Chernobyl. Today it is Fukushima! Is it kalpakam tomorrow?

The lesson learnt in the aftermath of the nuclear disaster in Japan. Thanks to the tremendous industrial development, Japan was well prepared to face natural disasters like earth quakes resulting in a major tsunami which brought heavy destruction to the pacific coastline of japans northern islands resulting in release of radioactive materials from the nuclear power plants at Fukushima and Onagawa contaminating water, soil, air, milk, vegetation, poultry producers, human milk, meat etc... forcing the people to shift relatively safe place beyond 20 km radius; thus making the area unfit for human habitation for years to come. While places hit by tsunami can be re-habituated and people can start living their normal life which is not possible where radioactive contamination has occurred. Noticing radioactive contamination of 1-131 in tap water in Tokyo the government disallowed drinking of piped water supply in Tokyo which is 200 km away from Futaba district of Fukushima prefecture where Fukushima nuclear reactors are situated.

Alarmingly, the nuclear fallout from the ill fated Japanese reactors could send nuclear cloud across the Pacific Ocean to the reach the US west coast which is about 8000 km away from the site of accident. Screening of samples collected from Washington DC carried out by FDA, USA had revealed a certain level of radioactivity in milk. It's no surprise that it's the USA government which was the first country to have altered the import entries of food items from five states of Japan fearing radioactive contamination. It's needless to say that the US enjoys one of the world's safest food supplies now.

Two questions that comes to one's mind is

➤ Whether the calamity witnessed by Japan is natural phenomenon?

Or

➤ Whether safety and welfare of the people has not been addressed adequately?

The nuclear reactor where constructed by no other than general electrical who where the people to have constructed India's first nuclear at Tharapur.

The authorities of nuclear installation at kudamkulam, Tamilnadu after 2004 tsunami stated that the reactor was located 5 km above MSL. Sooner after the tsunami in Japan the height was claimed to be 10 m above MSL. Truth shall never be known so long as the independent research institution is established in the country.

The government of Japan itself reported that the devastating effect of nuclear accident after the tsunami on 11.03.2011 was as bad as the one witnessed during Chernobyl accident (level - 7).

It's quite unfortunate that during the protest against the planned nuclear power at Jaitapur one of the activists was killed in police firing. Mr. Jairam Ramesh the minister of the state in the ministry of environment and forest blamed Shiv Shena for shifting the issues for political their gains. Indeed neither Jairam nor the prime minister had taken any initiative to form an independent body (which have been promising) to address the nuclear issues. These points count to the fact that, our government is no mood to debate the issues of energy, especially nuclear energy. No denying that is no equitable distribution of power this points to the fact that our government is in no mood for Public debate in the issues of energy especially nuclear energy. No denying that there is no equitable distribution of power to the public. For instance even in Kalpakkam the power derived from nuclear plant viz. MAPS is never provided to the villages & hamlets around kalpakam

It is ironical that Incidentally, India derives 2.2 % power from nuclear energy which can easily be harnessed from other energy sources such as wind, sun and water.

The nuclear reactors of Japan that met with accident were designed and constructed by General Electricals (GE) of USA (The Atomic Reactor at Tharapur, India was the first reactor constructed by the same GE). Although the Americans nuclear regulatory body had pointed out (1992) the deficiencies in the safety aspects of the Nuclear Reactors in Japan, they were not rectified. The safety regulations were not paid attention even 10 days before the attack of Tsunami. Therefore, the Government, the nuclear safety regulatory board had adopted a soft attitude towards the welfare of the public. Furthermore, in the year 2007 there was a fire accident in the nuclear reactor of Kasawasaki, Japan owing to the earth quake. The work on the reactor was stalled. The investigation government had revealed that the reactor was constructed on the land which was earthquake prone. It came to light further that the Tokyo " Electrical Power Company (TEPCO), the Operating Agency of the Atomic Reactor did not make it Public the safety concern of the reactors. Hence, the safety regulations were deliberately not followed.

The reasons for overlooking the safety precautions must be due to syndicates between the government and the companies, operating the reactors purely with commercial outlook. Therefore, when the safety regulations are decided purely by such Atomic Reactors Agencies, operating solely on profitability, there is no doubt such accident will continue to happen.

The Lessons to be learnt by us:

If any nuclear accident occurs in a distant country will the harmful radiation reach India particularly Tamil Nadu? Will not the environment get affected due to the same? Is there any precedent in our country/ Tamil Nadu? It is better, to recall the Chernobyl accident in Russia in 1986 that had damaged not only that country but even many countries located faraway from Russia. Even after two weeks of the Chernobyl accident the nuclear scientists in Kalpakam had

detected very high levels (thousand fold increase) of 1-131 in air and goat thyroid. The effect of the radiation remained between 3 to 6 months as announced by the government agencies. Furthermore, in Mumbai the presence of radioactive Cs-137 was measured to be a maximum of 4 mbq per cubic meter in air and a two-fold increase in soil (72 bq per sqm from 37 bq before the accident) by the nuclear scientists. It is a worrisome factor that no efforts/ research was undertaken to find out if there was any damage to the environment in Kalpakkam and Mumbai. The distance between Chennai and Chernobyl is around 6200 kms.

The effect of the radiation was detected in Sacramento, the capital of California, USA which is around 8600 kms away from the accident site, Japan. For instance, the 1-131 in air was measured to be 0.165 mbq per meter cube of air.

Similar effect was felt even in the capital city Washington, USA. The effect of the radiation was also felt in countries like Canada, Scotland, China, South Korea etc. In Tokyo people were advised not to drink the tap water as 1-131 level was found to be twice the allowable limit. Is it correct to tell the people of India that there is no need to measure the harmful radiation in the air since the wind direction from the accident site is towards USA? One must keep in mind that the distance between Chennai and Japan is not more than 6600 kms whereas the effect of radiation was felt in USA which is 8600 kms far. It's also right to claim that there are no damages to the environment as the levels are low, although the Japanese Government had agreed to the radioactive effect in drinking water and the food items. If so, why a ban on the import of food items from Japan is pronounced by USA? Also, the Government had banned the food items from Japan. But why the radiation level is not announced in India. Although it is known that the radioactive effects can reach the distant countries, cross continents why no systematic studies were undertaken in India/ Tamil Nadu.

Before we learn from the experience in Japan let us know the effects of the radiation on the human being.

1. According to the nuclear scientists in the world there is no safe limit of the radiation.
2. In January 2005 it was officially announced by the research institutions that x-rays, gamma rays, neutrons can cause cancer.
3. The surprising truth is the effect of cancer due to X-rays is more than that from the atom bomb.

The reasons are the following:

The cause of the cancer in the body cells is due to the mutation in the DNA sequence. The radiation from the atom bomb causes major defects in the somatic cells and the cells are destroyed by the process known as apoptosis (programmed cell death), As the cells are killed, the possibility of cancer is avoided.

The most difficult issue in Atomic Energy is the protection of the burnt fuel. No complete solutions are yet found out. How long will be the effect of this radiation? For Example the half life of Pu-239 is 24000 years. In 1990 at Tharapur atomic station the I-129 level in marine algae was measured to be 740 times higher by atomic scientists. No similar measurement is done at Kalpakam site the half life of I-129 is 1.7 million years. So, we leave such dangerous material to the future generation. Will not they curse us for having behind such harmful material?

If one raises the question whether the effect of radiation on the human body is totally understood the answer is only no. For example, By Standard effect. This means that those parts which are not subjected to radiation. This is possible by the chemical changes in the cell that are in the path of radiation other cells of the body that are located far away from the radiation path. This has been found only recently. One need not be surprised if new radiation effects are found at later date.

What do the nuclear accidents in Japan indicate to us?

Two reasons are being attributed to these accidents:

1. The reactors have been designed to withstand the effect of earth quake up to Richter scale of 8.5. But the reactor could not withstand as the recent earth quake was beyond a scale of 8.5. But the reactor couldn't withstand as the recent earth quake was beyond a Richter scale of 9.
2. Are there deficiencies in the nuclear reactor design itself? The details are not yet made available. Therefore, this show how secretive is atomic energy and how the humankind has to encounter the dangers of the nuclear reactors. It's high time that the common man stated thinking to eliminate the secrecies and to know the fact.

The effect of tsunami in 2004 on Kalpakam nuclear reactor:

The government had temporarily stopped the operation of the nuclear reactor and re started after a few days with a contention that there were no radioactive effects. Is it true? My research on the beach sand after tsunami had indicated increased levels of alpha radiation. There is a doubt that this could be due to Pu-239. Mr Kannan who was the in-charge of Environmental Survey Laboratory, Kalpakam had mentioned in his farewell speech that department had not given him the freedom to study the levels of alpha radiation and plutonium in the temporary as well as permanent employees of the department. There is no response from the department although this was publicized through notices and in newspapers and letters to the department. Is it scientific? We should mention an incident here: The Pondicherry Government had informed that study should be undertaken on the four fisherman hamlets where increased incidence of cancer, congenital defects, spontaneous abortions, stillborn babies etc. had been and whether these are due to the increased radioactive effect after the Tsunami. It should be kept in mind that as per the medical books the above can occur due to radioactivity.

The department has never responded to the query raised through notices and papers for measurements of I-129 in marine algae, alpha radiation Pu-239 in the beach sand in the presence of collector, reporters, and public and non-DAE scientists. WHY?

Story of Kalpakam

The management of Kalpakam reactor did not conduct themselves scientifically, evident from below:

When I raised the issue that radiation could be the reason for increased abnormal findings in villages in and around Kalpakam, the management invited me for discussion. In the meeting they have assured to provide scientific explanation for the abnormalities.

At the same time they also have informed that the necessary action will be taken against me if I create unnecessary fear amongst public by bringing non-scientific opinion. But there is no proper satisfactory reply from the authorities when I raised the question of making it public the radiation levels, absence of any study on the harmful radioactive effect to the employees as well as to the nearby community.

In my first research work in 2003, I brought to the notice of the department the premature death of 3 persons (employees and family) due to multiple myeloma and sought the explanation for the same. The official response given by the department indicated that the radiation received by these employees lower than the allowable.

If the reply is scientific how the response must have been?

- It has not denied that the death was not due to multiple myeloma.
- It did not reply that there is no link between the disease and the radiation as per medical text books.
- It also did not deny that this number (3) is insignificant.
- In countries like Japan, USA there is a separate law to compensate the employees and the public affected by this disease thereby indicating radiation is one of the reasons for the same. But the reply is totally silent on this.
- The levels of internal contamination of the employees are not mentioned. WHY?
- No response to my offer of measurement of internal contamination of the employees, and cross- verification of external dose.
- Against RTI act there is no answer for the question of number of employees who are affected/ died because of multiple myeloma.

In my research in 2008, I had reported through papers and notices the increased incidence of autoimmune thyroid and in 2010 the increased death due to thyroid cancer within 5 km zone

surrounding the reactor site. The department had not come out with scientific and proper explanation in this regard. On the contrary the Dept. had given report to the Newspapers about the absence of increase in Thyroid cancer in 5Kms. Region around the reactor site as found by an NGO. But the department is refusing to share the details of the findings with the newspaper and public. When officially invited by the management the atomic scientists have questioned about my knowledge in regard to nuclear reactors. They further informed that the I-131 is totally filtered from the air emissions and there is no necessity for any research on the Thyroid disease in the nearby public. I denied the same and got the answers for the following questions:

Q. There is no safe level of radiation. Do you agree?

A. Yes

Q. Don't you have the presence of I-131 in the environment even to a small extent?

A. Yes, to a very small extent.

If so there is a possibility of thyroid disease. Only a research can prove the effect.

The research papers clearly mentions that I- 131 present in the air emission of the nuclear reactor is the main reason for autoimmune thyroid and thyroid cancer. Therefore the department claims that the research which is necessary is not scientific.

In 2002 Mr Selvakumar a casual labourer had handled the cotress spring with bare hand and burnt his hand in the process. This is because of the lack of proper instruction to the worker .The department had dismissed him but also put him into medical tests. The results were not made available in spite of written requests. My medical test confirmed the reduction in white blood corpuscles. It is surprising that the department had not registered this incident also.

Six workmen were subjected to heavy radiation dosage in 2003, in Fuel Reprocessing Plant (KARP), Kalpakam. Though the department had informed that there is no effect on the personnel based on the blood analysis, I have my own doubts. Will the department allow testing them? Unfortunately there was no reply from the department.

Leave me. There is difference of opinion on the results of Pokaran II tests. Scientists such as Dr Chidambaram, Shri Kakodkar and Dr Abdul Kalam claim success on one side, Shri Santhanam and Dr Homi Sethna denied the success. The details of the result were not made available to Mr Santhanam who claimed that the test was a failure Therefore, the research is controlled by the political power, big business houses and autocrats. If this situation continues the nuclear safe-guard for public welfare shall be only a lip-sympathy.

Kalpakam Again

Safeguard of Nuclear Reactors

Is Kalpakam safe with respect to the coolant system, removal of decay heat etc? It should be borne in mind that the system for removal of decay heat including the DG set, emergency

batteries, fire water sink are all located at within 500 m distance. Is there any possibility of severe earth quake at the Kalpakkarn site? The site which was under Zone II has been pushed up to Zone IV in 2004 Will this site not come under blind fault at anytime.

Mr Gopalakrishnan, Chairman AERB had criticized that the DAE takes into account only such data that is favourable and rejects the other research information that is not conducive. Since AERB is working under DAE it is compiled to favour the department. Unlike USA the AERB India is not independent and therefore unable to implement the decision independently. Why to Import the expensive nuclear reactors that too when the safeguard and the operations are not completely established. For taking the decision on the nuclear reactors only the experts in the field of atomic energy are to be appointed (without much political interference), only then the safety of nuclear reactor and the public can be ensured.

Where the records on seismology for Kalpakkam site were taken from? Were all the merits and demerits were taken into consideration? Was site cleared by sincere and totally independent experts?

On PFBR

Liquid sodium is used as a coolant in this reactor into contact with air/ water it catches fire with explosion known as sodium fire. A similar reactor in Japan is under shut down for the last 15 years due to sodium fire. Similar incident have been reported from countries like Russia, UK and France. The question to be answered here is the safety of the reactor during the occurrence of earth quakes and tsunami like in Japan. Hence one has to find answer for the questions raised above. There should be accountability, transparency, responsibility and civil independent cross checking. Opportunity should be given to the common man that he clarifies his doubts on radiation and its effects independently. Only then the safety of nuclear reactor and the people's welfare can be assured.

Important Hints

The import of nuclear reactor shall be based on thorough evaluation of the various competitive offers alone otherwise it will lead to corruption at various levels.

There ought to be scope for compensation arising out of any accidents of the nuclear reactor from the country from where the reactors are bought.

In India we must have NGOs like Green Peace which can work independently and can act appropriately in case of any emergencies accidents.

To concentrate more number of nuclear reactors at one site is also to be reviewed.

Dr. V. Pugazhendhi M.B.B.S
Medical practitioner, Kalpakam.

Influence of planets in Astro Diagnosis

Abstract:

The signs of the zodiac and the parts of our body are related to each other. This can be seen from the ancient times. According to Marcus Manlius (1st century AD) in his epic poem (8000 verses) Astronomical, the signs of the zodiac preside over the parts of the body and the planets are associated with certain portions and functions within the body. Based on this information, we can think or make a conclusion that the planets have certain influence on diseases and it can play an effective role in diagnosing a disease. Astro-diagnosis is the science and art of obtaining scientific knowledge regarding disease and its causes as shown by the planets, as well as the means of overcoming it. Though this science of diagnosis and healing appears to be new, this is very cost effective, accurate and time consuming. Medical science with its improved techniques for diagnosis like blood tests, scans, etc., has made great strides toward better methods of diagnosis. But it will be generally conceded that to know in advance where human system is weakest, to understand by the science of the stars where the practitioner may look for trouble, is by far the best way and time consuming. Doctors will then arrive very quickly at the cause of disease, and they will also know what methods will be best to cure. In the horoscope, they will find the weak chakras and methods/treatment to overcome it, to which the patient will respond very effectively. They will also know the character of the patient, whether his will is weak, and whether he is negative or emotional. They will then be guided in their methods of treatment according to the information obtained.

V. AJAY

9444052660

FIVE Principles of REIKI

Just for today

I will live the attitude of gratitude

I will not worry

I will not anger

I will do my work honestly

I will show love and respect for every living thing

MIRACLES OF DISTANCE HEALING

In 2009, I received a call from my son-in-law who requested to do Reiki for my daughter. At that time she was pregnant (6 months) and they were in restaurant in the middle of a jungle. The restaurant had only one rest room. Every minute she had to rush the restroom as she had some UTI and was bleeding as well. It was impossible to go for any medication (clinic), as there were no such facility available for around 30 kms. They panicked as they had to travel for an hour or so and it was late night.

My daughter had asked my son in law to call me and ask for Reiki healing. Immediately I gave her Reiki distance healing and for every 3 hrs I continued the treatment. She called me after 6 hrs stating that she was comfortable with Reiki healing and the frequent Urination and bleeding stopped. The next day they took an appointment with a doctor for further check up and the result stated that she was totally normal. After reaching home my daughter again called me and told she was perfectly alright. The beauty is my son-in-law had no faith in Reiki till that incidence. He was astonished to see his wife healed before his eyes, that too treating from a faraway place. After that he started believing Reiki 100%.

I thank Reiki and my guru **Dr.P.S.Lalitha.**

Saraswathi K.S. , Treasure

STAR REIKI FOUNDATION

For all Psychological Problems

Contact :

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Reiki Grand Master

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Viruthachalam - 606102

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Reiki- 'The ecstasy'

Reiki was the real bliss in my life. I had realized the magic in it, and the instant healing. Now I would like to share my experience with one of my client who approached me through Dr.P.S.Lalitha. She was suffering from severe asthma for several years from her early days. More like everyone, she underwent severe allopathic treatment and did get a temporary relief, but then, the outcome was that, she gradually lost immunity. She had to strain herself a lot for every single breath and she started to take steroids to overcome it. Later on even steroids failed to work on her.

At this stage of agony I met the client at her place; she could not talk continuously as cough and cold persist in her throughout. She told me that, she was not able to lie down and sleep at night. As a responsible healer, I started treatment with Reiki healing and acupuncture. For asthma, after cleansing all the chakras and balancing the same I concentrated on Ajna chakra, Vishudhi chakra and Anahatha chakra, since these three chakras control the activities of respiratory system. Combining Sujok acupuncture has resulted in speedy recovery. I chose points in lung meridian which has cleared the blocks in the respiratory passage from nose to bronchi and strengthened her lungs. The next day her condition was worse. She realized that aggravation is good symptom of the real recovery. Her confidence in the treatment encouraged me; I continued the same treatment for around twelve sittings. She has completely recovered from asthma and is able to sleep peacefully during night and slowly recovered from cold and cough. This gave me the sheer satisfaction, being a Reiki healer.

T.S.Saroja Kannan

9444955679

With Best Compliments From

Dr. P.S.LALITHA,

SPECIALIST IN DRUGLESS THERAPY

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Reiki and Me

ATTITUDE OF GRATITUDE

First of all my sincere thanks to Almighty GOD & Dr.P.S.Lalitha who gave golden opportunity to attend the free camp ,which was conducted at ANANDAM OLD AGE HOME on 8/6/11. Really it was joyful home and all the inmates were happy and healthy. We, with our respectable Grand master did REIKI meditation and healing for all the members. It was an unforgettable day in my life.

SPRAIN IN VAIN

A girl, of age 18, was carrying a bag of sand. Due to the heavy weight lifted, she got sprained on the back, down to the shoulder. Reiki Healing was given immediately. She was alright within 10 minutes.

The pain & the sprain vanished.

MENTSURAL PROBLEM SOLVED

A friend of mine called me up from Vellore, and requested for Reiki as she had severe pain due to delay in the in the Menstrual cycle .Distant healing was given. After 15 minutes she got relief from the pain. All the credit goes to REIKI MASTERS &Angles.

REIKI SAVED THE LIFE.

A labour after placing the cement bag down raised his head .Suddenly a stick, which was tied above ,hit at the back of his head. Another labour helped him to wash his head, but he could not raise his head. The pain was unbearable. I was gardening and noticed it, and called him. I observed that the area was swollen and reddish .Then Reiki healing was given. Within 20 minutes he slowly raised his head with a smile. The healing process was continued for some more time. Then he said fine and thanked god.

Janaki

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REIKI FOR STRESS RELATED DISEASE

Reiki, the simple alternative therapy, gives wholly positive energy, thoughts, and returns. It's a therapy with no side effects or discomfort. Reiki is balancing the mind and body with the aid of divine energy and healing the chakras, which leads to a stress free living. Combination of Reiki and acupuncture results in fast recovery. Both these therapies have got the same block removal system without any side effects. Both systems use the cosmic energy as main substance at physical and Meta physical levels.

Of my patients, a lady came with the complaint of having low back pain since 35 years, which has been aggravated severely for the past 2 years. The symptoms were back pain which lead to left leg aching and pricking discomfort on thigh. This ache was getting worse during sleep. She faced sleepless nights every day as the pain persists to severity in the night time. For the past 25years Sitting on the floor for was absolute difficult task for her.

Sujok acupressure diagnosis showed no sign of sciatica. The spinal nerves originating from lumbar and sacral region supply the legs. The symptom of the pain in leg is due to involvement of spinal nerves in the back which also aggravates the pain in pelvic area and buttocks. The treatment started with the cleansing of all chakras starting from mooladhara to sahasrara. After eliminating negative energy, healing energy was channelized mainly to the back manipura, back Swadhishtana, mooladhara and to the local areas of pelvic region, thigh, leg and feet. Even though she had pain restricted to back and legs, treatment was given to the whole body, energising all the chakras, so obviously healing starts from Ajna chakra (controller of all other chakras). I found she was psychologically energised in the next two sessions. She realised that she has peace of mind now and gained much energy for doing her daily activities with stress free mind. Then I decided, she was in need of counselling and I found that she was not feeling physical pain more but mental stress made her suffer.

So I concentrated more on her mind associated problems. In the second week she shared her past feelings telling that she was having depressed with life which increased her physical pain severely in these two years. By talking to her I got to know that she lost her lovable sister on a cruel murder that made her emotionally disturbed.

The negative thoughts and feelings that are lodged in the subconscious mind and body are the greatest problem as we are not aware of them now and before. The greatest value of Reiki is its higher intelligence; it knows exactly where to go and how to respond where the energy is required for bringing balancing harmony. Application of mind and body is more important in Reiki.

On the next sessions, Psychological counselling, worked very well made her stress free. The suggestions which I instructed changed her life style, gave her excellent results. She engages herself to a happy life by forgetting about the past in which none of the medicine or surgery gave her a relief from depression, but only Reiki did the changes in her life.

Reiki worked on the subconscious mind removing the block and accepting the cosmic energy permitting natural flow of abundant divine energy resulting in recovery. Reiki can lead you towards a deeper, more meaningful and fulfilling life.

M.Ansara
9962723368

REIKI FOR THYROID PROBLEM

A young married lady visited me with thyroid problem. She had slight swollen neck and narrated that she got married seven years back and could not beget child. She was diagnosed of having 'thyroid insufficiency' and advised medication for a long period to augment the production of thyroid hormones. Vexed with the prolonged treatment she herself discontinued the treatment few months back. I decided to apply a combination of Reiki and Acupuncture and advised her accordingly. She also obliged. Initially I cleansed all her chakras, scanned and energized all her chakras, focusing more on Ajna, Visudha, Manipuraha and Swadhishtana chakras. Simultaneously I did acupuncture to stimulate thyroid, pituitary and ovaries for their effective functioning. I continued the treatment for five days and requested her to get another course of similar treatment after a week or ten days. The lady turned up and told that her 'periods' got postponed and she would like to wait for few more days for continuing the treatment. After few days she came and told with all smiles that it was confirmed by a Gynecologist that she has conceived. She also said that before coming for this treatment she decided that this should be her last consultation regarding her 'conception' and will not opt for any other treatment further.

Dr. T. G. Prabhakar M.V.Sc., PhD,

REIKI FOR MIGRAINE

A thirty year old youth came to me with a complaint of 'migraine' and sleepless nights. He had this problem for years together and his nature of work involves lot of travelling on two wheelers. On examination I found that he also had severe 'hyper acidity' problem besides migraine. He also agreed and said that he could not stick to timings for his lunch due to the hectic work nature. I suggested him a course of treatment of Reiki and Acupuncture and at once he accepted. I cleansed all his chakras and energized concentrating more on Ajna, Visudha and Manipuraha chakras. Concurrently I did acupuncture to alleviate the problems of his migraine and hyper acidity. I continued this treatment for five days and he had good relief. On my advice, the young man also had a complete course of further treatment comprising of four sittings with a gap of one week in between. After completion of the treatment, he told that he was relieved of his problem to a great extent and he could sleep better than earlier.

Dr. T. G. Prabhakar M.V.Sc., PhD,

Tambaram, Chennai- 45

Mobile: 098405 18135

Why Fear, when Reiki is here?

One of the studies conducted by W.H.O has predicted that by the year 2020 Depressive disease will become No: 2 diseases in the world. Anxiety neurosis is one of the psychological problems being experienced by many persons in today's competitive world. The predominant symptoms in anxiety neurosis typically include:

- Inability to Concentrate
- Difficulty in making decisions
- Extreme sensitivity
- Discouragement
- Sleep disturbances
- Excessive Sweating
- A Sustained muscle Tension.

One Mr. D an Assistant Branch Manager of a Nationalised Bank with all the above symptoms (anxiety neurosis) visited me with his wife few months back for psychotherapy. The preliminary Interview I had with him revealed the following details:

He had been away from his family for more than 6 years.

He was transferred to the recent branch situated near Pondicherry just three years back with the promise that he would be transferred to Chennai after 3 years. But the HO did not fulfil its promise. He was not happy with branch environment. The senior Manager who was due to retire within a year was not ready to share any responsibilities and shifted all the responsibilities on the shoulders of the ABM.

He did not have thorough computer knowledge. So to complete the work either he had to depend on others or had to stay even after office hours. On many occasions he could not visit his family who were in Tambaram. The above reasons led him to anxiety.

THE BODY'S RESPONSE TO STRESS/ANXIETY:-

- A. The Muscle's response: Chronically tense muscles result in numerous depressive related diseases, including headache, backache, spasms of the oesophagus and colon, posture problems, asthma, tightness in the throat and chest cavity, some eye problems, lockjaw, muscle tears and pull and perhaps rheumatoid arthritis. Mr. D was experiencing nagging headache over his eyebrows.

- B. The cardiovascular Response: In the case of cardiovascular disease anxiety and stress are highly implicated. Many Psychological states increase cardiovascular activity when no action is actually required. A new or unusual experience frequently elevates the heart rate, as fear, anger, anxiety and most situations that threaten the ego. Mr. D's Blood pressure remained always in 170/90

The Gastro intestinal Response: Response to stress arousal can be measured in every structure along the alimentary canal, starting with the mouth, the oesophagus and the activity in the stomach lining. Mr. D. had Diabetes.

TREATMENTS:

Generally the treatment for depressive diseases is a combination of:

- Medication.
- Psychotherapy.
- Relation Therapy.
- Electro Convulsive Therapy (E.C.T)
- Family Therapy.

Mr. D was already consulting a leading 'Psychiatrist' in the city and was taking medicines. But the strong dosage of medicines had made him to be drowsy, dull and further nervous. Under those conditions only his wife had brought him to me for Psychotherapy. During Psychotherapy sessions I also give Reiki to my clients as it relaxes a person in a very deep level, so that a client does not require Relaxation Therapy separately.

I started the first Psychotherapy session with Reiki. When I started giving him full body Reiki within few minutes he went to as leep. His breathing was normal and smooth. There was a peace in his face. His wife said that she was happy to see her husband sleeping peacefully after a period of above two months. Mr. D. woke up fresh after one and half hours deep, relaxed sleep. He stated that his body pain and tension had considerably reduced. He also reported that while Reiki was given on his hand he felt heat and sudden throbbing pain which after sometime started reducing and simultaneously he also felt a pleasant drowsiness. As he could come only on Sundays he wanted me to give him Reiki for another 4 or 5 Sundays also. He was advised not to stop medicines those were prescribed by the Psychiatrist. When he came for the second session he reported that though he felt alright during the entire day when Reiki was given but the next day when he had to go to his branch the fear and anxiety developed Now I could understand that the whole problem was because of his environment and his recovery depends on the change of place. During the second and third sessions I prayed Reiki for his transfer also. I suggested him to talk to his Officers Association Secretary about his health

condition. Before the starting of fourth session Mr. D told me that the Asst. Secretary of the Officers Association wanted to talk to me about his condition. I spoke with the Asst. Secretary and narrated my observations and the need of the transfer for Mr. D. The Asst. Secretary listened but was non-committal. We continued the fourth session with the prayer for Mr. D's transfer. For the Fifth Session Mr. D did not come. The next day morning his wife called me. She said with an excitement that Mr. D. has been transferred to Villupuram Branch. As he had to join duty by next week he was to finish the pending work so he could not attend the yesterday's session. I silently thanked Reiki for the development.

“Innoru Laddu”: After about 20 days Mr. D called me. He was in an elated mood. The news was on mutual transfer basis he had been posted in Chennai. The Reiki had really blessed him. With medication, Psychotherapy, etc, his anxiety could have been controlled or cured but with a very slim chance of transfer he would not have got his posting at Chennai at such a short span. In his case the transfer was the main ‘medicine’. Only a ‘Supreme Power’ REIKI, could influence and alter an unfavourable situation. Medical Science may not accept this view, but this is the fact.

Dr. V.SUBRAMANIAN
Psychotherapist & Reiki Grand Master

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CHALLENGES FACED BY MODERN CHILDREN

Today, apart from increasing awareness about child development on the one hand, their behaviour and habits, the stress and strain they are subjected to all coming under scrutiny on the other, by a wide spectrum of people ranging from Educationalists, Academic Counsellors on one hand to psychiatrists and physicians on the other with worried parents caught helplessly in between. Such are the pressures on modern children at different levels, are responding differently. Many Children/Students undergo sleep deprivation, premature hair greying or even high tension and stress induced physical and mental challenges. Due to peer group rivalry, steep rise in parental expectation and individual aspirations, and stiff competition, many modern children and families in several walks of life, are going through increasing levels of stress and pressures. In this scenario, people have started to look for effective anti - measures such as Yoga, Reflexology, Reiki, Acupressure, Meditation, Pranayama, etc.

BALA BRUNDAM SANGITA GURUKULAM

BALA BRUNDAM SANGITA GURUKULAM, CHENNAI is a small/ compact institution whose aim is to offer holistic training to willing learners through Traditional Classical Music. The concept is to carry forward the message of India's precious heritage through preparing students to evolve as Musicians, Scholars, Teachers and Gurus who become worthy enough to act as effective Torchbearers to coming generations. Established in the early Nineties, BALA BRUNDAM has about 20 students on its roll. About 10 years ago to its good luck, the Gurukulam came across Smt. UMA SEETHARAMAN, an ardent and devoted practitioner of Alternative Therapies/ Acupressure, Reiki and such like. Once a child/student, worried by exams/competitions or anything else, when sent to her, this individual usually returned as a cheerful and happy personality. This has been the usual ground experience.

PP GAP

When a child/student is affected by avoidable "Tension and Stress", it is a fact that a severe GAP is created between POTENTIAL (P) and PERFORMANCE (P). For budding and seriously focussed learners/students, the ideal PP GAP should be zero or minimal. Keeping this in view,

the Gurukulam is consciously making an effort to take suitable steps to narrow the PP GAP. One supportive approach is always to obtain the help of Smt. Uma Seetharaman whose ability to build up positive rapport with children has been of great use in helping them. Sample Case Studies are given here to highlight the matter. A few case study examples are discussed here.

Case Study - I : Child Age (8 years), very restless, tensed, speaking fast as a habit and totally troublesome at home, school and the Gurukulam was sent to her. After the help given by her, the child became calm, amenable and more adaptable at school and home. The child has since settled well in the Gurukulam also.

Case Study - 2: This intelligent student (age 18 years) totally tense and rigid, always stressed out, when sent to her, has steadily evolved into a peaceful personality, highly effective in a holistic way.

Case Study -3: This is a case of a child (age 10 years) with tension, stress and voice challenges. Smt. Uma Seetharaman was approached for help and after some time the child has been able to reduce her difficulties considerably and is doing well at school and the Gurukulam.

Case Study - 4: This is about students belonging to age group 18 - 22 years. From time to time when they showed signs of stress and tension, especially during exams and competitions, after interacting with her, they were found to be relaxed and calm and went through their tests with composure and cheerfulness.

INVALUABLE SERVICE RENDERED/ BEING RENDERED

BY Smt. UMA SEETHARAMAN: The Gurukulam mission is to train children to be excellent in their work long term. With the help of Smt. Uma Seetharaman from time to time, students have been and are obtaining help with satisfying results. Because of the effective nature of such help, students stand benefited and are able to go about their work in a more peaceful mode. Repeatedly over a decade, the Gurukulam children have been receiving positive help from her, and over a period of personal interactions one is compelled to acknowledge that it is actually a Dedicated and Valuable Service provided by Smt. Uma Seetharaman in a concerned and caring manner.

K.V.RAJAN

(GUIDE AND MENTOR; BALA BRUNDAM - HUMAN RESOURCES CELL)

Gratitude!

My son Aniruddha who is 15yrs old is autistic, when we learnt about autism we explored various options and arrived to the conclusion that education and training was the best way to go. It is sometimes difficult to teach the children who are autistic as they are hyperactive or not attentive.

I met Mrs.Uma Seetharaman in 2003, she helped us where my son and some of our other kids were given healing sessions through Reiki and Acupressure at our centre 'We CAN' in Chennai. She has been addressing global and specific areas for each child. I found my son to be calm, less anxious and improved attention, which assist his learning process to progress. The improvement is that, my son he himself suggests acupressure points for his headache and constipation problems. Other kids have also shown a lot of improvement. One of them has overcome disturbances during his sleep and healthy with peaceful nights. Above all it helps the children to be healthy and happy.

I feel that although Reiki and Acupressure are great healing techniques the role of the healer is equally important. Mrs. Seetharaman apart from being an accomplished healer is a wonderful human being, she relates to the children with such ease and loves and respects them. Every week when I tell my son it's time to go to Uma auntie's home he gets ready with a big smile! This shows that she has spread the happiness through healing...

I am very grateful to Mrs.Uma Seetharaman and wish her all the best in her endeavour to help many others like me and my son.

- Hemamalini Jairam

Mrs. Uma Seetharaman (9840748942)

Mani, Mandiram, Anushadham

Our Indian ancient medical systems are based on Mani, Mandiram, and Anushadham. Mani could be interpreted in two ways. The radiance from precious stones has healing powers. The other possible interpretation of Mani is the time at which the patient set out to meet a doctor. Yes our forefathers relied on the science of astrology (science can never go wrong but scientist can). Imagine when telescope was invented, our yogis and siddhas discovered the colours of planets accurately through their clairvoyant powers. I feel I am digressing. The planetary movements have both malefic and benign effects on human lives. By coming into contact with appropriate jewel stone one could mitigate or neutralize the bad effects.

Let me come to the second aspect Mandiram which is the collection of few syllables. At the first instance, these mandirams have no powers. But over a period of time, through a steadfast penance these powerless syllables have gained power by our rishis (for example, when the bandit ratnakara was initiated into 'Rama' mantra, initially, he didn't pronounce the mantra properly but, through his resolute mind and a deep penance he went on to write the great epic Ramayana) In other words, these mantras are nothing but the encapsulated energy batteries. A whole lot of un-manifested energies are stored inside the mantras. By constant chanting of a particular mantra, the chanter gets elevated to a state of mind and invisible energy field is created thereby, the patient gets cured.

Anushadham aspect forms the third component of our medical system. Anushadham literally means medicine. We Indians have the legacy of associating medicine with spirituality. In our system the medicines are not just confined to tablets and tonics. The medicines are derived from herbs, animals, metals, poisons (paashaanam) etc. For certain ailments, even going on a pilgrimage are considered as treatment. That's why our way of life is associated with Mother Nature.

Mr. S. Nagarajan
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MOOLADHARA CHAKRA

Human body has been created with visible physical body and invisible Aura (Energy field) in which Chakras are located. According to western science, breathing is through nostrils, part of respiratory system; But Eastern science recognizes the seven major chakras. The Seven major chakras are meant for breathing the cosmic energy. Cosmic energy enters the aura and through the chakras reaches the physical body to make the mind cosmic conscious and to keep the physical body in good health with divine force. Chakras are so named because of their capacity to spin for breathing in and out. Thorough knowledge of seven major chakras, namely Mooladhara, Swadhishtana, Manipura, Anahatha, Vishudha, Ajna and Sahasrara are essential for identifying the disease and healing.

All the chakras make their appearance at foetal life but it is the Mooladhara chakra that starts developing in the prenatal stage. In the third trimester, of pregnancy, it develops. Hence let us start with the stages of development of Mooladhara chakra.

Mooladhara chakra (root chakra) is a self explanatory term. Because it forms the foundation for life (Adharam) and grounding the body to mother earth (Root/Moolam). This character and development is its manifestation of Kundalini shakthi. The development of other chakras depends solely on this chakra. The basic need for proper development in postnatal life depends on the protection afforded within the uterus of the mother. In intra uterine life, foetus is nourished by the nutrients through the mother's blood. At this stage, the environment afforded within the uterus and the emotions of the mother play a crucial role with the development of chakras, especially Mooladhara chakra.

Normal development of child and character of the child after birth depends on this environment at the third trimester of pregnancy. E.g. when a pregnant mother is happy, enjoys a good healthy and pleasant environment, caresses her abdomen with love, Listens to good music, healthy infant is born.

In South India, the custom is to perform a religious ceremony called 'poo choottal' or 'Valai Kappu' when pregnant mother is advised to wear glass bangles. The jingling sound from the bangles while the mother caresses the abdomen, serves dual purpose of making the foetus feel secure and sound from bangles stimulates the nervous system.

On the other hand, if the pregnant mother is abused verbally and if she suppresses her emotions, the foetus reacts with speech defect, hearing defect or symptoms of autism. Traumatic experiences of the mother if she was subjected to heavy dose of antibiotics, any serious illness, too many exposures to X-rays, scanning, emotional resistance to go through pregnancy, she may give birth to child with problems. Unnecessary imaginary fear of giving birth to an abnormal child may lead to emotional disturbance in the subconscious mind of the foetus.

In both prenatal and postnatal life, feeling of security, protection is mandatory; when it is denied, fear creeps into the mind. In such cases, development of Mooladhara chakra exhibits defects in the form of deficiency or excessiveness of other chakras also.

Healthy Mooladhara chakra makes a person grow with firm foundation, grounding him to the mother earth, feeling secure, ambitious, and calm in spite of obstacles and opposition. A Conducive environment provides full support for normal growth.

Good nourishment is directly proportional to good grounding, self preservation. These are offered by maternal care, breast feeding, physical protection, family support. Growing child responds unconsciously. Suckling, grabbing, crawling are sensory developments. The sensory developments help motor development. Both sensory and motor stimuli are unconsciously registered as experiences in the brain.

As the child starts sitting in six months, chakras plane change from horizontal to vertical. This brings forth the movement of energy from Mooladhara towards Sahasrara. When the child starts standing and walking, the bridge between Mooladhara and mother earth is established which forms a solid foundation for survival as an individual.

Now you know survival of the child in postnatal life depends solely on Mooladhara chakra, which is associated with Kundalini Shakthi, at the tip of the backbone and the energy from the mother earth for grounding.

Mooladhara chakra's function is impaired due to any trauma during the developing stages of the chakra i.e. last three months of pregnancy plays a crucial role in the development of the child. When the mother does not like to go through her pregnancy, her emotional reactions lead to contractions of the uterine muscles. This affects the foetal growth. The developing brain receives the information resulting in abnormal development of brain. Children are born with congenital abnormalities musculoskeletal abnormalities autism, cerebral palsy etc. Such children feel neglected and insecure, resort to a wayward life in the later stages of life.

After delivery, current day mothers resort to milk substitutes and infants are handled by outsiders. Newborns need mother's care which is provided by breast feeding. Warmth provided while being cuddled, closeness of the mother and nourishment by natural breast feeding provide strength for the survival of the child and feeling of security. Immune system depends on Mother's milk. The milk secreted in the first twenty four hours carries immunoglobulin to the new born and it is immediately absorbed by the primary lymphoid organs affording immunity to the child. If it is denied the child grows without any resistance power against infection. In such children occasionally vaccination failure occurs. Instead of protection vaccination causes diseases.

Any impairment during this period interferes with the normal development of the Mooladhara chakra. Foetus grows in a dark, protected environment, but when brought to this world in bright light with great force, as in caesarian, with forceps or premature delivery, the newborn undergoes traumatic experience Separation of the new born from the mother, viz. after caesarian operation, maintaining the new born in incubator abandonment by the mother, death of the mother after delivery exposes the new born to traumatic experiences and weakens the first chakra.

In case of premature babies, modern technology provides artificial environment through incubators. During this period, the mother has no access to the baby. The physical touch of the mother, when deprived causes a sense of abandonment, fear, mistrust etc. Damage to the first chakra could lead to congenital abnormalities like mental retardation, epilepsy, cerebral palsy. In later part of life when Mooladhara chakra is not in balance, the person would show symptoms of BP, kidney ailments, disease of lower abdominal organs i.e. reproductive organs, large intestine, and urinary tract. Skin, muscle and bones may be affected. Cancer is associated with the weakening of the Mooladhara chakra.

For a healthy Mooladhara chakra

1. Care of pregnant mother
2. Providing nourishment to the pregnant mother & foetus
3. Providing a happy environment especially in the last trimester of pregnancy

Newborns should be breast fed. Mothers should always handle the body with care, providing a secure feeling and warmth. Healing of Mooladhara is done by removing the accumulated negative energy from the Mooladhara chakra and other chakras in the body, which are also thrown in to imbalance.

Diseases due to deficiency or congestion of Mooladhara chakra:

Adrenals – Blood pressure, Tumour or cancer

URINARY SYSTEM

Kidneys – Nephritis, Stones, Kidney failure

Bladder, Urethra – Inflammation, Urinary incontinence, Calculi (stones), Urethral stricture

FEMALE REPRODUCTIVE SYSTEM

Ovary – Oestrogen deficiency/excess, cyst, cancer, hormonal imbalance causing irregular period's premenstrual tension excessive bleeding infertility, breast cancer, Fallopian tube-block, Tubal pregnancy

Uterus – Menstrual problems, Fibroid, Cancer

MALE REPRODUCTIVE SYSTEM

Testis – Azoospermia, Lower sperm count, Androgen deficiency/excess, Hydrocele

Prostate gland – Enlargement, infection, cancer

Large intestine – Constipation, Diarrhoea, Appendicitis, Colon cancer, Irritable bowel syndrome, Ulcerative colitis, Piles

Skin – Allergy, Eczema

Muscles – Weakness, injury

Bone – Growth deficiency, Fracture, Back pain, Disc prolapse, Spondylitis, Leukaemia

Finally, Survival in this world depends on Mooladhara Chakra. Though the above mentioned diseases are physical, they are related to emotional or mental disturbances also. When

Mooladhara chakra is weak, immune system becomes weak. Body develops tendency to become sick.

In a few cases, tendency to commit suicide predominates. So to empower self and to raise Kundalini shakthi, Chakra meditation is mandatory. Chakra meditation is meditation on our own chakras. It is based on the principle that each chakra has its own Bija Manthra and when a manthra is chanted while meditating on each chakra the sound waves emanating from the corresponding mantra resonates with the chakra and empowers the chakra.

Meditation and chanting

Manthras commences from Mooladhara chakra. Once Mooladhara chakra becomes powerful, Kundalini shakthi, sleeping like a coiled serpent at the tip of the backbone is awakened. From the tip of the backbone, shakthi ascends up through Sushumna Nadi (Spinal cord and cerebrospinal fluid in the sub arachnoids space). As she ascends up, each chakra starts vibrating and finally Kundalini shakthi reaches Sahasrara chakra (Lord Shiva's abode) at this stage the meditator reaches the stage of Samadhi (Union with God). Once this stage is reached by Sadhaka, one acquires health and enjoys bliss. He becomes a real healer.

By chakra meditation, not only Kundalini shakthi is awakened to make a person spiritual and but also results in balancing of chakras by removing the obstacles. Chakras are made more powerful by chanting specific manthra and as Shakthi ascends through the back chakras, they are made more powerful.

Mooladhara Chakra

Moola – Root

Adhara – support

Development – starts functioning in the III trimester of pregnancy (6 months, prenatal) and grows up to 1 year after birth.

Location – Perineum

Element – Earth

Colour – crimson red

Bija manthra – LAM

Number of petals – 4

Endocrine gland – Adrenal

Devatha of the centre – Kundalini shakthi

Centre of chakra – Triangle (Sexuality)

Linga encircled by sleeping snake in a three and half coiled form

Adhipthi Devatha – Lord Ganesha

Dr.P.S.Lalitha

9840044198

Testimonials

My Experience

Before I begin my experience with Dr.Lalitha, I really want to convey my heartfelt thanks to her! We have known Dr.Lalitha for almost a decade. Back in 2000, my mother was suffering with Breast Cancer and this stuck our family like a thunder bolt. Doctor's wonderful healing helped my mom more than chemotherapy and other advanced medical care she received. We truly believe it is Reiki and doctor's healing hands that bought back our mom safe. My mom has nicknamed her mother Teresa for her effectual Reiki treatments to all with truly altruistic motive. She takes personal interest on all her patients which is very evident in many instances, be it visiting my grandmother in the hospital to heal her when she had a heart attack or visiting my sister at home when she and her daughter faced a terrible road accident. I had myself made numerous phone calls to her when I used to be in unbearable pain and she would treat me via phone. Needless to say, her healing therapy not only works in-person but via long distance phone calls as well.

Here goes my story...

I delivered a beautiful baby boy couple of months ago. I ended up with a 4th degree tear which happens in only handful of deliveries worldwide. Due to this, I developed a fistula which according to the doctors here in Canada is pretty much extinct in developed countries. Doctors here said that surgery was the only way to go unless it heals on its own. They also mentioned that chances for self healing were slim. This completely devastated me as I had a newborn baby to care for and a surgery can potentially change my life forever especially it could lead to a colostomy.

At this time, my mom asked me to talk to Dr.Lalitha who assured me that the fistula will self heal. She not only worked charms with her kind words but relentlessly continued her healing techniques to cure me completely. When I went back to my OBGYN after a month, she was amazed that my fistula had self healed and called it as miracle! As always, Dr.Lalitha humbly said that it was God's blessings that cured me. But as they in Sanskrit- 'deivam manushya roopane' (i.e.) divine come in the form of human being, she was there with me at the right time. I completely attribute my good recovery to Dr.Lalitha's reiki healing therapy. My heartfelt thanks to Dr.Lalitha, for her wonderful treatment and patience. We wish her all the best!!

(Name withheld on request)

ஆகஸ்ட் 6 ஹிரோஷிமா தினம். அணு ஆயுதத்தின் கொடுரத்தை உலகம் உணர்ந்து கொண்ட நாள். மரணத்தின் வி நாவுகள் தீண்டிய விபரீத நாட்களை ஜப்பானியர்களால் இன்னும் மறக்க முடியவில்லை. ஆனால் இன்னொரு புறம் அணு உலைகளை ஆதரிக்கும் குரல்களும் அடங்கவில்லை!

சமீபத்தில் இந்தியாவுக்கு வந்த அமெரிக்க வெளியுறவுத்துறை அமைச்சர் ஹிலாரி கிளின்டன், அணு உலைகளுக்கு ஆதரவாகப் பேசிய பேச்சுக்கள் அணு உலை எதிர்ப்பாளர்கள் மத்தியில் கூடுதல் கவனத்தையும் கோபத்தையும் எழுப்பி உள்ளன. மத்திய அரசு ஏற்கனவே கொண்டு வந்துள்ள அணுசக்தி தொடர்பான இழப்பீட்டுச் சட்டத்தில், அமெரிக்காவுக்குச் சாதகமான திருத்தங்களைச் செய்ய வேண்டும் என்று ஹிலாரி அழுத்தம் தெரிவித்து இருக்கிறார். அமெரிக்காவின் தாளத்தினை ஏற்ப ஆட்டம் போடும் மன்மோகன் அரசு, மேலும் மேலும் அணு உலைகள் அமைப்பதை விரிவாக்கிக்கொண்டே வருகிறது. கொரியாவுடன் சேர்ந்து இந்தியாவில் ஐந்து அணு உலைகள் தொடங்க, புதிதாக ஒப்பந்தம் போடப்பட்டு உள்ளது. இதற்கு டையே ஆந்திராவில் தும லப் பள்ளி என்கிற இடம், உலகில் யுரேனியம்

அ தி க ம்
உ ள் ள
இ ட ம ா க
அ றி வி க் க ப் ப ட டு
இருப்பதைத் தொடர்ந்து,
அங்கே ஏழு புதிய அணு
உலைகளைத் தொடங்க
இருக்கிறது அரசு. என்ன, ஏது என்று
மக்களுக்குத் தெரிவிக்காமல் பாத்திரம்
வாங்கிக் குவிப்பதைப்போல அணு
உலைகளுக்கு ஒப்பந்தம் போடுகிறார்கள்
ஆட்சியாளர்கள்.

ஃ புகுஷிமா விபத்தைத் தொடர்ந்து ஜப்பான், கொஞ்சம் கொஞ்சமாக அணு உலைகளைக் குறைத்து வருகிறது. ஜப்பான் பிரதமர் நேடடோ கான் தங்கள் நாட்டு அணு உலைகள் குறை உடையவை என்பதை ஒப்புக்கொண்டு உள்ளார். ஜப்பான் அரசாங்கம் பல இடங்களிலும் கதி

ர்வீச்சின் அனாவை அளந்தனர். அந்த பகுதிகளில் 67 மைக்ரோ சீவர்ட்கள் வரை கதிர்வீச்சின் அளவு இருக்கின்றன. பொதுவாக, அணு உலைகளில் 20 வயதில் பணிக்குச் சேர்ந்த ஒருவருக்கு 40 வயதாகும் போது, அந்த 20 வருடங்களில் 2 முதல் 5 சீவர்ட்கள் கதிர் வீச்சை உள்வாங்கி இருப்பாராம்.

ஜப்பான் உணர்ந்து கொண்
டாலும் இங்கு இருக்கும்
அணு ஆதரவாளர்கள்
அணு அபாயத்தை
உணர்ந்து

கொண்டதாகத்
தெரியவில்லை.

உணர்ந்துகொண்டாலும்
அதை மறைப்பதற்கான
வேலைகளிலேயே
இறங்குகிறார்கள். அதற்கு ஓர்
உதாரணம்: கல்பாக்கத்தில் வசிக்கும் ம
க்களுக்குப் புற்றுநோய் உள்ளது என்பதை
மறுப்பதற்காக, காஞ்சிபுரம் அறிஞர் அண்ணா
நினைவு புற்றுநோய் ஆய்வுமையம் வெளியிட்ட
அறிக்கை. இந்த அறிக்கை கல்பாக்கத்தில்
வசிக்க மக்களுக்க கதிர்வீச்சால் எந்தப் பாதிப்பும்
இல்லை என்கிறது. ஆனால், இந்த அறிக்கையில்
உள்ள அபத்தங்களை விளக்குகிறார் மருத்துவர்
புகழேந்தி.

அடிப்படையில் இவர்கள் செய்திருப்பது Cross Sec-
tional Study அதாவது, குறிப்பிட்ட ஒரு நாளில்
எத்தனை பேருக்குப் புற்றுநோய் பாதிப்பு இருக்கிறது
என்பதை அறிவதற்கான ஆய்வு. அந்தத் தேதி
யில், அந்தக் கால வரையறைக்குள் புற்றுநோய்
இல்லை என்றால், அவர்களுக்குப் பிரகாலத்தில்
புற்றுநோயே வராது என்று சொல்வதற்கு இல்லை.
அணு நிலையத்தில் வேலை பார்க்கும் ஒருவருக்கு
புற்றுநோய் இலுக்கிறதா... இல்லையா என்பதைக்
கண்டறிய அணு சக்தி ஒழுங்கமைவு வாரியம் மற்
றும் சர்வதேச அணு சக்தி முகமை ஆகியவற்றின்
விதிகளின்படி நீண்ட காலத் தொடர் ஆய்வுகள் மேற்
கொள்ளப்பட வேண்டும். ஆனால், அப்படி எந்த
ஆய்வுகளும் மேற்கொள்ளப்படவில்லை.

தூணம்... தூணம்... அணு தூணம்

எக்ஸ்ரே எடுத்தல், ரத்தப் பரிசோதனை, புற்றுநோய்க்கான அறிகுறிகள் தென்பட்டால் மட்டும் சைட்டாலஜி மேற்கொள்வது என மூன்றே முன்று பரிசோதனைகளை மட்டுமே செய்திருக்கிறார்கள். பொதுவாக, சில புற்றுநோய் வகைகளில் ஆரம்ப கட்டத்தில் அறிகுறிகள் தெரியாது. பரிசோதனை செய்த சமயத்தில் புற்று நோய்க்கான அறிகுறிகள் தென்படாமல், பின்னாளில் ஓர் அணு நிலைய ஊழியர் புற்றுநோயால் பாதிக்கப்பட்டால் அதற்கு யார் பொறுப்பு?

அறிகுறிகள் இருந்தால் மட்டுமே மேற்கொண்டு மற்ற பரிசோதனைகளைச் செய்வார்களாம். புற்று நோயைப் பொறுத்தமட்டில் தொடக்கத்தில் எந்தப் பிரச்சனையும் காட்டுவது இல்லை என ஆய்வாளர்கள் நன்கு அறிவார்கள், மேலும் ஆரம்பக் கட்டத்தில் இருக்கும் புற்றுநோயை ஸ்கேன் போன்ற கருவிகளால் பரிசோதித்தாலும், ஒரு சென்டிமீட்டருக்குத் துறைவாக் கட்டி இருக்கும் பட்சத்தில் அது தெரியாமல் போகும் வாய்ப்பும் நிறையவே இருக்கின்றன. இதுபோன்ற வியங்கள் இந்த அறிக்கையில் கவனத்தில் எடுக்கப்படவில்லை.

டிராஃபிக் ராமசாமி தகவல் அறியும் உரிமைச் சட்டத்தின் கீழ் பெற்ற ஆவணத்தில், அணு சக்தி ஒழுங்கமைவு வாரியத்தின் முன்னாள் செயலர் ஒம்பால் சிங்கின் மகன் புற்றுநோயால் மரணம் அடைந்ததுபற்றி எந்த விவரங்களும் இல்லை. ஒம்பால் சிங் எப்போது கல்பாக்கத்தில் பொறுக்கேற்றுக் கொண்டார், எப்போது பணி விலகினார், அவர் மகன் எங்கு பிறந்தார், அவர் மகனுடைய நோய் எங்கு அறியப்பட்டது, அந்தச் சமயத்தில் அந்தச் சிறுவனின் வயது என்ன, அந்தச் சிறுவனுக்கு சிகிச்சை அளிக்கப்பட்டது கல்பாக்கம் மருத்துவமனையிலா அல்லது வேறு எங்கேயுமா ஆகியவை குறித்த எந்தத் தகவல்களும் அந்தப் பதிலில் இல்லை.

தற்போது கல்பாக்கத்தில் பாவினி நிலைய இயக்குநராக இருக்கும் பிரதோத் குமாருக்கு தைராய்டு புற்றுநோய் இருந்தது. அவருக்கு எப்போது அறுவை சிகிச்சை செய்யப்பட்டது, எவ்வளவு சீவெர்ட்ஸ் எடுத்துக்கொண்டார் என்ற தகவல்களாவது வெறியிடப்படுமா? அணு நிலையத்தில் செல்வகுமார் என்ற ஒப்பந்த

ஊழியர் கடந்த 2002-ம் ஆண்டில் பணியாற்றி வந்தார். ஒரு விபத்தின்போது, அவர் அதிகபட்ச கதிர்வீச்சுக்கு உள்ளானார். இப்படி அதிகபட்ச கதிர்வீச்சுக்கு உள்ளானவர்களின் பெயர்களை Significant Event Report-ல் பதிவு செய்வார்கள். அதில் டி.எம்.டி மற்றும் டி.ஆர்.டி. என்பது தெர்மோ டோஸிமீட்டர், டோஸிமீட்டர். இதுதான் பணியாளர்களின் உள்வாங்கிய சரியான கதிர் வீச்சு அளவைத் தரும். ஆனால், டி.ஆர்.டி. (டைரக்ட் ரீடிங் டோஸிமீட்டர்) முறையில்தான் அளவிடுகிறார்கள். இதன் மூலம் துல்லியமான கதிர்வீச்சு அளவைத் தெரிந்துகொள்ள முடியாது. அவருடைய சுகாதாரப் பரிசோதனை முடிவுகளை அவர் எழுதிக் கேட்டும் இதுவரை நிர்வாகம் தரவில்லை. இதை ஏ.கி.ஆர்.பி. பதிவு செய்ய வேண்டும் என இருந்தும் ஏன் பதிவு செய்யவில்லை? 2022-03ம் வருடத்துக்கான பட்டியலில் ஏன் செல்வகுமார் பெயர் இல்லை?

பொதுவாக, கடல் வெம்பம் 28 முதல் 29 டிகிரி சென்டிகிரேடுதான் இருக்க வேண்டும். 33 டிகிரிக்கு மேல் போகக் கூடாது. அப்படிப் போனால், கடல்சார் உயிர்சக்தியைப் பாதிப்பு அடையும். அணு உலைகளைக் குளிர்விக்கப் பயன்படுத்தப்படும் நீர், கடலில் இருந்து எடுக்கப்படுகிறது. அது இன்லைட், உலைகளைக் குளிர்வித்துவிட்டு, அதே நீர் வெளியேறி கடலில் கலக்கப்படுகிறது. அது அவுட்லைட். இந்த இன்லைட் மற்றும் அவுட்லைட் நீருக்கு இடையேயான தட்பவெப்ப வத்தியாசம் 5 சென்டிகிரேடுக்கு மேல் போகக் கூடாது என்று ஐ.ஏ.கி.ஏ. சொல்கிறது. ஆனால், கல்பாக்கத்தில் இது 8.4 டிகிரி சென்டிகிரேட் ஆக இருக்கிறது. இதனால், கடல் வெப்பம் உயரும் அபாயம் இருக்கிறது. கதிரியக்கம் என்பதைப் பொறுத்த அளவில் பாதுகாப்பான அளவு என்று எதுவும் இல்லை. எனவே, அணு உலைகளின் கதிர்வீச்சால் ஏற்படும் பாதிப்பு குறித்து இனிமேலாவது வெளிப்படையான விவரங்கள் தரப்பட வேண்டும், என்கிறார் மருத்துவர் புகழேந்தி.

வரலாறு நெடுகிலும் நமக்கான பாடங்கள் புதைந்துகிடக்கின்றன. அதில் ஹிரோஷிமாவின் பாடம் போர் வெறிக்கும் அணு அபாயத்துக்கும் எதிரான பாடம். இந்தப் பாடத்தை இப்போதும் நாம் கற்றுக்கொள்ளாவிட்டால், எதிர்காலம் என்னவாகும்?

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