

## A short introduction to Holistic Medicine



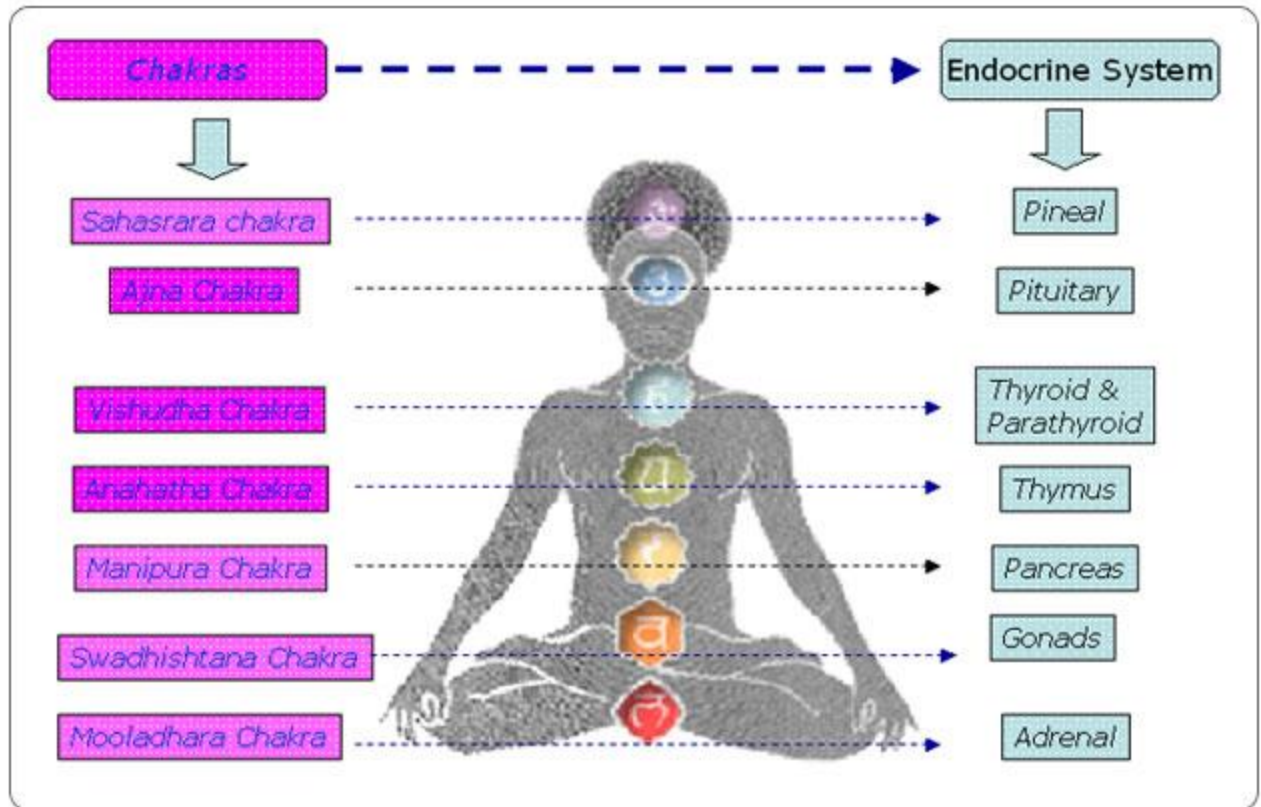
### Reiki

In Japanese, Reiki means Universal life force energy; Rei – Universe and Ki- life force energy. In the past 3 decades, Reiki has become popular as an unique means of healing the mind, body and soul.

#### Human body

The Human body has visible physical body and an invisible meta physical auric body. The aura (also known as energy body) is bio magnetic field, diffusely distributed around the visible physical body. The aura is distributed in seven layers and the outermost layer is the outer limit of the human body. In the invisible inner aura, seven major chakras are located. Chakras are the energy centres.

Major chakras act as link between the universe and the endocrine glands of the physical body.



The seven major Chakras, located in the inner aura are capable of breathing. When chakras spin, cosmic energy created by the supreme power is drawn in to the chakras (inhaling) and reaches the endocrine glands. Through the neuro transmitters reach the brain within the physical body. Hence, survival depends solely on the flow of cosmic energy through the seven major Chakras.

### What is health?

Seven major chakras in the inner aura channelise cosmic energy throughout life. Uninterrupted flow of cosmic energy through all seven chakras results in harmony among Chakras. In turn, the endocrine glands are brought to harmony. Distribution of cosmic energy through hormones to every atom in the body is health. So hormonal balancing is equated to Chakra balancing i.e health..

### What is Disease?

**Disease is accumulation of negative force either in aura, Chakra or in the endocrine glands.**

Block for the flow of cosmic energy through aura/chakras results in malfunctioning of chakras. Since no chakra is independent, malfunctioning of one chakra brings about malfunctioning of corresponding endocrine gland. This leads to hormonal imbalance, manifested by physical and psychosomatic diseases.

## **Healing**

A Reiki Healer gains the capacity to channelise the cosmic energy to heal the body and mind. Reiki healers gain knowledge of universal energy and chakras and the simple technique of drawing this abundant universal energy in to the invisible chakras. This is possible by meditation on chakras, by chanting the associated Manthras. Healer channelizes cosmic energy in to the Chakras of the patient through his palms. Continuous uninterrupted flow of universal energy through the seven layers of aura and finally through chakras in the inner aura maintains the chakras in balance. Energy reaches the root cause of the disease, either in physical, emotional, mental or spiritual level.

## **Healer**

All are born with healing power. Since this knowledge is lacking, human beings suffer..Hence a master imparts this knowledge to the disciples and create healers.. The flow of energy through the aura, chakras and the dependence of the physical body on the flow of energy for balancing chakras, endocrine organs is mandatory for a healer to keep himself and others healthy.

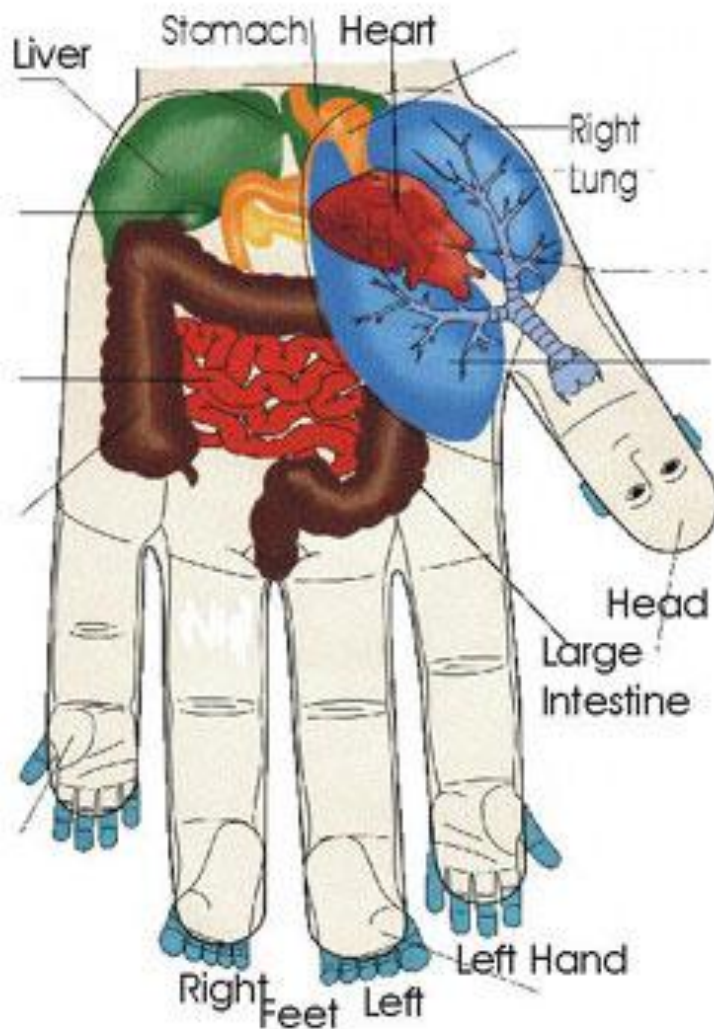
## **Acupuncture**

Acupuncture is an ancient science, based on the principle that Yin and Yang energy flow through the body in opposite directions. Uninterrupted flow of Yin and Yang energy is health. In traditional Acupuncture, energy flows in specific pathways known as meridians. Fourteen meridians have been identified. Each meridian is governed by five elements of nature. Block to the flow of energy causes disease. Applying needle removes the block, ensuring smooth energy flow and thus resulting in recovery.

## **SUJOK ACUPUNCTURE/ACUPRESSURE**

*SU -HAND, JOK-FOOT*

*SU JOK acupuncture is refined version of traditional acupuncture.* This is based on the principle that all organs are represented in the palm [SU]'and foot[JOK]. Needle (Acupuncture) or Pressure using fingers (Acupressure) is applied in the fingers on the correspondence points of the organ in palm /foot. Relief is instant and enables patients themselves to apply pressure on the specific points to get relief. Both diagnosis and treatment are done in the hand itself.



Meridians which run on hand and legs, in traditional acupuncture, have the same disposition but represented in the correspondence points of hand -index finger and leg - middle finger. All 12 meridians are in these two fingers and each meridian is governed by five elements.

Diseases like allergy, asthma, arthritis, blood pressure, back pain, cervical spondylitis, disc prolapse, fibroid, gastric acidity, ulcer, headache, menstrual problems, migraine, sinusitis, vertigo have been healed. Neither laboratory tests nor any medicine are required..

Psychiatric problems like anxiety, depression, and stress have also been healed.

Of late, the demand for drugless therapy is increasing. Since the public is getting frustrated by needless diagnostic tests, skyrocketing price of drugs, spurious drugs,

side effects of medicines, surgeries with varied results, they are seeking an alternative. The answer lies in combination of Reiki, Acupuncture.

The unique feature **about these methods is that there are no side effects, compatible with other forms of treatment like Allopathy, Homeopathy etc.. It is also simple and easy to learn.**