

REIKI -THE ULTIMATE THERAPY

What is 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.

The human body has visible physical body and an invisible auric body. The aura is the energy 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 body. The inner most layer called inner aura has the same shape as the physical body. In this invisible inner aura, seven major chakras are located. Chakras are the energy centres. Major chakras act as link between the universe and the body. 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 physical body. Thus the physical body becomes cosmic conscious. Entire universe is constituted by five elements viz. Earth, Water, Fire, Air and Void What is in the universe exists in the human body also. The five elements are distributed in Mooladhara chakra [earth] Swadhishtana Chakra [water], Manipura chakra [fire], Anahatha Chakra [air] Vishudha, Ajna and Sahasrara chakra.[ether/void].

HEALER

Healers are created by reiki masters by a sacred process termed attunement. Healer gains the capacity to channelise the cosmic energy to heal the body and soul. 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. Manthras resonate with the movement of chakras, empower them and this abundant universal energy is drawn in to the chakras and transmitted into the physical body. Continuous, uninterrupted flow of universal energy through the seven layers of aura and finally through chakras in the inner aura maintain the chakras in balance. Balancing of chakras result in balancing of all the five elements distributed in the body and keep the mind free from stress.

Link between Chakras and Endocrine Glands

Each Major chakra is associated an endocrine gland. Endocrine glands, within the physical body, synthesize hormones. Balancing of chakras with uninterrupted cosmic energy flow brings about endocrine balances (hormonal balance). When the mind is in balance, cosmic energy's flow through the aura and chakra is uninterrupted and smooth.

Health- Uninterrupted flow of cosmic energy without any block is the basis for health. For maintaining health, mind plays a crucial role. Mind processes the information received by the five senses (eyes, nose, ear, tongue, skin). Hence the influence of external environment gathered by these five senses plays a major role in feeding the information to the mind, the sixth sense. Thus when the mind is relaxed and free from stress, the energy processed by the -mind flows to the subconscious mind through the

aura and chakras. Hence feeding the information through the five senses plays a crucial role in keeping the mind and body in perfect coordination.

Knowledge of universal energy

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 and five elements is mandatory for a healer to keep himself and others healthy.

Disease

Every physical disease has a metaphysical cause. Stress has become a part of our life. There are several causes for one to feel anxious, sad, angry, jealous etc. But persisting emotional disturbance blocks the flow of energy through aura and chakras. Block in the flow of energy throws the chakras into imbalance. Imbalance or malfunctioning of a single chakra results in malfunctioning of other chakras, hormonal imbalance, and imbalance among five elements. The net result is the disease of single organ or the entire system under the control of the particular chakra and the physical body reveals symptoms of disease. Block for the flow of cosmic energy results in accumulation of negative energy in the organs and causes disease.

Diagnosis

Scanning the aura, chakras is done with palm chakra of the healer. Block for the flow of cosmic energy through aura or chakra is identified. Talking with the patient on his symptoms as experienced by the patient, duration of the disease, how and when it started about his background and life style, eating habits, mental make up are taken into account for proper diagnosis.

The present symptoms, experiences, duration, frequency and intensity are recorded. Based on all the information from the patient, further diagnosis is done. For diagnosis, no tool or machine or tests are required. Scanning the aura and chakras by using palm chakras reveals the malfunctioning chakra.

Healing

1. Cleansing
2. Energising (beaming cosmic energy into the chakras)

Cleansing the aura and chakra with palms removes the blocks for the flow of cosmic energy.

Energising.

Healer channels the cosmic energy from the cosmos to the patient's chakras. The cosmic energy thus received by the patient's chakras reaches the endocrine organs, neurotransmitters and the organs. Cosmic energy sets right the imbalance; balanced chakras result in balancing of endocrine glands (hormonal balancing). Slowly the cosmic

energy reaches the diseased organs, replaces the accumulated negative energy restoring health. As the negative energy is released, at times, the problem may appear to have aggravated. But it is called the healing crisis and it subsides once the body fully releases the negative energy.

Patient's response

In Reiki, healing is done by cosmic energy. Unless the mind accepts the cosmic energy, it doesn't reach the physical body. Hence patients consent, cooperation, full faith in the healing energy is required for success.

Healer

A Healer must have a purified soul, be humble, sincere, [spiritual](#) and honest.

Meditation on chakras makes the healer a perfect medium to transmit the cosmic energy. He should be a perfect Guru to talk about the healing power of cosmic energy, created by the Supreme Soul and also transmit his energy without claiming anything personal.

To shorten the duration of healing other systems also can be combined, with Reiki. Since Magnetotherapy, acupuncture, acupressure, crystal involve the energy, most of the healers opt for these systems to heal.