

REIKI AND INDIAN CULTURE

Dr.P.S.Lalitha

'Reiki' is a Japanese term which means Universal (Rei) life force energy (Ki). The term was coined by Dr. Mikao Usui, who is regarded as the father of Reiki. One might be surprised to know that this system of healing by spiritually guided energy has its origin in India. Let us look back and get enlightened on this ancient system of healing.

In olden days, our ancestors in India knew the art of living in peace – peace of mind, body and spirit. Inner peace prevailed over the other two and came from the realization of the divine energy from Supreme power, who has blessed the entire universe with abundant divine energy. This realization was achieved by saints of yester era through meditation. They meditated for several years and were finally blessed with divine power, with which they not only found inner peace but also could heal others by mere touch.

The empowered saints then passed on this knowledge to their disciples through a sacred system of teaching called Gurukulam. The learning process involved intonation of mantras and hymns. This practice continued for several years and the legacy of inner peace and healing by touch were passed on from generation to generation. As civilizations started to expand and western influences increased, this healing system by mere touch became obscure just as other systems of ancient Indian medicine.

Dr.Mikao Usui's quest to realize the healing power within oneself brought him from Japan to India. In India, he learnt the sutras. After meditating continuously for 21 days in Japan, he was enlightened and his quest ended. He found answers for the symbols in the slokas and scriptures only after meditation. Dr. Mikao Usui realized that the universe created by the Creator is blessed with the abundant divine energy and through one's breath, the energy enters in to the body to make the body cosmic conscious.. The same cosmic energy, as Dr. Usui learnt, can be brought in to the palm to heal self and others. For this unique simple sacred method of healing, Dr.Mikao Usui coined the term Reiki, in his mother tongue.. Unlike our ancient system of learning, Reiki has been simplified by Dr.Mikao Usui to cater to the need of one and all.

In Reiki, the healer possesses knowledge of energy field called aura and chakras (energy centres) capable of drawing the cosmic energy. Aura and the Chakras are metaphysical created for the flow of cosmic energy. They are invisible part of the body. Seven Chakras names are mentioned in Lalitha Sahasranamam and it is only in India, Hindus are well versed in chanting Lalitha Sahasranamam. In Reiki, the same

seven chakras' names are mentioned but as part of human body created by Supreme Soul.

The moment a child is delivered in to this world, he is connected to the Creator and the universe, through Sahasrara chakra. Sahasrara chakra is located in the inner aura over the summit of the head. During pregnancy the foetus is given a protective environment by the mother. Once delivered the infant is thrown into a new bright environment outside the uterus. The Creator who is benevolent to all His creations provides a link between Him and the foetus until such time that the child starts moving. The link is established through Sahasrara chakra through a membrane bone called fontanel.

In the new born child, in the skull, made up of hard thick bone, the fontanel alone remains as a thin membrane bone, up to a particular age. It is at the focal point of Sahasrara chakra. Sahasrara Chakra is connected to the pineal gland which is deeply buried in between the two halves of the cerebral cortex. This connection allows the child to draw the universal energy. Pineal gland is responsible for circadian rhythm. Now it is obvious that everyone in this world is born with Reiki energy. It is also a known fact that a child should not be beaten on the top of his head- a fact which becomes obvious in the context of unossified membrane bone at the level of Sahasrara chakra. Any injury on summit of the head results in malfunctioning of Sahasrara chakra and once the pathway of cosmic energy is disturbed the brain functions will be deranged. When caesarian operation is done, mishandling the baby also some times cause trauma to the Sahasrara chakra. The child may show symptoms of mental disorders including autism, cerebral palsy. After puberty, according to western science, pineal gland is supposed to regress, but in Reiki, we firmly believe that pineal gland, by virtue of its secretions and its connection to Sahasrara chakra has control over circadian rhythm and people whose crown chakra is energized are fully empowered and have great power to heal and reach the stage of Nirvana. When kings were ruling the country they were wearing crown. Crowns were studded with gems and diamonds which were the source of power empowering the wearer. Diamond, gold and gems are gifts from Mother Earth. They are the source of divine energy. In temples we see deities are always decorated with crown to enhance the energy radiating from Him to reach the devotees.

Ajna Chakra (3rd eye) which is related to pituitary gland [master gland] controls the activities of all the other chakras. It is the seat of intelligence, mental power and is the centre for telepathy. By applying sacred thilak at the focal point of Ajna chakra it is empowered. Application of thilak (both men and women) increases the memory power, intelligence, concentration power and makes the person pious. By meditation on third eye, Ajna chakra becomes more powerful and is used for diagnosis and for distant healing in Reiki. In Indian culture, sandalwood paste, kumkumam or sacred ash is applied at the focal point of Ajna chakra, giving sanctity to the chakra and enhancing mental power. Application of Pottu not only increases the brain power but also protects the individuals from negative forces. Children were taught music, hymns and other rituals for making them realize the power of

the Creator. Learning these customs also increased their memory power. Since children have the capacity to retain everything in the subconscious mind permanently, parents used to cultivate these habits at the tender age of four to five years.

In olden days, people had the knowledge of power of ornaments and hence both men women were wearing jewels as source energy.. Gold, Silver, Diamond are all naturally available ores from Mother Earth. Diamond is the hardest crystal, when worn, it is capable of drawing abundant divine energy and transmits the same to the wearer. Amulet, necklace, chain, hip band serve as energy sources for Sahasrara, Ajna, Vishudhi, Anahatha and Manipura chakras respectively. Bangles, bracelets, anklets not only protect the wearer from absorbing negative energy but also serves as stimulant of distal points of acupuncture meridian.

Even men were supposed to have worn ornaments like ear studs, Rudraksha and Japamala. The energy from jewels worn by men was to radiate and make them look more powerful and handsome. Recent trend in going for cheap substitutes or denial of ornaments have exposed the chakras to the negative energy resulting in not only cultural decay but also cause several diseases. Bare forehead without thilak or sacred ash leads to absorption of negative energy by affecting chakra, the seat of intelligence.

Walking barefoot was common amongst ancient Indians. While walking barefoot, not only all the internal organs are energized (Sujok Acupuncture points) but also through the sole chakra, divine energy from the Mother earth is enters into the body. The reason behind entering the temple barefoot also serves the same purpose. In olden temples, the floor was laid with stones, with irregular surface, with the object of stimulating the soles of devotees who do pradhakshanam. Of late these natural stones are gradually being replaced by mosaic or granite having a smooth surface, which do not serve the very purpose of having such rough area around the sanctum sanctorum.

Even today the practice of removing 'dhrishti' from a person by taking salt in one's hand and moving it around that person's auric body continues. This practice is now slowly being relegated in the name of superstition. In reiki, however, this is one of the methods of removing negative energy or in other words, 'aura cleansing'.

Surya Namaskaram was taught with the object of receiving the blessing from Lord Surya. All the seven colours of the light spectrum are distributed in the seven major chakras in the same sequence (Reiki).Sahasrara –Violet, Ajna-Indigo Vishudhi- Blue, Anahatha-Green, Manipura- Yellow, Swadhishtana-Orange, Mooladhara- Red}. Thus, Surya namaskara enhances the power of the seven major chakras. In olden days, cow dung mixed with water acted as an ideal disinfectant. Daily pujas, chanting mantras hymns, were part of life to get rid of the negative energy by purifying the mind and in this process a communicating bridge was created between the devotee and the Almighty. These rituals at home provided a healthy atmosphere for the inmates.

To enhance one's own divine power now reiki meditation is taught which enables one to draw abundant cosmic energy to keep self healthy.

Traditional powerful spiritual Indian culture is always been envied by the westerners, and now they want to adopt them for relieving their sufferings and good health. In contrast in India, western culture has taken a deep root replacing our Indian culture. In the new millennium, while west is trying to follow the east for better living, let us realize our potential and pave way for growth of Indian culture of living in peace which will make our own living a Heaven on Earth.

Learn Reiki and keep every one fit and healthy.

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