

## Protecting the Respiratory system

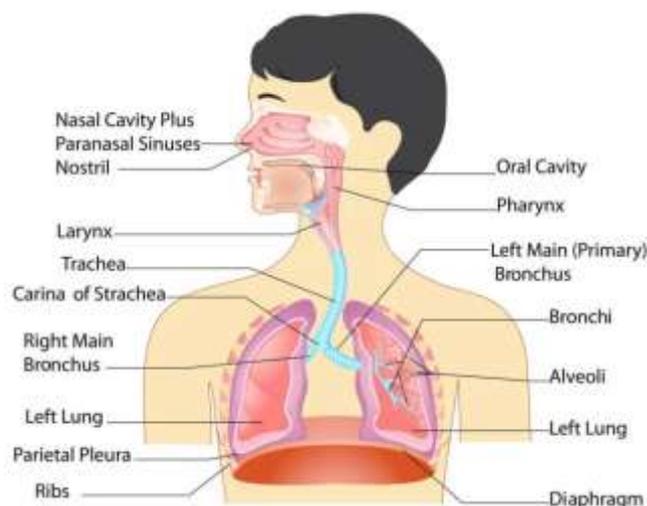
Presented in 22<sup>nd</sup> World Reiki day 2021

Fear is the key for most diseases. Fear grips the metaphysical mind (Psycho) and the impact is felt in the physical body (Soma) = psychosomatic diseases. For example, diabetes, blood pressure, IBS are nothing but psychosomatic diseases.

Now the entire world is gripped with fear. Fear of contracting covid-19, a viral disease. This fear itself engulfs the mind and leads to several neurological diseases. Diabetes and other syndromes reported in media.

Is there any solution? According to the scientists, the virus enters the nose and attacks the predilection seat i.e. respiratory system resulting in pathognomonic symptoms like cough, bronchitis, infection of lungs. We always believe prevention is better than cure.

### Respiratory system

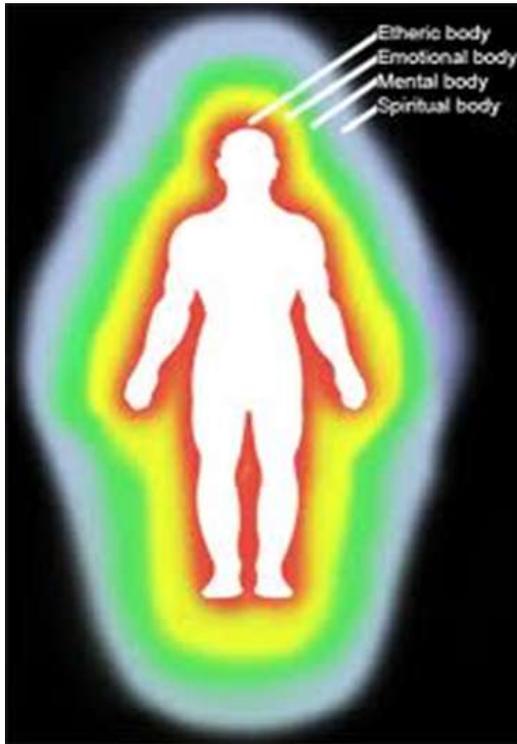


How to prevent?

Step 1 – Get rid of fear. Step 2- Protect your immune system. Step 3- Healing

**Step 1 Fear** – To eliminate fear from the mind (metaphysical body) , meditation helps. Reiki meditation is unique. It protects the auric body, chakras and physical body. Since the universal divine energy, capable of protecting and

healing everything created by God, pervades mind and body and Reiki meditation eliminates the fear in mind and relaxes the physical body.

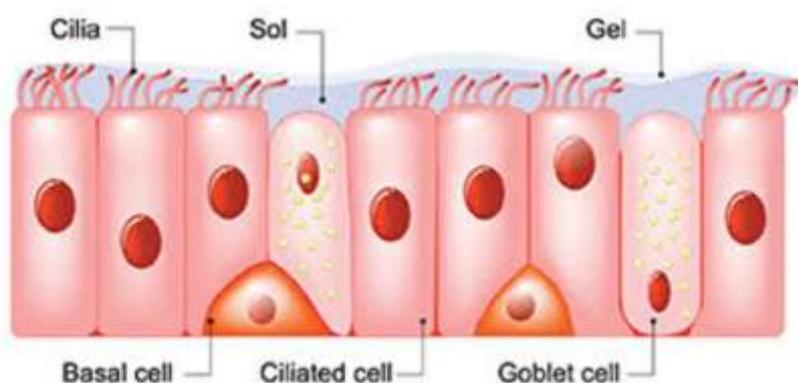


Why meditation – When mind is affected with fear, breathing pattern alters. It interrupts the flow of energy in to respiratory system.

### Step 2 – Protect your immune system

Portal of entry is nose. Nose is provided with structures – hair to ward of pollutants towards exterior, pseudostratified especially epithelium with goblet cells, columnar cells with ciliated border. Function of naso ciliary system is to remove foreign substances/particles from nasal cavity thus preventing them from reaching the lower air passage.

Nasal epithelium



In the submucosa, to encounter pathogens at the entry point itself, lymphocytes, eosinophils, neutrophils, mast cells, dendritic cells, plasma cells are present.

### CELLS IN SUBMUCOSA-NOSE

#### Lymphocyte



Lymphocyte

- Two primary types
  - B & T cells
- Lymphocytes migrate to thymus, mature in to T cells
- B cells – Memory cells -> Plasma cells

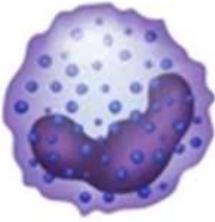
#### Neutrophil



Neutrophil

- Engulf and destroy pathogens
- Fights infection

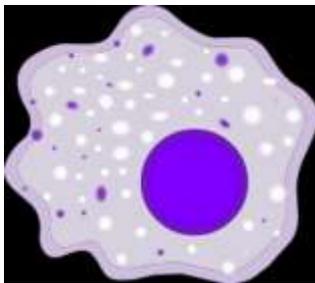
#### Basophil



Basophil

- Releases histamine
- Contributes to inflammation

### Macrophage



- Specialised cells for phagocytosis, destruction

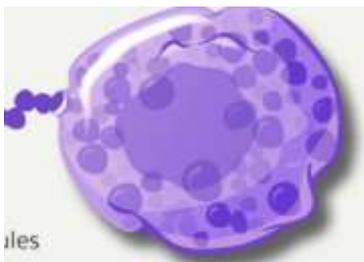
### Eosinophil



Eosinophil

- Kills cells, the immune system marked for destruction

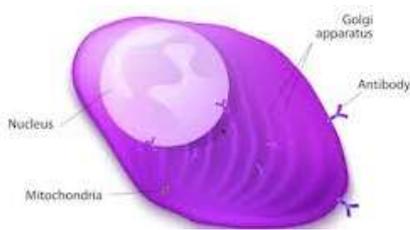
### Mast cell



- Causes inflammation

- Increases blood flow

## Plasma cell



- Produces Anti-body

## Monocyte



- Form macrophages and dendritic cells

In the throat region, organ of first line of defence, i.e. Tonsils are situated. These again have a collection of lymphoid tissue capable recognizing and fighting the pathogens. Thymus in thoracic cavity is fully developed in young children. After puberty, it undergoes regression. This again has immune competent cells, promotes production and maturation of T lymphocytes.

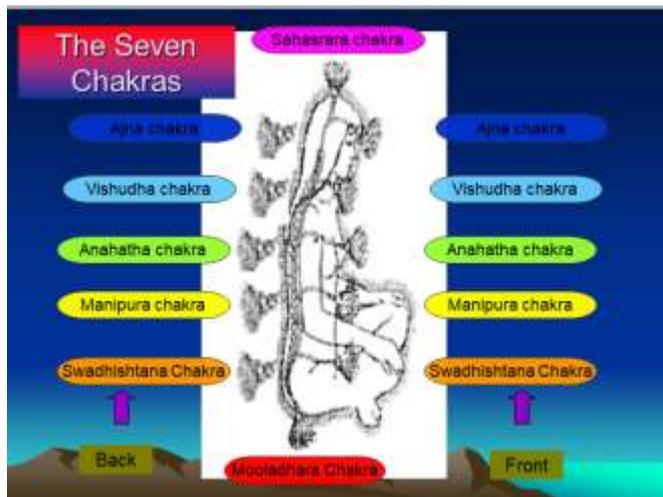
Major organ of defense mechanism of human body is spleen, located in the abdominal cavity. Despite the protective structures which are capable of defending our body against diseases/infection, if one falls sick is due his ignorance of inherent healing power of the body.

## How to protect your immune system

As given in first stage meditation, then enhancing the power of immune system by maintaining a clean environment, exposure to sun, taking nutritious natural food, steam inhalation, applying acupressure to the correspondence points of entire respiratory system, tonsils and spleen.

## Step 3 - Healing

Reiki is the ultimate therapy in person and for distant healing.



Energy flow to heart is impaired automatically once Respiratory system gets infected. Infection spreads to the heart resulting in endocarditis, myocarditis and pericarditis. Once heart is involved, naturally all organs will be affected. That is why we find reports of neurological symptoms like stroke, epileptic seizures, diabetes, insomnia, menstrual problem, Kawasaki syndrome like multi inflammatory syndrome.

Respiratory system is controlled by three chakras, namely Ajna, Vishudha and Anahata chakras. Spleen is controlled by Manipura chakra. The very existence (Root) depends on mooladhara chakra. Since all organs are involved, remove the negative energy blocking the flow of cosmic energy through aura, chakras – channelise positive cosmic energy into all seven major chakras. This results in harmony among chakras resulting in total recovery.

Prevention is better than cure. Avoid fear, Energise your body with reiki energy to enhance which will protect your from unhealthy environment.

To sum up

1. Relax
2. Eat nutritious food for strengthening the immune system
3. Heal the chakras for survival and health