

REIKI- THE ULTIMATE THERAPY

The need of the hour is relief from diseases , esp. without medicine .Healthy life depends on a stress free mind .Of late drugless therapy, esp. Reiki is becoming popular, may be because the name is attractive and foreign or it heals without warranting any diagnostic tests or any drug. .Surprisingly, reiki appears to be the answer for all physical and psychosomatic diseases, and hence let us see the origin of this therapy.

In ancient India, saints who wished to reach the stage of Mukthi used to perform penance in dense forests. Total isolation, living with nature, made them experience the power of Nature. By observing Nature they realized that the entire universe, created by the supreme soul is constituted by five elements. Common to both Universe and the human beings are five elements namely, earth, water, fire, air and void. As human beings are creation of supreme soul, penance made them realize that the living beings are part of Nature, and have the same constituents as that of nature. The five elements are distributed in seven major chakras. The Chakras are the energy centres, located in the inner aura and invisible to the naked eye.

For realizing the Nature and the power of Nature, meditation formed the foundation. It is through meditation the saints realized that the divine power is distributed in both universe and the human body .The human body is made up of visible physical and invisible metaphysical auric body. This awareness of divine power in the creations, by the enlightened saints was the beginning of a spiritual healing science “healing by touch” .It was customary to bow in front of the saints and get blessings by mere touch which had the power of healing. Since in ancient India the knowledge and experience were imparted thorough Gurukulam system, nothing was recorded. The disciples learnt the art of healing only by close association with the gurus and scrupulously following the master’s foot steps. Subsequently this knowledge was lost either by foreign invasion or by misuse of this sacred system. Vedas have evidence of this system of healing. .Ayurvedha is derived from Atharva vedha. Dhanvanthri known as physician of Gods taught this system of medicines to saint Sushrutha. Ayurvedha- The word is composed of two parts -- Ayush –life; Veda –knowledge .Ayurvedha is science of life and is for treatment of both human beings and animals .According to Ayurvedha the human body [microcosm] is part of the Universe [macrocosm]. It has seven major chakras. Ayurvedhic treatment is aimed at by prescribing medicines for balancing the chakras.

Saint Pathanjali was known as “PITHA” of Raja yoga. Yoga is meditation to perfect the mind and body and is aimed at the union of Jeevathma with Paramathma.

Pathanjali yoga emphasized the need for meditation and taught the means of raising kundalini shakthi.. Raja yoga involves practice of eight disciplines – yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. The stage of dhyana i.e. meditation is prerequisite for the last stage i.e. Samadhi .Samadhi is a stage

where mind merges with the soul .It is at this stage the Jeevathma becomes one with Paramathma. Hence Raja yoga paved the way for disciplining mind and bod and realizing the divine healing power in all human beings..

Lord Buddha though Prince by birth was moved by sufferings of human beings searched for knowledge of healing the physical sufferings. He meditated and achieved enlightenment. What he achieved by rigorous meditation he began to preach and heal.. Buddhists school emphasized meditation as a religious practice. Initiation by guru into particular practice was mandatory if one wanted to make progress towards the stage of “Nirvana” the ultimate goal of any saint. Initiation empowers them to practice. .Higher level of initiation includes higher level of meditation. Chanting mystical manthra was mandatory to reach the stage of “Nirvana”.

Chinese acupuncture:

Acupuncture is a system of treating diseases by applying five elements principle. Traditional Chinese acupuncture was promoted by yellow emperor.. With the sole intention of keeping everyone healthy, barefoot doctors were promoted .Acupuncture is based on the principle that yang (cosmic) energy and yin (Mother earth) energy continuously flow through the human body in two opposite directions. The flow of energy is continuous and follows certain specific pathways, called meridians. Fourteen meridians have been specified and each one is associated with one major organ and the energy is called “Chi” .All meridians are associated with five elements-.The energy is in constant movement, and one gives rise to another and the elements are always in balance and in harmony resulting in good health. Imbalance among the five elements leads to disease .Block for the flow of energy is removed by application of needles at the appropriate points to restore health. Acupressure is also based on the above principle but application of needle is eliminated .Finger pressure is adopted .

Su jok acupuncture is a refined version of traditional acupuncture. Entire body is represented in the hand [SU] and foot[JOK]. The meridians are in index finger, representing the hand and middle finger, representing the foot[jok]. Treatment is application of needles on the points representing the five elements.

Siddhas (seers of Tamil Nadu) who could heal the sufferers with herbs realized the power of Pancha Boothas and their distribution in the chakras of human body .Tamil verses mentioning the names of Chakras are well known to Tamil scholars. Thiru Mantiram of Thiru molar has verses on Chakras. The seven major chakras are Mooladhara, Swadhishtana, Manipura, Anahatha, Vishuddhi, Ajna and Sahasrara. In addition Thirumanthiram has verses on yoga and the eight stages to reach mukthi.

Lalitha Sahasranamam, Soundharayalahari have verses on seven major chakras as part of Shakthi

All these systems briefed above are ancient system of medicine and were in vogue in ancient India. Relentless effort of Dr. Mikao Usui, a Japanese monk was responsible

for reviving this ancient system of medicine. From Japan he was supposed to have reached India and could lay his hands on the lost treasure i.e. healing by touch in the form of sutras. As a Japanese with a lot of love for his mother tongue, he coined a Japanese term "Reiki" for healing by touch. Reiki means "Universal life force energy". Reiki is the essence of the ancient systems listed above: but to suit the modern needs, it is simplified. Simplification is at all stages, but a real knowledgeable and experienced master is required to impart the knowledge and create healers. Gurukulam system is not mandatory; but a guru is required for attunements. The knowledge on Aura, Chakras, and the link between metaphysical chakra and endocrine organs within the physical body is imparted in a few hours. Modern Reiki explains health and disease with reference to chakras and internal organs to satisfy the western scientists. Teaching is mainly aimed to make the student a spiritual healer and to make the healer live with the Nature. Students are made to realize the Pancha boothas in self and in Nature. Meditation which was done for a number of years to reach the stage of bliss in ancient India, can be achieved in a few hours with the proper guidance from guru. A deep level of meditation chanting specific Manthras associated with Chakras on his own self makes the person a great healer. In this system of healing no medicine is required. Students are taught to draw the cosmic energy and channelize the same to keep self and others healthy. The sacred symbols that are used by reiki practitioners have the capacity to move faster than light to reach the patients in need. This is the principle based on which distant healing is done.

Whether healing self or others, knowledge of aura, chakra and five elements is mandatory. Balancing of chakras and five elements associated with the chakras keeps the body and mind in good health. Imbalance among the chakras and five elements block the flow of cosmic energy resulting in disease.

Simple chakra meditation with specific manthras for each chakra of self is part of reiki lessons. Chakra meditation awakens kundalini shakthi and enhances the power of all chakras. Though Reiki is a Japanese term meaning universal life force energy, the terms "chakra" Mooladhara, Swadhishtana, Manipura, Anahatha, Vishudhi Ajna and Sahasrara are Sanskrit terms and have their origin in Hindu philosophy. These terms have not been translated into Japanese language, indicating that reiki itself has originated from India. Unlike western medicine this system is mind oriented energy based, drugless, cost effective, no side effects, reaches root cause of the disease, reaches physical emotional, mental and spiritual levels

Hence learn Reiki and lead a stress free life and help others also to lead a healthy life. Let us realize the healing energy within and it cannot be replaced by chemicals. Through REIKI we can create a healthy peaceful world. Then the world in which we live becomes Heaven.

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