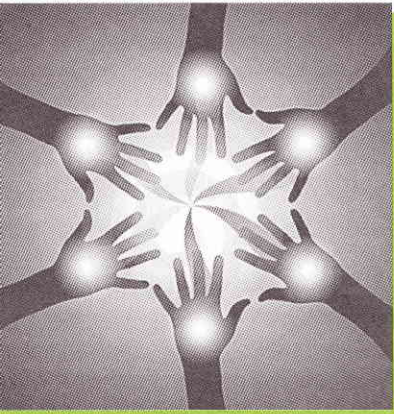


Improving lives with REIKI



Ashwita Vajandar

There was a man, who just barely managed to make his ends meet, living with his family in a little house. One day, as his son played in the courtyard, digging the ground, he finds a treasure! The family discovers that all these years, they had a treasure right under their noses, a treasure which could have ensured they could have lived comfortable lives and did not have to struggle for survival. Thereafter, their lives changed.

How does Reiki Work?

A Reiki healing works by supplying the client with plenty of this energy, so that he/she can heal quickly and effectively. Reiki healing may be done hands on, in which case the healer will energise various points by placing his or her hands about 2-3 inches away from the client's body. Or, healing could be done over a distance where the client will usually be asked to meditate while the healer sends the energy.

When a person learns Reiki, the teacher establishes a connection between the main energy centers of the person so that energy can freely enter and circulate within the body. This process is called attunement and the person who has



learned Reiki is called a channel. After this, as the channel practices Reiki regularly, the negative energies which had collected for so long and formed blocks, preventing free flow of energy and healing, eventually start melting away. Thus with time and practice, more and more positive energy flows through the body of the channel, improving the person not only physically, but also mentally and emotionally.

Who can Reiki help?

Any problem in our system, whether physical, mental or emotional, causes aberrations in our energy systems. Thus Reiki can help anyone with any kind of problem. The extent of improvement varies from person to person, as it depends on the ease with which their energies can be manipulated. Younger people tend to show quicker and more dramatic results. As older people have been used to faulty energy patterns for several decades, it takes a little longer to make a lasting impact on their energy systems.

Patients undergoing an operation find Reiki extremely helpful in helping them cope with the stress and significantly reducing the pain and post-operative trauma. Whether treating with western, ayurvedic or homeopathic medicine, doctors and nurses find their patients more

Today, that man is us. The treasure is the universal energy, also called Reiki, and the process of finding the treasure is what is called an attunement. We were born with a strong connection to this energy, as is evident in little children. No matter how they get hurt, how badly they fall, they heal quickly. A middle-aged man in comparison would take at least double or triple the time to manifest the same level of healing. What makes the difference? Energy!

We are surrounded by negativities, from negative emotions like anger, jealousy, hatred, to negativity-inducing influences like news papers and TV programmes, and even negative food items like colas and junk food. These negativities slowly start clouding the layer of energy that is our personality, called the aura. Slowly and steadily, our connection with the energy present in the universe around us is lost, because of negativity collected over several years.

As we age, the negativity develops into blocks, causing us all types of problems ranging from fatigue and physical disease, to mental problems like stress and depression and even emotional and relationship problems. Unfortunately, by this time we cannot even heal quickly, as we've lost the capacity to absorb the very energy from the universe which will help us heal.

“ Reiki helps students improve their memory, concentration and creativity, thereby helping them perform better in academics and extra-curricular activities. In adults, it helps in stress reduction, clarity of thought and it also helps improve working relationships. It helps women cope with work and home by reducing fatigue and improving menstrual health. It also helps mothers connect better with their children and heal them when required. ”

responsive, and their treatments more effective when coupled with Reiki.

In general, Reiki helps resolve past-traumas, eliminate anger and stress, improve decision-making, and even helps quit smoking. It also strengthens the immune system, and improves general health.

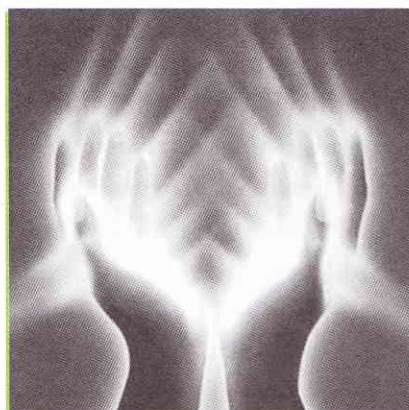
There are many scientific studies, proving Reiki's effectiveness in harm reduction, stress management, pain management and drug and alcohol rehabilitation. Early scientific evidence suggests increased sense of well-being, reduced pain, and reduced nausea in cancer patients undergoing treatment. The effect of Reiki on other aspects is still being studied.

Can I learn Reiki?

Anyone over the age of seven, willing to dedicate half hour per day to Reiki-practice, can learn it. Reiki cannot be learned by reading a book as it involves a process called the attunement. The attunement connects the various energy centers of the body so that energy can restart flowing through the body, and often also removes a few energy blocks. One needs to learn Reiki from a teacher due to this reason.

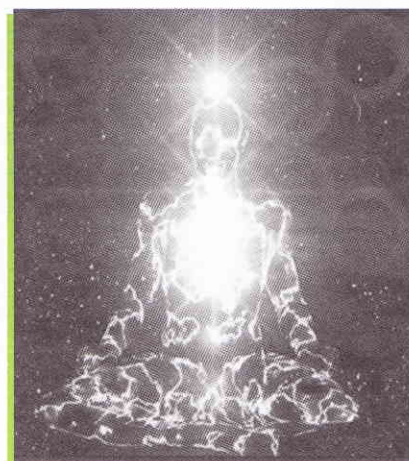
Young children below the age of seven have under-developed energy centers, and therefore not ready to be attuned. However, they still are capable of channeling the energy through their bodies, and may be allowed to practice healing themselves and others without an attunement, until they are old enough.

There are 4 levels in learning Reiki, out of which the first three are usually taught in one-day classes. The first one enables a person to heal himself and



those who are physically close to him. The next level is best learned after 3 to 6 months of regular practice after learning the first level, and it enables a person to heal anyone, anywhere in the world. It also allows the person to heal across time, so healing an event in the past or healing a situation in the future, for example an interview, becomes possible.

The next level is best learned after 1 to 3 years of regular practice after the second level. It teaches a person advanced techniques of healing, and is more powerful than the second level. The final level is for those who wish to teach Reiki, and this requires the student to assist the teacher for several classes until he or she is capable of



teaching on his/ her own. Each level involves theory, attunement, and practice. After the class, the student needs to heal himself through Reiki everyday for about half an hour.

Reiki as a complimentary therapy

Reiki can be used in conjunction with any therapy or system of medicine. It does not interfere with any system of healing, increasing the efficiency of the treatment, minimizing the side-effects at the same time.

Reiki healers often combine Reiki with other systems of healing such as crystal healing and pendulum dowsing. Crystal healing involves using either colour-less or coloured crystals to transmit healing energy to the energy centers of a person's body. When combined with Reiki, crystals can increase the amount of energy transferred to the client. Pendulums can be used for both predictive as well as healing purposes. Reiki-charged pendulums are sometimes used to set right faulty energy patterns. Today, Reiki is combined with a wide variety of practices, from massage and colour therapy to yoga and meditation.

Success Stories

32-year old Rama had been suffering from PCOD (polycystic ovarian disease), and after her pregnancy, gestational diabetes too. Her blood sugar levels averaged 130/240 despite medication. Tired of pumping her body with chemicals, she started looking for an alternative remedy, eventually turning to Reiki. She chose to take Reiki healing and also learned Reiki so that she could simultaneously heal herself.

In the following weeks, she discovered that her blood sugar levels started to fluctuate, falling at times and sometimes returning to the higher levels. Side by side, she discovered that she started becoming more patient, calm, and her general health improved. Six months later, her blood sugar levels came down to normal and today she is off medication. Her periods are regular today, much to her delight. Her husband and child too learned Reiki after witnessing the change.

Sajesh, a 30-year old software engineer was a distraught man. After his father's sudden death due to a heart attack a few years ago, he was plagued by a constant fear of death. Everywhere he went, he'd be plagued by traumatizing thoughts wondering what would happen if he were to die that very moment, and how his family would cope. To make matters worse, this constant stress resulted in his BP rising to 180/110. This is when he decided he had to do something about his fear.

Initially opting just for distant Reiki healing, he found his fear gradually reducing. His BP level fell, although it still remained above normal levels. He found himself calming down, and a month later, learned Reiki. A check 3 months later revealed that his BP levels were completely normal. Today he is a happy man, with no traces of the fear remaining, and feels much more peaceful, happy and confident from within.

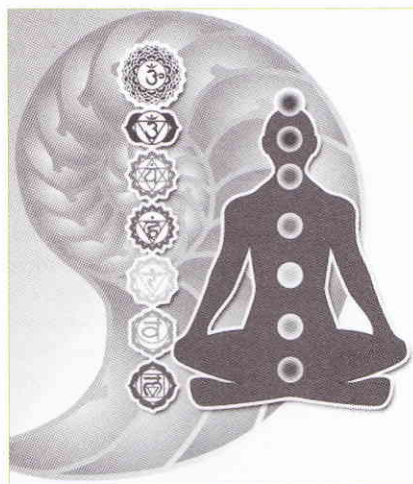
The Pros and Cons

Unlike conventional medicine, Reiki pervades every aspect of a person's life, and is not restricted to just the physical or emotional benefits. A person finds that along with better health, he is more in touch with his body and thus able to eat better, many find that they are more confident, able to perform better at their careers or studies, able to give more of themselves to their relationships, and are at peace with themselves.

Stressed out people who find that they cannot sit still for a moment calm down in as little as a couple of months, and are able to take life as it comes.

Many people who learn Reiki for other purposes quit smoking or drinking not because they wanted to, but because they simply did not feel the need to smoke or drink anymore.

The biggest advantage of Reiki over all other systems is its sheer flexibility. Reiki has no restrictions, and one can practice Reiki at any place and at any time of the day. The first level does not even require much concentration. One can practice Reiki in one's house, office or car, at any time of the day, and in a sitting, standing or lying down position.



On the flipside however, like every other self-improvement system, Reiki needs to be practiced everyday for best results. A 21-day regular practice is a must immediately after one attends the class, and after that one must ensure one continues to practice fairly regularly.

Reiki tends to work at a problem from the root cause and due to this the results may or may not be immediately obvious. While quick visible results are quite common, there are still those who take time to show results. This can be quite discouraging to an impatient client or channel who does not understand the spirit of Reiki.

Reiki is something that can neither be seen, heard, smelt or touched. Most people usually feel a mild heat, cold or moving sensations in their hands or at the spot where Reiki is being given. These sensations vary from day to day and also person to person, and there are people who feel nothing at all too. These people at times find it hard to motivate themselves to practice Reiki

daily despite observing improvements in their lives, as they find it hard to identify with something that cannot be perceived in any way.

Some Practical Suggestions

As Reiki must be learned from a teacher, it is essential to ensure one finds a good one. Although there are many theoretical parameters to assessing a teacher, the most important one is to just trust one's gut. Talk to, or meet the teacher and see how you feel.

Once you learn Reiki, it is essential that you practice everyday. As dedicating half an hour to forty-five minutes everyday to Reiki practice may not always be a feasible option in our fast paced lives, you may choose to split the practice into two or more sessions, completing maybe half in the morning and the rest in the evening after you are home.

If you haven't learned Reiki and haven't yet found a suitable teacher, despair not. One can still prevent the damage done by daily negative energies to some extent. Regular meditation helps us keep negative energy accumulation in check. On days when you feel particularly low, washing your hands and feet in lukewarm water mixed with crystal salt may help.

Finally...

Reiki is a completely non-invasive, WHO-recognised alternative therapy, and contrary to popular belief, is not faith-healing. Whether you are a child, teenager or adult, student or teacher, patient or doctor, Reiki will add value to your life and to the lives of those around you too.

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