

# Healing Hands

Vol. 26

◆ HANDS OF LIGHT, HEART OF PEACE ◆



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REIKI CENTRE OF INDIA (Regd.),  
Chennai - 600 078.

**JANUARY 2026**

Programme Agenda	
Prayer	10.00 am
Welcome Address	10.05 am
<b>Mrs. VASANTHI KARTHIK</b> Secretary, Reiki Centre of India	
Report on Reiki Centre Activities	
<b>Ms.R. SRIDEVI</b> President, Reiki Centre of India	
Chief Guest Address	
<b>Dr. SUNANDA RAVI</b> M.A.(Psy), M.Sc, PGDGC, PGDHA, Ph.D Psychologist, Mindfulness Practitioner, Expressive Art Therapist, Eco Therapist, Founder & Director - Manasa Subhiksha Mind Care, Hyderabad / DRMMH, India.	
Topic : Mind Meets Energy	
Launch of Healing Hands Magazine	
<b>Dr. S.P.PRASATH</b> BDS Dental Surgeon - Molar Dental Clinic, Kumbakonam.	
Topic : Your Smile, Your Energy	
EXPERIENCE OF HEALERS	
<b>Reiki Centre of India</b>	
Interaction with the audience	
<b>GUIDED MEDITATION</b>	
Vote of Thanks	
<b>Mrs.SARASWATHI KALYANASUNDARAM</b> Treasurer, Reiki Centre of India	
Through Zoom Meeting	11.00 am
Through : Zoom Meet	11.15 am
4th January, 2026 (Sunday)	
Meeting ID: 372 493 5532	
10.00 a.m. to 1.30 p.m.	
Passcode: Reiki	
All Are Welcome...	
<b>Dr.P.S.SLALITHA</b> , Founder	
<b>Mrs. VASANTHI KARTHIK</b>	
Secretary - 9380571682	
<b>Mrs. SARASWATHI KALYANASUNDARAM</b>	
Treasurer - 7598055193; 9444417155	
Kind Note:	
Through : Zoom Meeting	
Meeting ID: 372 493 5532	
Passcode: Reiki	
• Please login by 9.30 a.m.	
• Please Mute yourself once logged in	
All are Welcome	
(We extend the invite to your Family/ Friends/ Relatives)	



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Padma Bhushan Mrs. P. Susheela  
Play Back Singer.

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Mob.: 98400 44198

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Ms. R. Sridevi

**Associate Editor :**

Mrs. Rajeswary Sooriyan  
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**EDITORIAL**

Dear Readers,

As we celebrate our 27th World Reiki Day, 2026 - let's collectively, celebrate life that has granted us the expanding consciousness which had fabricated us with compassion, peace & harmony with spiritual alignment, physical enhancement and Emotional maturity, embracing each of us with abundance all areas of life.

We at Reiki Centre of India owe our profound gratitude to our founder, Dr.P.S.Lalitha, the reiki epitome who is a guiding light to many of our lives and has been enriching our life with the holistic healing of Reiki. With her striving efforts, Reiki had been spreading its horizon which has the roots of our rich heritage and Indian ancient science of healing with her lineage spreading far and wide.

Our Healers, Masters and Grand Masters had been a torch bearer of the healing light in their hands, power and wisdom , and spreading peace among many hearts...The magazine encompasses the enthralling journey of our healers who had shared their inspiring experience which had been miraculous and joyful with the cosmic spiritual alignment.

Together we are marching forward for a remarkable transformative journey with Reiki in touching many lives to fortify the Art of healing – Reiki.

Editorial Team

Perform  
"AGNIHOTRA"  
For pollution free atmosphere

**MEDITATION**  
For Global Peace Everyday  
7.00 a.m - 7.10 a.m



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## CHAKRA MEDITATION AND MUSICAL NOTES A TRULY HOLISTIC COMBINATION

Indian music is spiritually oriented and is a form of Bakhti dhyana to inculcate spirituality, concentration and memory power. The basic lesson is emphasis on the seven fundamental notes (saptha swaras –sa, ri, ga, ma, pa, dha, ni). During a music class, both guru and the student sit on the ground with both legs folded. This posture itself is to realise the divine power in self.



Posture, emphasis on saptha swaras for the beginners can be explained based on the eastern concept of life. Human beings exist in this universe deriving energy from two sources i.e.. Cosmos and Mother earth. While everyone knows the former because prana is derived from cosmos, the knowledge of the latter is unknown to many.

The visible physical body is sheathed by invisible auric field in which seven major chakras are present. The seven chakras are Sahasrara, Ajna, Vishudha, Anahatha, Manipura, Swadhishtana and Mooladhara. Each chakra is associated with an endocrine gland and controls specific organs and moods.. According to Reiki, disease is the result of imbalance of chakras and cure is restoring the balance. For curing the disease, cosmic energy is channelised through the palm of the healer to the affected chakras. Through the chakras, the cosmic energy is transferred to the endocrine organs and neurotransmitters. The neurotransmitters activate the diseased organs controlled by the chakra, thus restoring health.

In Music each swara resonates with one major chakra. In the human body, all chakras start vibrating while chakra meditation is performed. Each chakra has its own mantra. When each note is sung concentrating on the shruthi, vibration of the corresponding chakra can be experienced. The ascending and descending order in which the swaras is sung is called arohanam and avarohanam respectively. "Sa" shadjam is the basic note of all ragas. It is not only the inter relationship between the notes that define a raga (although it is an integral part) but also the relationship of these notes to the basic note (adhara shadjam). In other words, the frequency of any sound has relevance only when it is read in conjunction with the tonic note.

A noteworthy feature is, even though the raga is built on the basis of a sequence of swaras, the drone of the tambura will be spelling out the adharaj shadja all the time, loud and clear so that the reliance is constantly maintained. So there cannot be a raga without the adhara shadjam. So this shadjam increases the vibration of the mooladhara chakra which is for survival. Kundalini shakthi – shakthi in coiled form exists at the tip of the backbone. Increased vibrations of Mooladhara chakra by repeating Shadjam raises kundalini shakthi. Once Kundalini shakthi is awakened, the energy starts moving through shushumna nadi (spinal cord) towards the sahasrara chakra where Lord Shiva resides.

For smooth passage of the shakthi, each note is sung in ascending order (as in arohanam). Then 'Sa' raises kundalini shakthi at mooladhara chakra , Ri – back Swadhishtana chakra , Ga – back Manipura chakra, Ma- back Anahatha chakra, Pa –back Vishudha chakra, Dha – back Ajna chakra, Ni – Sahasrara chakra, Sa – cosmos. Now Avarohanam, notes sung in descending order connects cosmos and reinforces lord shiva's shakthi at the Sahasrara chakra and the combined Shiva shakti circulates through front chakras increases the divine power in corresponding chakras i.e.- Cosmos, Ni - Sahasrara chakra, Dha- Ajna chakra, Pa – Vishudha chakra, Ma-Anahatha chakra, Ga- Manipura chakra, Ri–Swadhishtana chakra, Sa –Mooladhara chakra and Ni- Mother earth.



This swara garland by singing makes the body receive the energy from mother earth (ni lower octave) and Cosmos, (sa at upper octave). While sitting on the ground, energy from the mother earth reaches the mooladhara chakra increasing its vibration, which is solely for the survival.

As we all know, a raga is built up through the combination and inter relationship of the basic seven notes. The swara in a raga are meant to be used according to their importance, in the mode of a-kara, to heighten their spectrum (Swarupa). Within the set of swaras, some play a major role and some less. There are some swaras which dominate and stay persistently -nyasa swaras.

There are some ragas which have a special impact if they are initiated at a certain specific swaras. For instance, a raga like Atana generally commences at the higher octave with the combination of the swaras - sa ri sa ni sa dha dha; or raga like Anandhabhairavi in the middle octave with the swaras pa dha pa ma dha pa ma pa ma ga ri ga. or ritigowla with ni dha ma ga ri ga. Jiva swaras which lends life should be highlighted. They are the dhivata in Atana, antara gandhara in kalyani, madhyama and gandhara in hindola.

Certain ragas may have similar scales and melodic functions. But some exaggeration of what is referred to as prayoga(usage) makes all the difference. For e.g., the stress on the swara nishadam in Rithigowla is different from that of Anandha bhairavi.

Music can be a cure if the singer/listener chooses the raga based on which chakras he wants to concentrate on. Hence while singing/listening, based on the dominant swaras in that raga, the corresponding chakras vibrate more. (refer table on disease, organs, chakras, ragas and notes). The singer/listener should concentrate on the chakra while singing/listening.

Teaching music at the tender age has several advantages. The child is born with all the chakras. But it is the Mooladhara chakra, which starts functioning even before birth. As the child grows, the other 6 chakras start functioning one by one from Mooladhara to Sahasrara chakra and by 21 years, the development process is complete. So teaching music at a young age purifies the body, mind and soul and lays the foundation for a healthy future.

Academic brilliance and morality are automatically inculcated in such children. As divine power manifests in sound, the swarapyasm is the direct way of universal consciousness. Enhanced vibration of seven major chakras keeps the mind and body in good health. It increases concentration, memory, makes the mind disciplined and spiritual.

Thus the soul gets purified. In music therapy, selection of a specific raga, which vibrates in the same wavelength of the patient, is absolutely essential. Meditating on this raga purifies the mind and body resulting in total recovery.

To make our children lead a healthy life, teach them music at a tender age and make it part of curriculum. Music is also one form of meditation, which enhances the power of chakras by raising Kundalini shakthi.



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## தியானம் அவற்றின் படிகள் :

நம் நாட்டில் பல மகான்கள் தோன்றி மக்களைத் தீருத்தி நல்வழியில் செல்ல பல தீயான முறைகளையும் பல புராண இதிகாசங்களையும் எழுதி வைத்துச் சென்றுள்ளனர். சரியை, கீரியை, யோகம், ஞானம் என்று நான்கு படிகளை கூறி இருக்கிறார்கள். முறையாக எல்லாவற்றையும் கற்று அதன் படி நடந்தால் டெலிபதி, கிளயர்வாயன்ஸ், சைக்கிக் சக்திகள், பேரா நார்மல் சக்திகள் போன்ற சக்திகளைல்லாம் நம்மை நாடி வரும். உள்முகமாக தீயானம் செய்யும்போது உள் மனதின் மூலம் பிரபஞ்சக்தீயுடன் தொடர்பு ஏற்படுகிறது. பிரபஞ்சத் தொடர்பு ஏற்பட்டாலே இறைவனுடன் உள்ள தொடர்பையும் அறிய முடியும்.



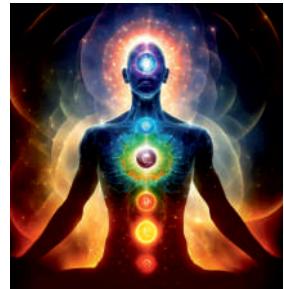
ஒரு செடி வளர்த்தால் எப்படி நல்ல மண்ணிட்டு, உரமிட்டு, களைகளை நீக்கி, தண்ணீர் ஊற்றி வளர்க்கிறோமோ அது போல நம் மனதை உள்முகமாகத் தீருப்பி தீயானம் ஆரம்பித்து, நம் மூச்சில் கவனம் செலுத்தி, ஓடும் எண்ணங்களை ஆராய்ந்து விலக்கி ஆழ்ந்தை தீயானத்திற்குச் சென்றால் சித்திகள் நம் வசம் வரத் தொடர்க்கும். ஆனால் அதிலும் மயங்காமல், விழாமல் மேலும் மேலும் ஆழ்ந்தைக்குச் செல்லும்போது தான் இறைநிலையை பரிசூரணமாக உணரமுடியும்.

### தீயஸனத்தின் நிலைகள் :

தீயானத்தில் நிறைய பிரிவுகள் உள்ளன. பீட்டா, ஆல்யா, தீட்டா, டெல்டா என்று நான்கு நிலைகள் உள்ளன. பீட்டா நிலை அலைகள் என்பது நாம் உணர்ச்சி வசப்படும் போதோ கோபம், கவலை, துக்கம் போன்றவற்றால் மனம் அழுத்தப்பட்டு உழவும்போதே உருவாவது. இந்த நிலையிலிருந்து சிறிது மனதை அமைதிப்படுத்தி சாந்தமான மனநிலையில் உள்முக தீயானம் செய்வதே ஆல்பா நிலை. தீட்டா என்பது ஆழ் நிலை தீயானம் டெல்டா நிலைக்குச் சென்றவர்கள் ஜந்து புலன்களையும் வென்றவர்களாக இருப்பார்கள் நிர்வி கல்ப சமாதி நிலைக்குச் சென்று விடுவார்கள். அஷ்டமா சித்திகளும் கைகளும்.

முதலில் நம் உடற்கூறுகள் அவற்றின் நிலைகள் குணங்கள் பற்றி நாம் அறியாத பல விவரங்களை நாம் சிறிது தெரிந்து கொள்வோம்.

ஆகாயம்	- ஆக்னா சக்கரம் வெட்டவெளி இடம் இருதயம்.
வாயு	- காற்று விசுத்தி சக்கரம் இடம் நுரையீரல்
தேயு	- அக்னி அனாகத சக்கரம் இடம் பித்தப்பை
அப்பு	- நீர் மணிப்பூரக சக்கரம் இடம் கல்லீரல்
பிருத்வி	- மண் மூலாதார சக்கரம் இடம் மண்ணீரல்



### கோசங்கள் ஜந்து :

அன்னமயகோசம்	- உடலுக்குத் தேவையான சத்துக்களை நிலைக்கச் செய்யும்.
பிராணமயகோசம்	- பிராண வாயுவும் கர்மேந்தீரியங்களும் இணைந்து வேலை செய்யும்.
மனோமயகோசம்	- மனமும் கர்மேந்தீரியங்களும் கூடி பணியாற்றும்.
விஞ்ஞானமய கோசம்	- புத்தியும் ஜம்பொறிகளும் சேர்ந்து உடலை இயக்கும்
ஆனந்தமய கோசம்	- காரண சர்வத்துக்கு ஆதாரமாக இருக்கும்.

### ஆதாரங்கள் ஆறு - சக்ரங்களும் தேவிகளும் :

மூலாதாரம்	- குத்ததுக்கு அருகில் உள்ள தீரிகோண ஸ்தானம் விநாயக தேவி வல்லபை
ஸ்வாதீஷ்டானம்	- முதுகுத் தண்டனை முடிவில் நாலு கோணஸ்தானம் பிரம்ம தேவி சரஸ்வதி
மணிபூரகம்	- நாபி ஸ்தானத்துக்கு மேல் பிறை போன்ற இடம் மகாவிர் தேவிமகாலட்சுமி
அனாகதம்	- கிருதயத்தில் உள்ள முக்கோண ஸ்தானமாகும் ருத்திரன் தேவி ருத்திரி.
விசுத்தி	- கழுத்தில் ஆறுகோண வடிவில் அமைந்துள்ளது. மகேஸ்வரி.
ஆக்னா	- புருவ இடையில் உள்ள தீரிகோண ஸ்தானம் சதாசிவன் தேவி மனோன்மணி.



## பிராணாயாமம் காற்றின் விவரம் :

இரேசகம் - வெளிவிடும் மூச்சுக்காற்று  
பூரகம் - உள் இழுக்கும் மூச்சுக்காற்று  
கும்பகம் - உள்ளே அடக்கி வைக்கும் மூச்சுக்காற்று வாசி தசநாடுகள் (இருதய அசைவுகள்)  
21600 மூச்சுகள் ஒரு நாளைக்கு நாம் விடுவது என்று கணக்கு.  
உலகமே ஒலி, ஒளி (சுப்தம் வெளிச்சம்) இரண்டினுள் அடங்கியுள்ளது.

உலகெலாம் உணர்ந்தோதற்காரியவன் நிலவுலாவிய நீர்மலி வேணியன் அழகில் சோதியன் அம்பலத்தாடுவான் மலர் சிலம்படி வாழ்த்தி வணங்குவாம்.

நீல ஒளி குண்டலினி சக்தியின் ஒளி

## உடலில் வர்ணங்கள் ஏழு :

சீவப்பு வர்ணம் - நல்ல ஆரோக்கியமான உடல் பாலுணர்வு அதிகம்.  
ஆரஞ்சு வர்ணம் - தெளிவாக இருப்பின் மன உறுதி படைத்தவர்கள் சாமர்த்தியசாலிகள்.  
மஞ்சள் வர்ணம் - மதிப்பு மரியாதை அனைவரையும் மகிழ்வடன் உபசரிப்பு குணம் இருக்கும்  
பச்சை வர்ணம் - நேர்மை, நியாயம், அன்பு, பாசம் உடையவர்களாக இருப்பார்கள்,  
மற்றவர்களுக்கு உதவும்மனப்பான்மை உடையவர்கள்.  
நீல வர்ணம் - அமைதி அன்பு தரக்கவுடியவர்கள் எல்லோருக்கும் நல்லதே செய்வார்கள்.  
கருநீல வர்ணம் - யோக நிலையை அடைந்தவர்கள் தங்கள் அறிவைப் பரப்பி எல்லோரும்  
பயனடையவேண்டும் என்று எண்ணுவார்கள். அன்பின் ஒளியை  
பரப்பிக் கொண்டே இருப்பார்கள்.  
வயலட் வர்ணம் - மகான்களாக இருப்பர் மக்களுக்கு வழிகாட்டியாகவும்  
குருமார்களாகவும் இருப்பர். ஆண்மீக ஆற்றல் நிறைந்தவர்கள்.

இதே அனைத்து வர்ணங்களும் மங்கலாக இருந்தால் நேர் எதிர்மறை எண்ணம் கொண்டவர்களாக இருப்பார்கள்.

## தியானத்திற்குத் தேவையான எட்டு நிலைகள் :

இமயம் - பஞ்சேந்திரியங்களை கட்டுக்குள் வைத்தல்.  
நியமம் - பொருள்கள் மேல் பற்று குடித்தல் தன அறிவை பொரிதாகக் கூறல்,  
ஆசை, கர்வம், பொறாமை பல குணங்களை நீக்குவது.  
பிராணாயாமம் - மூச்சுக்காற்றை முறையாகப் பயின்று இடகலை பிங்கலை  
சுழுமுனை நாடுகளின் மூலம் மேலேற்றி தியானத்தல்.  
பிரத்தியாகாரம் - ஆழ்நிலை தியானத்தில் உள்முகமாகச் சென்று ஜோதியைப் பார்த்து  
அதில் மனதை ஈடுபடுத்துதல்.  
தாரணை - ஞான வாழ்க்கையை உயர்த்துவதும் தாழ்த்துவதுமாகிய மனதை  
தன் விருப்பம் போல் நடக்க பயிற்றுவது.  
தியானம் - புராண இதிகாசங்களையும் பக்தி உபன்யாசங்களையும் கேட்பது.  
மனனம் - கேட்டதை மனதில் எந்தேற்றும் மனதில் ஆசை போடுவது.  
சமாதி நிலை - கடைசியாக ஆழ்நிலை தியானத்தில் அசையாமல் இருப்பது  
முற்றும் நடப்பது கூடத் தெரியாது.



இந்த தவ நிலையில் நம் உடலின் ஜீவா அணுக்கள் ஒளியின் மூலம் எல்லா சக்திகளையும் பெறுகிறது. செடி கொடிகள் நாம் அருகில் சென்றால் நம் உணர்வுகளை எப்படி அறிகிறதோ அது போல நம் உடலில் உள்ள ஜீவ அணுக்கள் நம்மை பற்றி நம் எண்ணாங்கள் பற்றி நன்கு தெரிந்து வைத்து இருக்கும்.

ஜீவ அணுக்களின் உணர்வு தான் பிரபஞ்ச சக்திகளின் உணர்வும். இதையே நாம் இறைசக்தி என்கிறோம். ஒளிதியானம் செய்வதின் மூலம் இவற்றை இயக்கி நாம் பெற விரும்பும் நியாயமான ஆற்றல் அடையலாம்.

ஆதாரம் நூல்கள் பல தம்மண்ண செட்டியார் என்பவர் இயற்றிய நூலும் ஒன்று.

**சர்ஸ்வதி கல்யாணசுந்தரம்**  
வர்ய்கி மாஸ்டர், பொங்களூரு.  
9444417155



## HEALING THE UNSEEN WOUNDS

In the hustle bustle world of modernity, everyone tends to store an emotion which is suppressed in their mind, many are interwoven to become emotional wounds unknowingly, if it becomes unexpressed or untreated, it leads to trauma. This paralyzes the thoughts, potential and indeed life itself.



Reiki healing helped me to overcome despair and post accidental trauma through the deeper healing in the hands of dr.p.s.lalitha mam that aided me to swap it up by decluttering the emotions with emotional maturity to move on in life. Thus my healing journey started in 2011, by god's grace, I got attuned to reiki by Dr.P.S.Lalitha mam, which enabled me to be an instrument of healing, to the needy...

Every day, every year is special for me personally to learn, relearn and unlearn the experience that shapes us to be the best version of us, while healing and counseling others. This year is special unto me to heal people from emotional trauma due to various reasons. Here is one such experience.

### Healing the unspoken wounds:

A girl of 27 yrs, was living with her parents who are compassionate, understanding and seen her a blessing, but she was feeling lonely and sheltered in a cocoon though the freedom is given to her by all means. Yes !!! she covered her up in a shell with lots of unspoken and unexpressed emotions which immobilized her life with several questions, even on spirituality with many mental chatter, it all began with a change of city which kept her frustrated in lifestyle, exposure, learning and growth, that affected her mind severely with recurrence of suicidal thoughts.

### Healing phase:

Healing is done with respective symbols on respective chakras which gave her the comfort and solace for an empowered living.

Mooladhara (for passionate living & survival), swadishtana chakra (to remove old stagnation of haunting memories and suppressed emotions / suicidal thoughts) were cleansed. manipura (wisdom and courage), anahatha (self love), Visudhwa (to voice out her opinion with gentleness and clarity), and to have clarity in mind (ajna).

Beautiful moment is such that the ajna chakra front and back chakra is cleansed thoroughly many times and sides of sahasrara chakra were cleansed to shut down the mental chatter and unwanted inner voice...then she regained clarity and started weeping to open it up...

Mostly to 5 sittings we concentrated on swadistana a lot along with balancing of chakras which enabled her to overcome and erase the suicidal thoughts.



### **Outcome of Healing:**

With the help of healing and counseling, her approach towards life changed from instead of asking "why life? To How to live life? she implemented the guidances as well that transformed her to become a new person altogether with clarity, more gentle towards herself, questioning mind to solution finder by being more inclined with the anchor of faith.

Hence the unseen and unspoken wounds can be healed with the help of reiki and healing modalities...all it takes is a listening ear and healing touch to someone who needs it.

With profound gratitude to my beloved Master, Dr.P.S.lalitha mam- the reiki epitome, and to the universal healing energy , spiritual beings of the earth, with salutation and reverence I owe my gratitude to each and everyone for making me as an instrument in healing others and uplifting them with sense of purpose.

**R.Sridevi**

Reiki Grand Master

Kumbakonam

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## A JOURNEY BEYOND THE SEEN

### Discovering the power of unseen energy and the grace of healing through Reiki.

My journey with Reiki began out of simple curiosity. Watching my father practice it, I was fascinated by how something so gentle could bring about such profound change. What started as an exploration slowly became an inseparable part of my life — a journey of healing others, and in the process, healing myself in ways I never expected. Over the past five years, Reiki has grown from an interest into an anchor — teaching me patience, empathy, and the quiet strength of energy that moves unseen.



Every Reiki session teaches me something new, and every healing feels like a small miracle. One such experience recently reaffirmed my faith in its quiet power.

A father visiting his daughter abroad suddenly developed severe gut issues — constant hiccups, unbearable abdominal pain, and sleepless nights. A doctor's consultation revealed a block in the small intestine, suggesting surgery as the only option. However, with scan appointments delayed and his condition too fragile for travel, his daughter reached out to me for healing.

As the healing phase was started, the receiver was connected to energy through Ajna Chakra, and as he was in panic, the mooladhara had received lots of gentle energy, removal of blockages in each chakra and cleansing happened by balancing the chakras with the respective symbols, that enhanced the healing power.

During each session, the focus was more on the visudha, and anahatha (helped him to get cleared with the constant hiccups and to breathe with ease) Manipura and Swadishthana Chakras — centres that govern digestion, emotional balance, and energy flow — gently aligning him to restore harmony within.

After the very first session, he felt hungry and wanted to eat — something he hadn't in days. Within a couple of days, his sleep improved, the hiccups eased, and his digestion strengthened. We continued the healing for a little over a week. When he finally went for his next scan, the results stunned everyone — the intestinal block had completely disappeared, and surgery was no longer needed.

A few days later, his daughter sent me a picture of her father joyfully celebrating his grandson's birthday — smiling, eating, and full of life. That moment filled me with quiet gratitude and renewed awe for this unseen force that connects us all.

Reiki continues to remind me that healing is not always visible, but it is always possible. It flows where it is needed most, in ways our minds cannot always comprehend. And sometimes, through the simple act of channeling energy with an open heart, we witness the extraordinary — a reminder that Reiki, in its purest form, is love transforming itself into healing. I remain deeply grateful for the gift of Reiki and its power to heal in ways beyond understanding.

I owe my gratitude to Ms.Sridevi, Reiki Grand Master who had taught me reiki. My profound Gratitude to Dr.P.S.Lalitha mam for the voluminous essence of Reiki to all of us, through masters and grandmasters to uplift humanity...Thank you Dr.P.S.Lalitha mam and associates.

**Janani .V**

Reiki Master

Chinmaya Nagar, Chennai

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## MIRACLES OF REIKI HEALING

There are umpteen medicines and healing techniques available to humankind across the world. Western medicine is the one of the most popular treatment methodologies known to mankind since it has been extensively researched, published and promoted over the years. However, there are also other alternate healing methodologies, techniques and practices available in the world; knowledge of which is vastly scattered in small pockets of experts who have dedicatedly practiced, perfected and mastered them.



"Reiki Healing" is one such alternate healing methods that I got introduced to this year; thanks to guidance from one of my close friends "Mr.Harish Ramamohan" . He referred Sridevi Ma'am, who attuned me into this miraculous journey of energy healing. Her expert mentorship, alongside patient guidance helped me understand, learn and practice Reiki energy healing over the last 6 months, setting me on an exhilarating journey towards love, light and energy healing this year.

Post completion of level 3A, I have managed to heal and ground myself with the help of extensive daily meditation and affirmation practices, crystal grid healing and reiki box healing which have now become an integral part of my life.

Recently I have healed my mother who was going through the after effects of viral fever that had severely weakened her immune system, giving her constant body aches for a period of 3 months. I focused on healing her vishudha chakra for shoulder pain and her sacral chakra and mooladhara chakra for pain in the back and knees respectively. I used zonar for pain relief, arokya for good health and healing, alongside Santhosha for the happiness. I also used fire dragon on her spine for the back pain during the process. Post 12-15 normal and distance healing sessions she has made a remarkable recovery to full health going about with her life pain free.

My cousin sister was suffering from flu and pain in her joints and she approached me for administering reiki healing recently. I administered 5 distant healing sessions on her, focusing primarily on her vishudha chakra for chest congestion and mooladhara chakra for the joint pains. I used Arokya for good health, Zonar for pain reduction and santhosha for happiness.

This not only helped her return to her normal routine, but also enabled her to fully recover and complete a foreign trip last month.

Reiki energy healing has helped make me compassionate to other energy beings, alongside my evolution into a better, lighter version of myself. The meditation and affirmation practices which I diligently follow every day have opened my eyes to my true purpose, discovering what truly matters in life.

My spirituality has evolved to the level where I have begun to understand the real meaning behind spiritual practices; bringing a sense of peace, contentment and purpose to my life.

**Abhiram Rao**

Reiki Healer (3A)  
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8979631518



## REIKI – BRINGING LIGHT INTO PEOPLE'S LIVES

Reiki Healers are also called Light Workers, meaning they take their client from a dark phase of life into light. The important point to be remembered here is that Light workers do not heal anyone, but they facilitate people to cooperate with them and thereby heal themselves. When a person is going through a physical or mental health problem and is searching for a solution, they are guided to a certain healer by the Universe and they are given various tools like Acupressure, Reiki, switch words, mantras, Bach Flower Remedies, Mudras etc. These are all natural therapies with no side effects.



For most of the physical health problems, food and thoughts are the main causes. If we eat right food (High fibre, low fat), when we feel hungry, and drink sufficient water, our digestion will be proper and we will be happy, whereas indigestion causes headaches, phlegm and even aches and pains in the body because of the toxins formed. Toxins from the physical body are completely removed by cleaning the stomach twice a month atleast. By exercises, toxins are removed through sweat. Toxins in the pranic body are removed by breathing exercises like Kapalabathi, Nadi sudhi and Pranayamam.

### Mind:

What is mind and where is mind? Mind is the continuous flow of thoughts, Negative as well as positive. Mind is not in one place but around us in our subtle body called Aura, and it is also called Manomaya Kosha.

### How to remove the toxins from our mind?

Being aware of the unwanted (Negative) thoughts throughout the day, even while performing any work, and keep releasing them to the Divine Light consciously, so that it becomes a habit.(This is taught as an exercise using just two mudras and two affirmations). Our mind will become more and more positive and pure each day by doing this exercise consciously. When this happens the negativities in our environment will also be slowly transmuted or disintegrated and dispelled into the Universe, making the flow of life very smooth and each moment can be enjoyed and celebrated . One can see and feel the difference.

### FIR in healing is Frequency, Intensity and Recovery:

Whatever tool is given or exercise taught by the Reiki Healer should be done regularly with awareness and involvement for a certain period giving regular feedback to the healer, so that he/she can guide the client accordingly. Then the frequency of the problem occurring and the intensity of the problem will go on decreasing, leading to complete recovery.

In deep meditation, which can be achieved using Reiki, past lives can also be healed and we can get connected to the Ascended Masters, gurus and get blessings, messages and by taking actions, following the messages, we can feel the improvement in our day to day life.



If you wish to become a healer/light worker, your first challenge is to heal yourself. First focus on that and then you can find ways and means to help others to heal themselves.

If a person wants peaceful life, he/she should stop blaming others and finding faults with them. Instead think of the good deeds they have done for you and thank them and also forgive them for what wrong, you think they have done to you and send them lots of love.

Feeling gratitude, forgiving and sending love to the person as an exercise (closing your eyes, feeling from the depth of your heart) will first cleanse your mind and slowly these energies will reach the aura of the person for whom you are doing and you will start noticing subtle changes. When this is taken seriously and done for sometime you will find lot of changes within you and the person for whom you are doing. You will find that you are also mentally and thereby physically getting healed.

It is agreed by the doctors all over the world that most of the physical health problems are psycho somatic. They also have started believing that along with the treatment they give, if mental health is taken care of, recovery will be faster.

Late Louis Hay, The Healer from the USA has written many books and they are quite popular among the healers. Her ideas/Theories are clinically tried and endorsed by Professors from various Universities in the USA.

#### Words of Louise Hay :

Both the good in our lives and the dis-ease are the results of mental thought patterns which form our experiences. We all have many thought patterns that produce good, positive experiences and these we enjoy. It is the negative thought patterns that produce uncomfortable, unrewarding experiences with which we are concerned. It is our desire to change our dis-ease in life into perfect health.

She has given the world, a list of "The mental causes for various physical illnesses from A-Z ie : Abdominal Cramps to Yeast Infections, and the Metaphysical way to overcome them.

<u>Physical Problem</u>	<u>Probable mental cause</u>	<u>New thought pattern</u>
Addictions	Running from the self.	I now discover how
	Fear. Not knowing how	wonderful I am. I choose
	To love the self.	To love and enjoy Myself.

These New thought patterns are different affirmations for each dis-ease, which can be used with Emotional Freedom Technique (EFT) also.



The healer must remember that it is the healing of the Soul that we are working for. It is also important for the healers to understand 'Death' in this way (ie Soul never dies) and to treat the whole person. The healer must not give up healing someone, simply because he/she may be physically dying. Also should understand that there is deep meaning in each person's experience of his/her illness and that death does not imply failure, but complete healing of the Soul.

**LET LOTS OF LOVE & LIGHT FLOW INTO EVERYONE'S LIFE.**

**Mrs. Uma Seetharaman,**  
Reiki Master  
Drugless Therapist & Teacher  
9840748942



## WONDERS OF REIKI

I bow to Dr.P.S.Lalitha madam who is the essence for my entry to Reiki is Madam only and also my masters Sridevi madam and Fathima madam. Here are few of my experiences which are the wonders of reiki, through the practice.



1. In a stray dog big size bone is stuck in the upper jaw and unable to take the food and water for 2 days I started healing through the Reiki crystal Grid . He is trying with his tongue, to push the bone after 2days, the bone fall down and able to take food and the water. Healing done to this dog first cleansed and energized all the chakras. Mostly focused on the Ajna front & back, Visudha front & back.
2. The lady patient age 65yrs suffered severly from the back pain & the leg pain. Cleansed all the chakras & energy passed to all the chakras mainly focused chakras are ajna, back Mooladhara & back swadishtana chakras.In one sitting she is free from pain and got relaxed.
3. My younger son got his father job after 4 1/2yrs that was kept it in the Reiki Crystal Grid and also weekly once healing was done to him it.
4. 26yrs boy suffered from severe skin disease and also treated by the kottakal Dr. But the skin problem is very aggressive not cured .Healing done for 2 days and kept it in the Reiki crystal Grid. Cleansed and energized all chakras mainly in Ajna and back Mooladhara chakras.

**Mrs.S. Periyanayagi**  
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## **REIKI BRINGS RELIEF BEYOND MEDICINE**

A young woman recovering from brain surgery recently shared a remarkable healing experience that underscores the gentle power of Reiki. After enduring two days of intense headache, she received a distant Reiki session by me, a trained practitioner. The following morning, she woke up completely free of pain.



In her message of gratitude, she wrote;

"Aunty... you are totally magic! After your Reiki, my headache is gone! It was soooo bad the last two days and I woke up this morning without any headache. You are amazing, Aunty. Thank you so, so, so much , I have no words — so grateful!" Such heartfelt words reflect the profound sense of comfort and renewal that Reiki can bring, especially when practiced with love and sincerity. The session was conducted as a complementary approach alongside medical care, reinforcing Reiki's role as a holistic support system rather than an alternative to conventional treatment.

I performed distant healing for front and back Ajna Chakra (Third eye chakra) and Moola dhara Chakra (Root Chakra) for four days (20 minutes each day).

Reiki practitioners believe that healing energy flows naturally when one's intent is pure and compassionate. In this instance, the practitioner's focused intention appeared to harmonize the recipient's energy, easing her discomfort and promoting deep rest. While the physiological mechanisms may still be explored, the experiential outcome — freedom from pain and renewed emotional peace — speaks volumes.

This case serves as a gentle reminder that healing is not only physical but also emotional and spiritual. Reiki, through its simplicity and universal accessibility, bridges science and spirit, bringing relief where words and medicine sometimes fall short. In the quiet connection between healer and recipient lies the essence of Reiki — love, light, and the deep faith that the universe supports every step of recovery. Being a Reiki practitioner, brings happiness and contentment to the self.

I thank my Gurus Dr. Geetha Krishnakumar and Dr. P.S. Lalitha who guided me in Reiki practice

**Dhaya Vasudevan**  
Reiki Master  
Thiruvanmiyur  
8056104819



## REIKI - A MIRACLE SHOWER

Hello all,

This is C.B.Malliraju , from Vedharanyam.



I am very happy to share my experience with Reiki which is really a miracle.

I have been attracted to Reiki only, on behalf of my son. Our whole family was craving for a grand child which has been postponed even after 9 years of my son 's marriage. We all really longing for grand child. That time I realised i was drawn to Reiki and I first got Deeksha from one Reiki master in Chennai .But I was not satisfied with her I searched in website .

I am blessed to be a student of Sridevi madam, Kumbakonam in 2021 through Dr.P.S.Lalitha mam. She assured me that Universe will really grant a grandchild at the divine time, on a divine day. As years passed on my hope started to dissolve, but nevertheless it became true momentum of miracle happened on a divine day.

By God's grace both my son & daughter in law got attuned (Dheekshai) from Sridevi madam, Reiki Grand Master. They completed till reiki 3a level. They did regular practice And their dedication towards meditation, placed them with right doctor with right guidance.

With my regular healing with the respective symbols and their chakras got balanced, from nineth month started applying reiki for smooth delivery with respective symbol. They were blessed with a son on an auspicious day, at auspicious time.

Thanks to Reiki

**Mrs.C.B.Malliraju**  
Reiki Master  
Vedharanyam  
9944129309



## രെയ്ക്കിയിൻ് വരമ്



ரெய்கி கலையை கற்றுக்கொடுத்த குரு லலிதா மேடத்திற்கு வணக்கங்கள். என் வாழ்க்கையில் எனக்கு உண்டான சோதனையிலிருந்து காப்பாற்றி எனக்கு உறுதுணையாக இருந்தது ரெய்கி. என் பெண்ணிற்கு தீருமணம் 2024 Feb யில் நடந்தது. 2024 ஏப்ரல் மாதத்தில் கருவற்றாள் அவளுக்கு இரட்டை குழந்தைகள் Twins உருவாகியது. 5 ஆம் மாதம் scan செய்த போது புகுழந்தைக்கு தாயிடம் இருந்து ரத்தம் குறைந்த அளவாகவும் விட்டு விட்டு 110 ஆவதாகவும் ய குழந்தைக்கு ஒரே சீராக செல்வதாகவும் குழந்தைகளுக்கு இடையே 700 கிராம் வித்யாசம் உள்ளதாக சொல்லி மைலாப்டுரில் Medy Scane Centre ல் கண்சல்ட் செய்ய சொன்னார்கள் குழப்பாகவும் கவலையாகவும் இருந்தது அங்கு மறிஞ்.

சுதர்ஸன் என்பவர் கவலைப்பட வேண்டாம் பாஸிலோகா நினைத்து பிரார்த்தனை செய்யுங்கள் என்றார் நம்பிக்கை தரும் வகையில் தொரியம் சொன்னார் பெண்ணிற்கும் தொரியம் வந்தது. அன்றிலிருந்து நான் பெண்ணிற்கு ரெய்கி Distance Healing எல்லா சுக்ராங்களுக்கும் Power Symbols அளித்து வந்தேன் கூடுதலாக மூலாதாரம் ஆக்கும் ஸ்வாதீஷ்டானவிற்கும் சக்தி அளித்தேன் செப்டம்பர் மாத முதல் வாரத்தில் பெண்ணிற்கு அடிக்கடி Bleeding ஏற்பட்டு Hospital சேர்த்து சிகிச்சை அளித்தார்கள்.

இதனால் கருபாதுகாப்பிற்காக Reiki Box மூலமும் Reiki Golden Ball மூலம் சிகிச்சை அளித்தேன் டிசம்பர் 3 வது வாரத்தில் பிரசவம் ஆகலாம் என்று சொன்னார்கள் ஆனால் 8.11.2024 அன்று 25 நாள் முன்பே குழந்தைகளின் நலன் கருதி surgery செய்தார்கள். A. குழந்தை 1.200 -ம் B, குழந்தை 1.800 -ம் இருந்ததால் Child Care Unit ல் பாதுகாப்பு கருதி இருக்க சொன்னார்கள். குழந்தைகளுக்கு தனித்தனியே Golden Ball மூலம் சிகிச்சை அளித்து வந்தேன். பிரபஞ்ச அருளால் ரெய்க்கியின் அருளால் A. குழந்தை 1.500-ம் A. குழந்தை 2 கிலோ வை எட்டியதால் 1.12.2024 அன்று Discharge செய்தனர்.

குரு அருளாவும் பிரபஞ்ச சக்தியாவும் தாயையும் 2 குழந்தைகளையும் பூரணமாக காப்பாற்றி மன நிம்மதியை ரெய்கி அளித்தது. மேலூ.சுதார்ஸன் சொன்ன தெரியம் ரெய்கி செய்ய தூண்டியது நான் கற்றகலை என் வாழ்க்கையில் மன நிம்மதியையும் சாதிக்க முடியாததை சாதித்து என் பெண்ணிற்கு உதவியது மேடத்திற்கு கோடி நன்றிகள் இக்கலையை பலநக்கும் கொண்டு சேர்க்கும் ஹீதேவி மேடக்டிர்க்கும் நன்றிகள்

D. நடராஜ் சிவவாச்சார்யார்  
ரெய்கீ கிராண்ட் மாஸ்டர்,  
கோயம்புத்தூர்.  
9842263804



## **"Building Resilience Through Reiki" "Healing Energy For Emotional Strength And Inner Peace"**

Pranams to my Reiki guru Dr P.S. LALITHA



Reiki healing is a form of Energy Therapy developed in Japan, designed to promote relaxation, emotional well-being, and balance in mind. Reiki healing works by channelizing the "UNIVERSAL-LIFE FORCE ENERGY" through the practitioner's hand to the recipient to clear energy blockages in the body, thereby promoting physical, emotional, and spiritual balance and helping the body to heal itself naturally.

### **WHAT IS MEAN BY RESILIENCE?**

Resilience is the ability to bounce back from difficult experiences. It is the capacity to recover from setback, stress, or trauma. It can involve adapting successfully to challenges, a resilience person can handle tough situations and recover. Reiki helps to enhance Emotional Power by promoting Emotional Balance and strengthening inner Resilience through gentle Energy Healing practices. Reiki healing promotes Emotional healing, reducing stress, enhancing Self Awareness and fasten spiritual connection to empower individuals to face adversity with Resilience and calmness.

### **INNER STRENGTH AND RESILIENCE:**

Regular Reiki sessions nurture Self Compassion, which reinforces Emotional Resistance and helps to build Inner Strength. Reiki is recognized as a Holistic Transformation practice that can strengthen Emotional Health. Practicing Reiki regularly helps individuals better to manage their Emotions and cope up with everyday challenges in a calm balanced manner, ability to bounce back from difficult experiences.

Reiki power involves facing not ignoring problems, acknowledging difficult feelings, finding solutions and moving forward even when things are hard.

A Resilience person who can recover quickly from difficult situations.

The 5 pillars of Resilience are

1. SELF AWARENESS
2. MIND FULLNESS
3. SELF CARE
4. POSITIVE RELATIONSHIP
5. PURPOSE



## MY PERSONAL EXPERIENCE

### The Greatness of healing power

My husband was suffering from Cancer for the last five years. So many time he was hospitalized with some problems. Every time his condition would improve significantly and would be discharged with almost cure within less times, because of Reiki Healing which is compliment to any type of treatment.

Pillar of support was there from Reiki healers, especially Ms Sridevi and Dr P. S Lalitha mam with her Asirvadams and blessings. He enjoyed his life with his hobbies till the end. His Jeevatma left the physical body peacefully two months back. Initially it was a hard time for me. But through regular awareness of Reiki power which is 100% Spiritual made me emotionally matured and mentally strong to face all challenges. We know the situation and time will definitely change. We have to cover up our feelings with spiritual, practical thoughts and think with reality.

This is the best method that gives Peace of Mind and mental strength. We feel bad when situations happens against our wishes. But immediately we have to change or guide our mind to get balance. Meditate with Reiki power, Visualize God's form for concentration and chant the name of your favourite God when get free time. Be with Mindfulness meditation which means be with present moments. Balanced mind will be a peaceful mind.

### Conclusion:

A resilience person can recover quickly from difficult situations.

Reiki helps enhance Emotional power by promoting Emotional balance and strengthening inner Resilience through gentle Reiki energy healing.

My sincere gratitude to my Guru Dr P. S Lalitha Mam and Ms Sridevi and all who supported me, all the way of my Reiki journey and to the Spiritual path. Thank you all. Thanks to Reiki power.

**Mrs. Arundhathy**

Reiki Grandmaster.

Bangalore,

9611605861.



## GEARING UP FORWARD

Before stepping into Reiki, my mind was filled with questions — What is Reiki? What drew me toward it? Will I succeed? Will it help me find emotional and physical balance?



As a freelancer in the media field, I had the privilege of working with reputed organizations and institutions. In 2018, I began freelancing independently for events, anchoring, acting, and voice-over work — a passion I had nurtured since childhood. However, health challenges, hormonal imbalances, and crossing the age of 40 made me feel stagnant, drained, and low on energy.

The beginning of 2023 marked a turning point. I found myself drawn to the spiritual path — following my intuition, trusting the flow of life, and embracing both the easy and the challenging steps it brought me. I began learning and chanting the Vishnu Sahasranamam, followed by Lalitha Sahasranamam and Lakshmi Sahasranamam. These sacred recitations brought about a noticeable transformation in my outlook and energy. I also started conducting Satsangs on weekdays, which deepened my spiritual connection. Despite this progress, my health continued to fluctuate. During one Satsang, a devotee suggested Reiki — and though I didn't fully understand why she thought of me, it turned out to be a divine nudge toward self-care and healing.

When I received Reiki initiation from Ms. Sridevi R, Reiki Grand Master, my mentor and guide, I felt an immediate shift. Her compassionate approach and profound healing techniques brought me lightness, positivity, and a radiant energy I hadn't felt in years. My health, happiness, and day-to-day enthusiasm began to blossom again. This experience sparked a deeper calling — to learn Reiki myself, not only for my own well-being but also to support my family and others. As women, we naturally nurture those around us, and Reiki felt like an extension of that love and care.

I am deeply grateful to Ms. Sridevi R for her guidance, healing, and mentorship. I pray she continues her noble work of healing and helping those who suffer. Reiki has truly been a beautiful chapter in my journey of self-discovery, strength, and balance.

**Sreekala .N**

Reiki Healer,  
Madurai  
9843556111





## REIKI CENTRE OF INDIA (Regd.)

The Secretary  
No. 487, 17th Street, 4th Sector, K.K. Nagar,  
Chennai - 600 078.  
e-mail : reikicentreofindia@gmail.com

### APPLICATION FORM

To.

**THE SECRETARY**

No.487, 17th Street, 4th Street,  
K.K. Nagar, Chennai - 600 078.  
Ph : 93805 71682

Dear Sir/Madam.

Please enroll me as a member of Reiki Centre of India, I am enclosing herewith the Life membership fee of Rs. One Thousand five hundred rupees only by Cash/Crossed Cheque/DD Payable at Chennai in favour of Reiki Centre of India.

Name : .....

Full Address : .....

: .....

: .....

Telephone : .....

Mobile : .....

E-mail : .....

Date of Birth : .....

Marriage Day : .....

Place : .....

Date : .....

**Life Membership Fee (India) : Rs. 1500/-**

Cash  Cheque  DD

**Life Membership Fee (Overseas) : Rs. 2000/-**

Cash  Cheque  DD

P.S. in case of Change in Address/Phone No. Please inform the President/Secretary/Treasurer



## WISH BOARD MESSAGE TO ALL



**Dr. P. S. LALITHA**  
Founder- Reiki Centre of India & Art of Healing

My best wishes to all the healers for all the efforts of Reiki Centre of India in propagating the essence of Reiki.

With her great, relentless effort patented the Art of Healing and published five books.

## BOOK OF DR. P.S LALITHA



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Dr. P.S. Lalitha Meditation for Senior Citizens



Mrs. Arundathy Receiving Divine Healer Award



Full Moon Meditation by Mrs. Arundathy



Orientation Programme by Ms. Sridevi



Presidency Club Free Healing Camp



Free Healing Camp Saibaba Temple, Mylapore.



Free Healing Camp, Thiruvanmiyur.



Ms. Sridevi, Orientation Programme for Govt. College for Women, Kumbakonam.





## DRUGLESS THERAPY

Dr. P.S. LALITHA, M.V.Sc., Ph.D.,  
Reiki Grand Master, Acupuncturist  
Founder - Reiki Center of India (Regd)  
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