



--- **Reiki life force Energy....**



**Energy is one. When it goes down, it becomes your world. When it goes upwards it becomes GOD Dr..Darshan Singh..SOLAN.h.p.INDIA**

Aura is the energy field that is emitted from the surface of each and every human being as well as organism in the Universe. Made of electromagnetic energies, this energy field not only encircles the corporeal body, but also travels within the body. The density of the electro-magnetic energy could vary from person to person, as what he/she is emanating. Usually, the auras keep on changing along with a person's mood and surroundings. Aura generally has seven auric bodies or levels/ layers.

Each of these subtle bodies, which subsist around the body, has its own distinctive frequency. These bodies are interconnected and they influence each other and affect the feelings, emotions, thinking, behavior and health of a person. Consequently, imbalance of one body causes imbalance of other bodies. Human aura lengthens above the head and below the feet in an oval shaped field. It is a multilayered energy field, which is created by chakra energy centers. Auras can extend up to four feet around the body and meditation can help one to augment one's energies.

Reiki, the spiritual healing therapy, influences the aura bodies or layers. Attunement is the consecrated process to commence Reiki, and it makes the aura stronger and allows the practitioner to get control over his life. It suggests that attunement allows the practitioner to use the universal life energy, for the intention of curing a person or a situation. Reiki master is the only person who can impart the attunement, which is a powerful curative in itself. There are a number of auras that surround an individual.

### **Disease**

Every physical disease has a metaphysical cause. Stress has become a part of our life. There are several causes for one to feel anxious, Diabetes, sad, angry, jealous etc. But persisting emotional disturbance blocks the flow of energy through aura and chakras. Block in the flow of energy throws the chakras in to imbalance. Imbalance or malfunctioning of a single chakra results in malfunctioning of other chakras, hormonal imbalance, imbalance among five elements. The net result is the disease of single organ or the entire system under the control the particular chakra and the physical body reveals symptoms of disease. Block for the flow of cosmic energy results in accumulation of negative energy in the organs and causes disease.

### **Health**

Uninterrupted flow of cosmic energy without any block is the basis for health. For maintaining health, mind plays a crucial role. Mind processes the information received by the five senses (eyes, nose, ear, tongue, skin). Hence the influence of external environment gathered by these five senses plays a major role in feeding the information to the mind, the sixth sense. Thus when the mind is relaxed and free from stress the energy processed by the -mind flows to the subconscious mind through the auras and chakras. Hence feeling the information through the five senses plays a crucial role in keeping the mind and body in perfect coordination. Cosmic energy passes through the body of the reiki channel or reiki healer to the patients during the treatment to the chakras. The flow of energy through the aura, chakras and the dependence of the physical body on the flow of energy for balancing chakras, endocrine organs and five elements is mandatory for a healer to keep himself and others healthy.

### **Aura Bodies**

#### **Etheric Aura (Base Chakra)**

Generally blue in color, Etheric Aura lengthens about two inches from the corporeal body. It is related with body's health and physical condition.

#### **Emotional Aura (Sacral Chakra)**

Emotional Aura extends about 2-4 inches from the body and appears in clouds of rainbow colors. Associated with feeling, the aura is bright colored when feelings are positive and dark colored when feelings are negative.

#### **Mental Aura (Heart Chakra)**

Usually yellow in color, Mental Aura lengthens about 4-8 inches from the body. This aura is related to our thoughts and mental processes, and it appears bright when the thinking is active.

#### **Astral Aura**

Astral Aura extends about 8-12 inches from the body and come into sight as rainbow colored clouds. It is

actually a link between the material world and the spiritual realm.

#### **Etheric Template Aura (Throat Chakra)**

Appearing like a blue print form, Etheric Template Aura lengthens about 12-24 inches from the body. It suggests divine spirit within an individual as well as his/her commitment to articulate and follow the truth.

#### **Celestial Aura (Brow Chakra)**

Celestial Aura extends about 24 inches from the body and becomes visible like a shimmering light of dull colors. It is related to divine love and spiritual elation.

#### **Ketheric Template Aura (Crown Chakra)**

Ketheric Template Aura comes into view as an extremely bright golden light and lengthens about 36-48 inches from the body. It suggests divine mind tranquility, and understanding



of greater universal pattern. Moreover, it shields everything within its limits...

## **Reiki Energy**

Reiki, the spiritual healing art, affirms about a universal life force energy that can be used by practitioners to bring a healing effect. This life energy is very effective and has been asserted to have power of curing. It is believed that this energy can be accessed by anybody through an attunement process performed by a Reiki Master. As per the belief, the energy flows through the hands of the practitioner every time the hands are placed on, or held close to the recipient.

Moving further, certain teachings state that practitioner's attendance & intentions are really important in this therapy, whereas others declare that the recipient's injury itself draws the energy to develop the natural healing process. So, it can be said that the 'energy' is 'intelligent' and doesn't really requires any diagnosis. Another realm of Reiki energy is its power to heal from a

distance. However, this method requires use of special symbols to make a momentary link between the practitioner and the recipient, and then channelize the universal life force energy.

The entire procedure is taught to the students so that Reiki energy can be sent to a particular point in time, whether in past or in future. Whatever energy is used in Reiki treatment is assumed to be drawn from the Universe, rather than being that of a practitioner and that's why it is unlimited. Other teachings pronounce that the life energy comes in the practitioner by way of the crown chakra, prior to getting discharged from the hands. This could be the probable answer to how Reiki practitioners can treat themselves with the energy.

The practitioners also use Reiki as a preventative medication, since it's regarded that the life force energy promotes healing earlier than the surfacing of apparent symptoms. Some masters assert that if the probable recipient doesn't want to get healed at certain level, the life energy will not flow. The believers describe Reiki as a holistic therapy that brings about curing on all levels - physical, mental, emotional and spiritual.

## **Reiki Practice.....**

To become a Reiki practitioner, a person requires practicing the healing energy. Treating problems of people and seeing smile on their faces can be the biggest reason of happiness for any practitioner. In fact, it feels great to see improvement in people, in their confidence as well as their lifestyle. Sensing the love of the Almighty passing through the body is just wonderful. To get really good results of Reiki, it is important to have good intention because the quality of your thought affects the work you're doing.

Compassion for the person you're treating is another great feature, since it brings help from the higher sources. Reiki should not be practiced with a feeling of competitiveness, given that its energy comes for free and it repels such impulse. Apart from monetary sessions, Reiki should also be given for free and for public benefit. Practicing it could be really beneficial, if sessions are exchanged with other practitioners. Along with such practice, it's important to know about other features that form part of Reiki practice like healing, cleansing and grounding. Read on to know how to practice Reiki.

### **Reiki Cleansing**

Reiki cleansing is a process of change, detoxification and assimilation of the energies. Usually one is required to undergo purification prior to receiving Reiki attunement or treatment. It's a 21-day process where one must unleash the old mental, emotional, physical and spiritual substance.

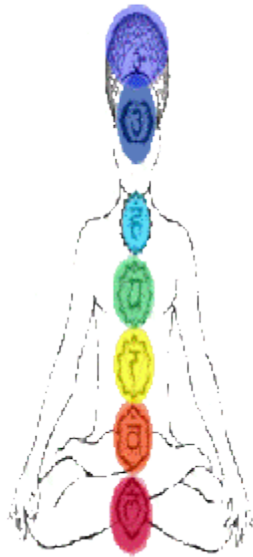
### **Reiki Healing**

Reiki, as we all know, is a natural and simple way of holistic healing. It utilizes universal life force energy that permeates the universe, to promote healing in all living beings. Whatsoever be the medium or way, healing can be done through any Reiki channel. However, the healing technique can be of two types.

### **Reiki Grounding**

It is said and believed that Reiki can never harm anyone. This is absolutely true because Reiki seeks to

cure problems, not create them. But then, you do need grounding, in other terms, protection in Reiki. It is important not only for the recipient but also for the practitioner.



## Reiki Treatment.....

Reiki has the powers to heal any and every living creature. Humans, animals or plants, it works on all living beings without any problem. Animals and plants can be healed easily, since they are considerably less intelligent as compared to human beings. It is somewhat complex to heal humans as they are intelligent and indulged in worldly activities - making it quite difficult to have control over their chakras or energy points. Reiki treatment can only be limited by one thing, which is the recipient's attitude.

In case the recipient is unwilling to accept the healing power of Reiki, the practitioner cannot pass the energy into the former's body. There are different treatments in Reiki such as whole body treatment, localized treatment, Informal treatment, self treatment, group treatment, distant healing treatment and treatment for plants & animals. The treatment given to a recipient depends on the level of urgency of the illness. A human being is not made of just physical body; infact it is made of three other invisible and non-physical bodies.

These bodies are influenced by the universal energy which also controls and affects the physical body. Reiki doesn't only remove the symptoms of problems, but works to eradicate the root cause of symptoms. It functions in the energy structure which lies beneath the physical matter. Due to this reason, Reiki enables healing both physical and emotional ailments. Healing treatment is not just curing the physical symptoms or the root cause of sickness, but also suggests bringing about balance of mental and physical well-being.

### [Reiki Distance Healing](#)

Reiki knows no barriers or boundaries, since its energy is not restricted by time and distance. A person

can be healed or relieved from pain by sending life force energy from a distance. And the best part is that this technique is as effective as 'Hands-on' practice of Reiki.

### [Reiki Self Healing](#)

Self healing is one of the numerous benefits of Reiki. Also known as self treatment, it is an important treatment of Reiki where a person can heal himself, both physically and mentally. As regards mental healing, Reiki facilitates one to get liberated of everything that has been troubling him/ her for years.

## Reiki Attunement

Reiki attunement is actually an instigation to develop crown, heart and palm chakras, to facilitate the flow of energies through them. It's a revered process of meditation that can only be imparted by a Reiki master. In fact, the whole process of attunement is the beginning of the recipient to become a Reiki practitioner. Prior to the attunement, the aspirant is recommended to undergo the purification as it aids this process. As you get attuned to Reiki, you get the ability to access the Reiki energy for the prospect of healing a person or situation.

Attunements can be imparted either for training a person in Reiki or for just providing somebody a superior experience of universal life force energy than generally experienced in treatments. The attunement process is a spiritual ceremony, where the Reiki Master uses the symbols and other signs in a given manner. This spiritual ceremony forms an energy blueprint around the recipient heading for attunement, which further attunes his energy field to the energies embodied by the symbols.

The basic difference between healing and attunement is that Reiki healing enables a person to cure his problem with energy, whereas attunement is a process that makes a person proficient to heal others. The attunement is permanent if symbol for the "subconscious" is used by the master, making the recipient a practitioner of Reiki. Without the use of this symbol, the attunement is only for short-term. The attunement is done only once and it is sufficient for all levels of Reiki, but it can also be taken at each level for better strength of energies. During this ceremony, Reiki master follows these steps.

- The master instructs one or more recipients to ground and center themselves. He repeats that it is a spiritual ceremony and everybody should be open to experiences that happen. Some relaxing music or incense might be put up to set the mood.
- The master faces the recipients and holds their hands up high, at shoulder height, with palms facing frontward. The recipients are made to sit in a row so that area around them is left for the master to walk.
- He walks around the recipients and takes one full circle. Thereafter, he again goes at the back to stand behind the recipient.
- To this ceremony, there are two halves - one part is done behind the recipient and the other is performed in the front.
- The master now holds the left hand palm up beside the recipient's head. Generally the left hand is used for receiving energy, whereas the right hand is used for giving energy.
- With his right hand, the master draws the symbols over the crown of the recipient's head.

- As and when he gets done at the backside, he walks around and comes in the front. At the front, he takes the recipient's hands in his own hands for a moment.
- He then draws the symbols over the hand and chants the name of the symbol three times, in his mind.
- Now he visualizes the master symbol in violet color and blows lightly from the base chakra to the crown chakra for two times. He touches the forehead (third eye).
- After that, he again draws the symbols over the forehead (third eye) and also chants the names of the symbols for three times.
- Then, he quietly separates the hands and visualizes the master symbol again. Thereafter, he gently blows from base to crown chakra.
- Once again, he visualizes the master symbol in the palm of his right hand and holds it over the recipient's left hand. He then gently slaps the recipient's palm with his palm.
- Yet again, he imagines the master symbol in the palm of his left hand and holds it over the recipient's right hand. The recipient's palm is lightly slapped by the master's palm.
- Once more, he visualizes the master symbol and softly blows into the area between the hands while bringing the palms together.
- Now he leaves the hands of recipient and touches him in the heart area, symbolizing that he has given him back to himself.
- He steps back and bows to honor the recipient for what he is.
- As soon as he finishes attuning, he takes another circle around the recipient and ends up in front.

## Reiki Hand Positions

Reiki is a powerful technique of holistic healing. While treating anyone with Reiki, it is important to know about the proper hand positions to channelize the energy effectively. However, it is also said that healing energy itself locates the way to problem parts. In the initial times, Dr. Usui referred some hand positions that are still used by the practitioners. During the treatment, it is possible for the recipient to feel or not to feel vibrations like heat, coldness, pulsations or tingling.

Reiki can be used for both, self-treatment as well as to treat others. Simply by placing the hands over body, Reiki energy starts flowing automatically. The practitioner has to channelize the life force energy through hands, first at the head, then front of the body, back, knees and gradually feet. This process facilitates the energy to flow exactly to the problem's source and not only the visible symptom.

Reiki energy would flow wherever it is required most by the recipient. Keep in mind that you don't need to apply force on the body parts, just touch in a gentle manner and let the energy flow itself. In a typical Reiki session, the practitioner places his hands at different points on the body for 3 to 5 minutes each. The hands should be cupped slightly while all the fingers together. The recipient should be reclined on a treatment table, so that he/she feels comfortable.

## Reiki Principles

The principles or ideals of Reiki were developed by Dr. Usui, to guide the practitioners and students on the way of healing and positivity. Actually, these principles are the byword of the ideals that must be sought by every healthy person. Reiki, a spiritual art of healing, makes the grounds for these principles. Over the years, slight variations have been done to the traditional or original principles. These principles are believed to be an important key to Reiki healing and are believed to be vital to this system. The principle is a spiritual medicine to many problems and a secret way of inviting blessings. Here are given the principles of Reiki, along with their meanings.

### **Just for today, do not anger**

Anger can cause serious blockages to one's energy, whether it is at oneself or others. It is the most complex inner enemy, which can harm the practitioner as well as the object of the anger. One must not remain angry since it can create both mental and physical illness. The phrase 'Just for today' suggests that one should not consider about yesterday or tomorrow and just focus on today. Releasing anger brings a sense of freedom that leads to healthy living.

### **Just for today, do not worry**

The past and present events are dealt by anger, whereas worry deals with future events. Though worries don't always represent negative, continuous worries might overpower one's consciousness. Whatever has been done in the past, one cannot change it and what would happen in future, is not known to anyone. If we think about future, we get worried and unknowingly waste our energies. Leaving all worries would bring peace of mind and help in healing the body.

### **unconditional love to every one..**

The third principle deals with Karma, what we are doing or have done, as per the Hindu philosophy. Giving the due honor to your parents, teachers and elders emphasizes the idea of respecting all those who bless you. Actually, we should respect everything that has been created by our ancestors or the people who came before we arrived on the earth. Blessings are very powerful and their appreciation or thankfulness makes them more effective. It brings love into your soul and helps in healing the world.

### **Earn your living honestly**

This distinctive principle suggests that one should earn a respectable living, without harming others. Work at a place where you are happy with the environment and your work. Only money cannot suffice the purpose, since you are following the path of holistic healing. Satisfaction is the utmost consideration while working and money alone cannot serve the purpose. Satisfying work will bring health, happiness and abundance to the soul.

### **Show gratitude to every living thing**

It is a famous phrase that "whatever you do - whether good or bad, comes back to you with twice the force". This is the only principle in Reiki that deals with the theory of Karma. When you do good deeds, you will get rewards and when you engage in bad ones, you will earn punishment. If you are kind to every living creature, you will be rightly treated by all of them. On the other hand, if you are not good to anyone, you will get negative Karma & may end up in illness or other such things. Do simple things like



saying thanks, asking pardon, giving smiles, repeating good words, showing gratitude and feeling happiness of the inner soul.



## Reiki Meditation



Meditation helps in both, relaxation of the physical body and development of the spiritual consciousness. Those who practice meditation can handle the stress and demanding situations quite easily. These people are much more active and creative than others and look younger than their actual age. Meditation has the ability to reduce stress, leaving a serene look to the face. For self-healing, Meditation is a priceless therapy as it can improve the immune system too.

Reiki, another art of healing, is believed to help in the concentration needed for meditation, with its flow of energy offering relaxation. In fact, meditation has been considered an essential part of Reiki, since it reinforces your link with the universal energy and enables you to channelize escalating energies. While meditating in Reiki, there are some special positions which should be taken to attain particular goals.

Meditations like Chakra Balancing, Earth Grounding and White Light are the popular ones in the realm of Reiki. Reiki energy has the ability to remove blockages and if performed on a regular basis, it develops into a great meditation exercise. With Reiki, it is feasible to do group meditation. Meditation along with Reiki is an effective way to relax your mind and body, bring clarity of thoughts, visualize things, get more healing power and ascertain realization.

## Reiki Music



It is human tendency to associate music with different times, places and people. And without a doubt, music helps to contour the atmosphere and can be changed to ensemble or persuade the mood. Since Reiki requires concentration of mind on energies, music assists to bring the focus to healing therapy. Reiki is the time for your inner reflection and music facilitates in setting the feel for relaxation. Reiki music could be defined as relaxing or healing, but the ultimate idea is to quiet down your mind and body. Generally some background music is played during the practice of Reiki to enhance the treatment, meditation and attunement. One can create a space of wellbeing and relaxation by playing acoustic music in a quiet room, leaving all worries aside. However, it is not compulsory to play music and it completely depends on your wish.

For practicing Reiki, music with natural sounds is most preferred that could either have chirping of birds or cascading of waters. People usually prefer quiet electronic music, composed of flute, guitars and keyboards. Sometimes, music containing selected chants of Sanskrit verses, sacred chants of Buddha or Hindu mantras, is preferred to create the sonic environment for meditation. The chorus of chants and overtones, with singing bowls and gongs, guide you up and down the chakras.

Moreover, the soundtrack meant for meditation has theta-level sound patterning that augments whole brain synchronization. The musical sounds develop a graceful ambience, where a soft feel becomes an

adjunct to the flight of meditation and healing. Music at times becomes essential, when there are distractions around. It acts as a backdrop for relaxation. Thus, music used during Reiki varies from person to person, but it must always be soothing...



## Reiki Symbols

While practicing Reiki, there are many esoteric symbols which can be used. Each symbol is believed to have power that actually enhances the flow of energy. Every Reiki practitioner doesn't follow all these practices and majority of practitioners don't even invoke symbols. Whatever be the rationale, Reiki symbols take one to the higher levels of consciousness and manifestation. These symbols are shown to the student before being attuned. During the attunement, an imprint of the symbol is given to him by the master.

These symbols are empowered in order that they can fulfill their anticipated purpose. This process of empowerment has been made by a sacred agreement between the creator and people, who have been attuned. Having their own consciousness, Reiki symbols can be meditated upon and one can obtain direction about how to use them. These symbols don't work for the people, except for the ones who are

attuned. Scroll further to know about important healing symbols of Reiki.

### **ChoKuRei**

Often called 'the Power Symbol', ChoKuRei is believed to augment the energy considerably. 'Cho Ku Rei' literally suggests "put all the power of the Universe here". It is used to increase power, or aptly focus on Reiki. The symbol is used at first to boost the power of Reiki and in the end, to stop the healing powers. ChoKuRei can also be employed to cleanse and protect people or things on all levels.

### **SeiHeKi**

Frequently called 'the Mental-Emotional Symbol', SeiHiKi assists in healing the mental-emotional imbalance. 'God and Humanity becomes one' is the literal meaning of 'Sei He Ki'. It is used for balancing mental and emotional state, protection, purification & for bringing harmony and peace. This mental-emotional symbol enhances the memory and balances the right and the left brains.

### **HonShaZeShoNen**

HonShaZeShoNen, commonly called 'Distance Symbol' is used to channel Reiki energy across time and distance. An aggregate of five Japanese kanji, 'Hon Sha Ze Sho Nen' exactly means source, person, right, correct and thought. It is also a Buddhist chant that means 'right consciousness is the source of everything'. HonShaZeShoNen can be used to send Reiki vibrations in the past or future, in other room or country, without any barrier. It can heal the past experiences and can get stored up for the future.

### **DaiKoMyo**

DaiKoMyo is usually called 'the Attunement Symbol' or 'the Master Symbol'. In the initial stages, it is used to instigate a student to different preliminary degrees of Reiki. Since 'Dai Ko Myo' is the quintessence of 'the Light of the Buddha' or 'the Light of the Awakened Heart', it denotes the lengthened knowledge and clairvoyance. At the higher level of practicing, the symbol is employed by the masters to heal the soul..

## **Reiki Ethics....**

Reiki can be practiced amidst groups of people, healing lists and prayers lists. This art of healing can be shared with others to help the masses on a global level. Being a Reiki master or practitioner, the person should be ethical in his behavior and follow the code of ethics which has been laid out for him. The ethical codes in Reiki describe the relationship between the practitioner and his/her client. It must be followed by every Reiki practitioner while dealing with patients. Violation of ethics can cause breach of trust between them. Given here is a list of ethics to be followed by the Reiki practitioner.

- Absolute confidentiality and discretion should be observed while practicing Reiki. Confidentiality between a practitioner and his/her client must be maintained at any cost and no information should be disclosed to an outsider.

- Any personal detail of the clients, be it name or address, should never be revealed to others, unless and until the practitioner has the permission to do so. The healer cannot even verify or confirm the fact that a particular person had been his client, except if he has his consent.
- Client sessions should take place in a safe and comfortable place.
- Sessions should be held at places that have supportive and empowering environment for the benefit of clients.
- A client should always be treated with greatest respect and honor.
- A practitioner must give an oral/ written description regarding what the client would experience during the session. He should tell the client beforehand, what would happen before and after the initial session.
- A practitioner should respect the opinions, views and methods of all other practitioners. He has the freedom to decide whether to follow other practitioners' methods or to learn from them. He should always give his services rightly.
- A practitioner should inform the value of Reiki to the clients and make clear that sessions do not guarantee complete healing or resurgence.
- A client should be explained that Reiki is not an alternative for medical care. Rather, it is an important part of overall wellbeing.
- A practitioner must inquire whether the client is undergoing any medical treatment or he actually requires some professional help. If the patient needs medical guidance, then he should be encouraged to consult a doctor. Reiki is an appendage to medical treatment, so a practitioner must know about the medical record of the client.
- A practitioner is not expected to prescribe any change or interfere in the medical treatment of the client.
- A practitioner can never ask his clients to undress except when he is a legally licensed massage therapist in the country where he practices. He should never touch sensitive areas, including genitals or breasts. While treating such parts, he should use only hands-

off techniques



According to modern medical science there are four different levels (Waves) of consciousness of human being known as Beta, Alpha, Theta and Delta but according to Indian spirituality there are six different levels of consciousness...1. Nidra Awastha 2.Swapna Awastha 3.Sushupti Awastha 4.Jagrit Awastha 5.Turiya Awastha 6.Turiyateet Awastha....

There are four types of brain waves based on frequency and amplitude (Voltage) . 1. Beta waves -the frequency is more than 13 Hz and relatively voltage is low called as busy waves. Under its effect a person is awoken, active, in fear, in tension and stress, in disharmony....

1--...The second state of waves is Alpha. In alpha state an individual's brain has Freq. of 8 to 13 Hz, relatively fast waves and high voltage. A person is awake but in a relaxed and no attentive state. The person is free from fear, stress and tension and disharmony. My friend Eric says to this the state of healing as in this state there is rest and repair in the cells...

The state of consciousness - The third one state of consciousness is Theta.In this state freq. of brain waves is 4 to 7 Hz. Waves are slow and having low voltage .These are

called drowsy waves, which are responsible for sleeping state. Rapid eye movement is associated with dreaming. And more slow waves but with high voltage are called deep sleep waves that is responsible for dreamless sleep...

2... The state of consciousness - The fourth one state of consciousness is Delta. In this state the freq. of brain waves lower than 4 Hz but voltage is high. Slow freq. waves but with high voltage are called deep sleep waves, one is not easily aroused from it. It is coma state in medical terms...

3.. Meditation is not a doing, it is an awaking state of our consciousness. High degree of both relaxation and alertness is there. Meditation is higher or expended level of consciousness. Chanting mantra, visualizing, witnessing, music, dance or sitting having eyes closed is not meditation, this is the way for attaining meditative state of consciousness. But how to stay in this state that is the problem in front of us.. To get a human body is a rare thing—makes full use of it. There are four million kinds of births which a soul can gather. After that one gets a human body. Therefore, one should not waste this opportunity. Every second in human life is very valuable. If you don't value this, then you will have nothing in hand and you will weep in the end. Listen to your being, to your nature. That is your destiny; nothing else is important. Accept yourself in totality...you are the creator of your own destiny....



NO NEED TO FIGHT

*It is not a question of making efforts to be aware. If you make efforts to be aware, you will create tensions inside yourself - all efforts bring tensions. If you TRY to be aware, you are fighting with yourself; there is no need to fight. Awareness is not a by-product of effort: awareness is a*

*fragrance of let-go: awareness is a flowering of surrender, of relaxation.*

*Just sit silently in a relaxed state, doing nothing... and awareness will start happening. Not that you have to pull it up from somewhere, not that you have to bring it from somewhere. It will shower on you from nowhere. It will well up from within your own sources. You just be silent, sitting.....*

### **Healing**

1. Cleansing
2. Energising (beaming cosmic energy in to the chakras)

**Cleansing** the aura and chakra with palms removes the blocks for the flow of cosmic energy.

### **Energising**

Healer channelises the cosmic energy from the cosmos to the patient's chakras. The cosmic energy thus received by the patient's chakras reaches the endocrine organs, neurotransmitters and the organs. Cosmic energy sets right the imbalance; Balanced chakras results in balancing of endocrine glands (hormonal balancing). Slowly the cosmic energy reaches the diseased organs, replaces the accumulated negative energy. As the negative energy is released, at times, the problem may appear to have aggravated. But it is called the healing crisis and it subsides once the body fully releases the negative energy.

### **Chakras to be healed**

The healer must heal understand the body systems and all the chakras affecting the organ and the system. For e.g. respiratory problems are not the resultant of a single organ but of multiple organs which are controlled by different chakras. So the healer must heal all these chakras to remove the root cause of the problem