

**The
Science
of
Reiki 1**

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Reiki Grand Master**

THE SCIENCE OF REIKI

Heal your body, soul & mind

Dedicated to My Parents

Mrs Dhanno Devi

Mr M M Sharma

By

Dr Manika Kaushik

(Reiki Grand Master)

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Introduction

This incident goes back to 2009. I had just completed my Reiki Grand Master program and started my practice of Reiki Healing apart from practicing other complementary medicine therapies. My phone rang at midnight and on the other side was the patient from United States of America with acute abdominal pain and the hospital was far away.

I gave her some instructions and initiated the process of Reiki healing, after 15 minutes, she again called me up to tell that her pain has gone and she is feeling absolutely fine. This has happened to hundreds of patients whom I treated with the help of healing power of Reiki.

What is Reiki?

Reiki is basically a Japanese word and if we break it into two, Rei and Ki, Rei means Universal and Ki means energy. This energy is also known as Qi, Chi,

Prana or life force energy in other traditions. So Reiki means Universal Energy, the vital force that fills the whole Universe. Reiki is quite ancient as ancient as the Universe. Dr Mikao Usui of Japan, worked to shape it into a healing system.

I will try to incorporate the principles of Reiki into this book. This book will also have the various stages of Reiki learning and the process of Reiki healing you can use to heal yourself, your family and the whole world.

Reiki is helpful in healing your physical, mental, emotional and psychological problems. Many universities in the world are working to analyze study and research the benefits of Reiki for the human race. This book will contain the practical procedures of Reiki healing including Aura scanning, Aura cleaning, Balancing chakras, using crystals for healing, how to do Reiki healing using hands, breath & eyes. This book will also give you an insight into the importance of Affirmation in any healing process.

It is very important to note that Reiki healing will be effective after you get attunement by a Reiki Grand Master and it is seen that if you are properly attuned by the master, not only your healing power increases manifold but you are able to follow the process effectively and without mistakes.

I thank Reiki, my Masters, my angels and all Reiki healers for helping me write this book.

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Reiki

Powerful & gentle healing force

- Promotes natural self-healing
- Balances the energies in the body
- Balances the organs & glands
- Strengthens the immune system
- Treats symptoms and causes of illness
- Relieves pain
- Clears toxin
- Adapts to the natural needs of the receiver
- Enhances personal awareness
- Aids in meditation & positive thinking

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- Promotes creativity
- Releases blocked & suppressed feelings
- Heals holistically

Reiki will enrich your life & give you happiness & health on all levels.

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Principles of Reiki

There are five guiding principles* of Reiki and I always urge my patients & students to incorporate these in day to day life and see the change. These are as follows

- Just for today, I will let go of anger,
- Just for today, I will let go of worry,
- Just for today, I will give thanks for my many blessings,
- Just for today, I will do my work honestly
- Just for today, I will be kind to my neighbor and every living being.

* As presented by Mrs Takata

Benefits of Reiki

- Reiki can never cause harm – Reiki being Universal energy is guided by God, therefore it can never cause harm. It always knows what & how much a person needs and will adjust accordingly. It is always helpful, one never need worry.
- Energy is never exhausted – It is a channeled energy directly from Universe, it is never exhausted. In fact, Reiki flow increases with every healing.
- Bipolar in nature – It is observed by Clairvoyants that it is made up of both male & female energies also called Shiva & Shakti in Tantra system. These two energies communicate with each other and decide how

much of each polarity is needed so they have proper combination of both for the person being treated.

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Who can learn Reiki?

Reiki is not a religion. It has no code & there is nothing you must believe in order to learn and use Reiki. Practitioners are not asked to change any religious beliefs they may have. Anyone can learn Reiki.

Reiki is pure form of healing neither dependent on individual talent or acquired ability. Because of this the personality of the healer is less likely to cloud the significance of the experience.

It does not take years of practice. It is simply passed on from the teacher to the student.

The Attunement

Reiki is not taught in the usual sense but is transferred to the student during a Reiki class. The attunement is passed on during an attunement process given by a Reiki master/grandmaster.

It allows the student to tap into unlimited life force energy. It can increase psychic sensitivity, opening of third eye, intuitive awareness etc.

This process opens the crown, heart and palm chakras & creates special link between the student and Reiki source.

Once you have received Reiki attunement, Reiki will remain with you forever, it will never wear off and you can never lose it.

There are several levels of attunement –

- ⦿ 1st Degree
- ⦿ 2nd Degree
- ⦿ 3rd Degree
- ⦿ Reiki Master

3rd and Master are merged into one level in some traditions.

Grandmaster is not a separate level or degree of attunement. It describes a master who has attuned several masters. Dr. Chujiro Hayashi, one of the eleven disciples of Dr. Usui, was the first “Reiki Grand Master.”

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1st Degree Reiki Attunement

- ① First Degree introduces the learner to energy healing as well as Reiki history and practice.
- ① First Degree teaches hand positions to allow Reiki to flow for self-healing and for healing others.
- ① One can then heal one's self, family, friends, as well as pets, plants and trees, even stuck machinery!

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After your attunement

- ① Many people report seeing colours, smelling pleasant fragrances, hearing sounds, or experiencing calm.
- ① It is also OK not to feel anything! (However, this may cause the candidate to wrongly feel that the attunement has not taken place.)
- ① A little reassurance from the Reiki Master will restore the faith of the candidate, and
- ① That faith opens the channels for Reiki flow!
- ① I can assure you from my own personal experience that attunement are ALWAYS successful
- ① Reiki is an intelligent energy and ripens the ego carefully. So, be calm, be patient and have faith!

Schedule after attunement

- ⦿ Undertake a self-cleansing and self-healing for a at least 21 days after each attunement
- ⦿ Do not rush through attunement, please take some time to practice healing, it will help in opening chakras and will ensure smooth flow while healing.

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Reiki Treatment

- Anyone can receive Reiki
- To give Reiki, a practitioner must be “attuned” to Reiki energy by a Reiki Master
- Anyone with a sincere desire can learn Reiki by receiving attunement

“Healing touch” is similar to Reiki but does not include formal attunement and doesn’t work over distances and time.

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How does Reiki work?

We are alive because life force is flowing through us. Life force flows within the physical body through pathways called chakras, meridians and nadis. It also flows around us in the field of energy called the aura.

Life force nourishes the organs & cells of the body, supporting them in their vital functions. When this flow of life force is disrupted, it causes diminished function in one or more organs & tissues of the physical body.

Reiki heals by flowing through the affected parts of the energy field & charging them with positive energy. It raises the vibratory level of the energy field in and around the physical body where the negative thoughts and feelings are attached. This causes the

negativity energy to break apart and fall away. In doing so, Reiki clears and heals the energy pathways, thus allowing the life force to flow in a healthy & Natural way.

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How does Reiki feel?

- Reiki is usually felt as warmth, heat, or tingling
- The sensations are pleasant and comforting, not threatening
- When Reiki is flowing, one feels relaxed and may even go to sleep!

After the attunement, all that is necessary for the practitioners to use Reiki is to place their hands on the person to be healed with the intention of healing. Reiki will start flowing automatically. Reiki has its own intelligence and knows exactly where to go & what to do.

It will communicate with the client's higher self and use this information to decide where to go and what

to do. The best results are achieved by simply remaining calm and relaxed and allow divine energy to its work.

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Reiki Purification

There is no area of life that Reiki will not change and effect. It brings healing as a result of raising the vibrations of a being or object closer to that of the original design.

Physical Purification: when reiki is purifying the physical body one may experience the following:

flu like symptoms,

achy muscles,

fever,

headache,

sore throat,

excessive mucus,

coughing,

constipation,

diarrhea

tingling

spinning sensation etc.

Emotional Purification

As the purification of the emotional body occurs

Deeply held emotions like anger, frustration, grief, fear, sadness etc. may surface for no apparent reason.

These have been suppressed in this life time or from past life. They are being released from the depths of your physical matrix. Just experience and let them go.

Mental Purification

When mental purification occurs following may increase or resurface

old thought forms,

behavior patterns,

habits

desires for food, beverages, nicotine, caffeine or alcohol

thoughts of judgment, blame, victimization, abuse, denial may prevail.

Acknowledge them, let them go and change your thoughts to those of a more positive nature.

Spiritual purification

When spiritual purification is in process, your beliefs may be shaken & challenged – beliefs in how the world operates, about religion, how relationships should be. As this occurs, insights, revelations and new understanding will become clear, these will be the building blocks of your newly forming spiritual foundation.

What can be treated?

Reiki is both powerful and gentle. It has aided in healing virtually every known illness or injury including serious problems like heart disease, cancer, multiple sclerosis etc. as well as skin problems, cuts, broken bones, headache, cold, flu, sore throat, insomnia, poor memory.

It is always beneficial and works to improve the effectiveness of all other therapies. It will improve the results of all medical treatment, acting to reduce side effects, shorten healing time, reduce or eliminate pain, reduce stress.

In addition to using Reiki on others, you can also treat yourself. It works just as well on you as it does on others.

Human Aura

It is also called Electro Magnetic Field, Bio Energy, Bio Plasma, Human Radiation, Subtle Body or Human energy field.

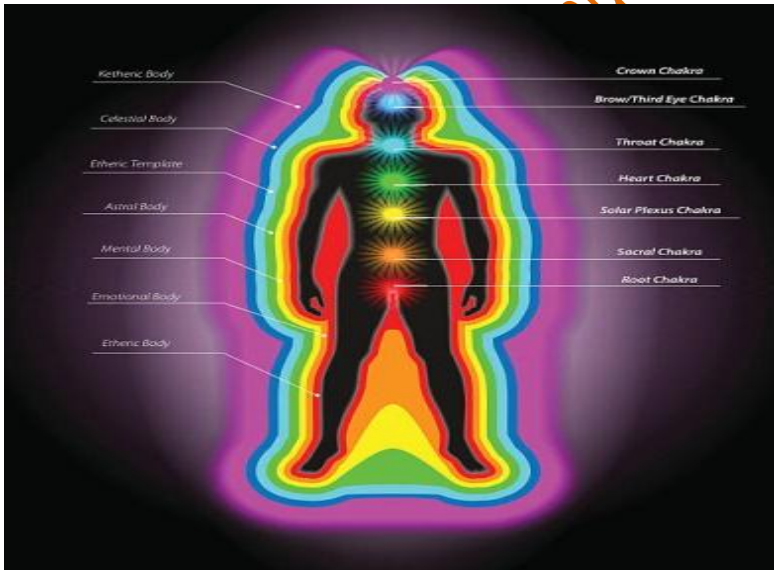
Aura is a traditional term for the protective psychic and spiritual energy field that surrounds and penetrates the physical body. The most important property of the Aura is the fact that it contains information about the object.

Aura around living (conscious) objects (human, plants) changes from time to time, sometimes very quickly. Aura around non-living object (stones, crystal, water) is essentially fixed. These facts are observed by Russian scientists who have been using Kirlian effect to study auras for last 50 years.

The aura is a protective shield that keeps you healthy and joyful. However, stress and illness may adversely affect the aura. When the constant flowing energy is

blocked, the shield weakens, making you unhappy, depressed or sick.

Our aura is like a multicolored mist, comprising seven layers of vital energy that radiates through you and around you.



The aura is weakened by :

- Poor diet
- Lack of exercise
- Lack of fresh air
- Lack of rest
- Stress
- Alcohol
- Drugs
- Tobacco
- Negative habits
- Improper psychic activity

Colors of Aura: may be mixed, may have shades

Pink	Love, Purity
Gold	Spiritual, Inspiration
Grey	Moving to new abilities, Secretive
Brown	Imbalance energy
Black	Disease, trauma, imbalance
White	Truth, purity, creativity

Red	Emotion, energy, aggression
Orange	Warm, creative, social
Yellow	Spiritual wisdom
Green	Sensible, calm, comparison
Blue	Quite, devoted, imaginative
Violet	Practibility, spirituality

Date of birth tell aura color through numerology

1	A, I, J, Q, Y	Orange
2	B, K, R	Light blue
3	C, G, H, S	Pink
4	D, M, T	Brown
5	E, N, X	Red
6	U, V, W	Yellow
7	O, Z	Purple
8	F, P	Green & Yellow
9		Green

8	Jan, June
---	-----------

9	Feb, Nov
6	March, April, May
2	July, Sep
5	Aug
3	Oct, Dec

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Scanning & treating the aura

Now you have understood the basics of aura which is a multi-layered energy field or electro-magnetic energy field of an individual. Every person or any object, living or non-living has its own aura. Auras keep changing according to a person's mood, health & environment.

Keeping the aura clean & flowing is beneficial for overall physical & mental well-being. If your aura is strong and healed with Reiki, you can lead a more balanced life. Now let's understand how to scan, cleanse & treat the aura.

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Aura scanning

Hand Sensitization: after the attunement process, your palm chakras are open and Reiki can flow easily with obstruction. Your palm chakras become more sensitive to aura & divine energy.

- First of all invoke Reiki healing power in your palms and also invoke all the higher energies, guides & your master for helping & guiding you.
- Place your one hand few inches away from the top of the person's head.
- Place your consciousness in the palm of your hand & notice how it feels.
- Move your hand slowly from head to toe and keep observing the energy feeling in the palm.
- When you are moving you may feel coolness, warmth, tingling, electric shock, pulling etc.

- When you scan the whole body and notice the imbalance, those are the areas where you need to stop for some time till that sensation is gone. Feeling of warmth is a normal sensation but other feeling as described above shows some sort of imbalance in the aura.

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Treating the Aura

- Always remember that Reiki has its own consciousness, it knows what & where to heal. It will flow automatically at the desired place of imbalance.
- As you practice regularly your ability to scan & heal the aura will improve automatically.
- You can treat the aura in two ways, first either during the scanning or second is when the scanning is complete.
- When you scan & find an imbalance on any part of the body, you can treat the imbalance then and there otherwise first identify all the imbalances and then start flowing energy in the identified parts.

Chakra

These are called energy centers. There are Seven major Chakras and various small chakras in the body.

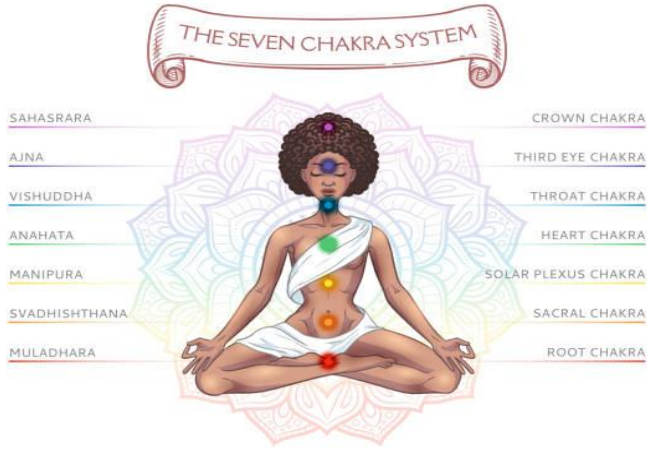
The human body contains focused and concentrated energy centers or points revolving between a physical and spiritual self. The energy centers are referred to as Chakras or wheel. They resemble a spinning vortex of energy and are located within our physical and esoteric or subtle body in which we receive process and transmit universal life energies.

The chakras are like doorways through which emotional, mental and spiritual force flow into our physical expressions. Energy created from mental and emotional influences penetrates the chakras and is distributed to bodily cells, tissues and organs. Scientifically, chakras are not recognized, as no evidence of them exists. Their increased

acknowledgment has come about from the use of acupuncture meridians and other eastern systems in healing the body.

The methods of diagnosing the health of chakras are by clairvoyance, by energy scans with the hands, and by dowsing with pendulums. Clairvoyants say that health disturbances often manifest in the aura, then in the chakras, months/years before they appear in the physical body.

There are seven main chakras that are located vertically up the spine, starting at the base of spine and it goes up to the crown area (4 finger width above the head). Chakras are on both sides of the body. The concept of chakra is very important in therapies such as reiki, meditation, yoga, aura etc.



Meditation : Visualize corresponding color while healing/charging each chakra. Seven chakras are connected with seven glands of the body. By treating each chakra, it balance & activates hormones.

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Chakras relate to the neurological plexuses along the spine and to the major endocrine glands.

Chakra	Location	Endocrine Gland	Color	Functions	Organ
Crown	Top of the head	Pineal	Violet	Spiritual Vision, Enlightenment	Upper Brain, Right eye
Brow	Forehead between eyebrows	Pituitary	Indigo (Royal blue)	Third Eye Intuition Clairvoyance Intelligence Telepathy	Lower brain, left eye, ears, nose, nervous system
Throat	Throat	Thyroid	Sky blue	Communication, self-expression, creative energy, sound	Bronchial & vocal apparatus, Lungs, Alimentary canal
Heart	Heart	Thymus	Green	Group Consciousness, love	Heart, blood, vagus nerve, circulatory system
Solar Plexus	Stomach (3 inch above the navel)	Pancreas	Yellow	Emotion, Power, Wisdom, Action	Stomach, Liver, Gall Bladder, Nervous system
Sacral	Below navel	Gonads	Orange	Anger/Action Sexuality Peace	Reproductive System
Root	Base of spine	Adrenals	Red	Kundalini Security, Fear Grounding Energy	Spinal columns, kidneys

Chakra Balancing

Now you have a basic understanding of our seven chakras in the body. It's time to understand the process of Chakra balancing. Chakras are energy centers in the body, directly responsible for physical & mental health. We can help in balancing our chakras through Reiki energy but before you proceed further for this procedure don't forget to practice 21 days full body healing as explained earlier.

Process :

- Place left palm on the crown chakra and right palm on the root chakra. Let Reiki flow for another three minutes at these chakras.
- In the next stage, place your left palm on Ajna/ third eye chakra and right on the Swadishthan/Sacral chakra and heal these chakras for three minutes.

- Now place your left palm on Vishudh/throat chakra and right on Manipur/Solar Plexus and let Reiki flow for three minutes.
- Now move both the palm to the Anahat/Heart chakra and let Reiki flow here for three minutes.
- This is a general procedure where you are devoting three minutes on each chakra. But if you find some imbalance in any chakra means some abnormal feeling, devote some more time on that chakra till the feeling of warmth is back.

When Reiki is targeted to the seven chakras, the main energy centers of the body that line up along the spine, it can be very beneficial for your overall health.

Affirmation: All my energy centers are healed & balanced. Now I stabilize this energy for my all round health. By the grace of Almighty I am perfectly healthy, happy & peaceful.

Special Chapter-Meditation

Meditation is conscious withdrawal from thought world. In meditation you are not karta (doer) but you are simply an observer. In meditation silence of senses illuminates the presence of higher self within. Meditation is an effort in the beginning, later on it becomes a habit and gives bliss, joy, peace and a good health.

In meditation process, fetters are undone, internal blocks of suffering such as fear, anger, despair and hatred get removed and there is freedom from thoughts and joy.

Meditation posture

Step 1: Sit in any posture which is comfortable for you. You can choose to sit on floor or on a chair.

Step 2: Cross your legs, clasp your fingers and sit comfortably.

Step 3: Close your eyes, stop inner or outer chatter. Do not chant any mantra, just relax, totally relax. When your fingers are clasped and legs crossed, energy circles develop around you to give stability. Eyes are doors to the mind so for better meditation experience, it is better to keep the eyes closed. Mantra chanting or any other thoughts and activities of mind should be stopped.

Step 4: When body relaxes, consciousness travels to next door which is mind and intellect. As mind is full of thoughts, to transcend the mind & intellect, one has to observe the breath. Just focus your attention on natural breathing. Just observe, do not force.

Step 5: Observation is the witness of self, so just observe the breath, no conscious breathing, just observe the natural breathing.

THIS IS THE KEY.

Do not go behind thoughts, observe normal breathing, be with your breath. As you keep focusing

on your breath, the density of thoughts reduces and slowly breath becomes thinner and shorter. Finally breath becomes smallest and settles like a flash in between the eyebrows, in this state one will have no breath and no thought. You will become completely thoughtless. This state is called meditative state or thoughtless state. In this state your mind's healing power is thousand times the normal one and according to Indian Yog, you will be under the shower of cosmic energy. More meditation, more cosmic energy. This cosmic energy flows throughout the body called Etheric body that means all your chakras or energy centers are under the shower of this energy.

Sleep is unconscious meditation while meditation is conscious sleep. During sleep we get limited energy while during meditation we get abundant energy. This energy enhances power of our body, mind, and intellect. It opens the door for our sixth sense and beyond. In meditation, we travel from body to mind to intellect to self and beyond.

CHAKRA MEDITATION

Chakras are energy centers that unite mind, body and spirit. There are seven energy centers in human body and meditating on these chakras have immense health benefits. Chakras process and distribute energy that is needed for our health, well-being and vitality,

Root Chakra (Muladhar)

Located at the base of your spine, this chakra's energetic function is to help us maintain physical health including body strength. Root Chakra has 4 lotus shape petals red in color. Meditate on this chakra and visualize these red petals are opening and shining more and more.

Sacral Chakra (Svadhithana)

Located at your pelvis, this chakra's energetic function is to help us regulate our emotions and desires, so as not to be driven by them. It has 6 orange color lotus

shaped petals. Meditate on this chakra and visualize these petals are opening and shining more and more.

Solar Plexus Chakra (Manipura)

Located at your belly button, this chakra gives us the confidence we need to process and eliminate what does not serve us, and to let it go.

It has 10 yellow color lotus shaped petals. Meditate on this chakra and visualize these petals are opening and shining more and more.

Heart Chakra (Anahata)

Located at the center of your chest, this chakra's energetic function is to help us tap into unconditional love. It has 12 green color lotus shaped petals. Meditate on this chakra and visualize these petals are opening and shining more and more.

Throat Chakra (Vishuddha)

Located at the base of your throat, this chakra's energetic function is to help us find authentic self-expression. . It has 16 light blue color lotus shaped

petals. Meditate on this chakra and visualize these petals are opening and shining more and more.

Third Eye Chakra (Ajna)

Located on your forehead in between your eyes, this chakra's energetic function is to help us learn to know ourselves emotionally, mentally and spiritually. It has 2 navy blue color lotus shaped petals. Meditate on this chakra and visualize these petals are opening and shining more and more.

Crown Chakra (Sahasrara)

Located at the top of the head, this chakra helps us function in a more enlightened way, cultivate self-mastery and find a sense of connection with all. It has 1000 violet color lotus shaped petals. Meditate on this chakra and visualize these petals are opening and shining more and more.

SOHUM MEDITATION

Sohum is mahamantra and is one of the most ancient type of meditation. Sohum is sound of breathing. Sound of inhalation is SO and sound of exhalation is HUM. If you combine both it becomes SOHUM. SOHUM means I am HE (higher self), so you are calling higher self, every breath becomes a prayer and adoration.

Technique:

Sit in a comfortable posture and relax. Close your eyes and ears, command mind to be silent and calm, relax your body with no tension on any muscle, just relax. A very light meditational instrumental music at the background is ok.

Focus on sound of breath. While inhalation observe sound SO and during exhalation observe sound HUM. Keep repeating this for 20 minutes. Observe one breath after another, feel how we are rewarded with one breath after another.

NON EXPRESSION OF NEGATIVITY Meditation

Practice in your daily routine not to say or think anything negative , either be positive or neutral.

AUM or OM Meditation

OM is a universal sound energy. It is within everyone and everything. When you chant OM, all universal energies and their vibrations connect with you. With practice, your energy merge with universal energies and you receive healing energies. Om meditation controls your breath with more involvement of parasympathetic nervous system, decreasing your blood pressure and balances your body, mind and intellect.

Technique: Sit in a comfortable position and relax whole body. Breathe in to full capacity and while exhaling chant OM slowly and deeply, exhale deep

and completely with OM, the more time you take for exhalation, the better it will be.

Do it for 20 minutes and you will feel relaxed with feeling of joy, more energetic and stiffness and tensions in muscles gone with relief in pain.

CELLULAR HEALING Meditation

Nature has given all of us a great power of healing. Healing starts the moment we bring our mind's attention to that place. Healing starts the moment we believe it will occur. The moment your mind buys into it, your body make it happen.

Procedure:

Sit comfortably and relax body and mind with few deep breathings and close your eyes. Now focus and see from your mind's eye the following:

- Watch damage cells changing into healthy cells and becoming free from injuries. Visualize all

cells as completely healthy. Maintain natural breathing.


- Watch your protector cells within your body attacking and killing damaged or infected cells and replacing these diseased cells with the normal ones.
- Your defensive cell eating all threatening cells and your body is free of dangerous cells. Visualize groups of healthy cells combining and replacing damaged cells of the body. Visualize healing energies filling you.
- While inhaling, visualize healing air flowing through lungs to all the cells and removing pain and stiffness. If you sincerely wish healing to take place, believe in it.



This is a good meditation technique, who have compromised immunity and fall sick easily. This meditation technique is useful for cancer patients and patients suffering from severe infections.

PAIN HEALING Meditation


Procedure:

- Sit comfortably, relax your mind and body. Take few deep breaths with focus on breathing.
- Visualize your body is slowly filling with light, starting from feet and slowly moving upwards, relaxing and healing everything coming its way.
- Visualize diseased or painful areas as dark circles and your body of light is radiating light from your eyes like a torch. Direct this light from your eyes towards dark circles represented by disease or pain and they are healed and removed.
-  - Affirmation to say quietly: I radiate this light to my body to heal. And after healing my body and mind, I radiate this light to the whole world. I am radiating this healing light from my body to my room to my city to my country to

the whole world. Let the whole world be healed with this healing light.

- This light is blessing me with health and vitality. Perfect health is available to me now.

OUT OF THE BODY Meditation:

- Sit comfortably, relax your mind and body. Take few deep breaths with focus on breathing.
- Visualize stepping out of body and feel being above the body looking down to self. From here, radiate and send a golden healing light to your own body.
-  - Focus and radiate this golden light to your body, healing all parts with rejuvenation and positive feeling. This light is detoxifying my body and cleansing away toxins including toxin thoughts. Affirm: I am healthy and happy.

- Now focus this light to heart and arteries for healthy circulatory system.
- Radiate this light energy to abdomen area, now this light is absorbed in the body and becomes energy. From here the whole body is filled with energy and healing every part of it.
- Now radiate blue light to your body and visualize blue and golden light all over the body. With this golden and blue light all over the body, say this affirmation silently: I show my gratitude to you as you are the chariot of my soul. I heal you and these golden and blue lights will take away all negative energies and remove all toxins making you pure and healthy.



UNLOCKING THE THIRD EYE Meditation

Indian Traditional Yog has given importance to the third eye and meditating on the third eye for health.

We have two eyes which are part of the physical body. There is an energy center in between the two eye brows which is also known as third eye. This is a point where you can focus and meditate and with practice this energy center becomes activated and at this point your body stops giving orders to you and instead it starts to obey your orders. Such person becomes the master of his body, mind and senses. The more you concentrate on this point and remember this center, the more you become master of yourself.

Attention is food for third eye, pay attention to it and it becomes activated with enhanced healing power of the body.

Principles to follow for better results in meditation practice:

- Visualize universal energy everywhere.
- Be non-reactive
- Be non-judgmental
- Either be positive or neutral to all
- Live in present moment
- Be non-logical
- Un-conditional love

Conclusion

Now you are aware of the basics of Reiki healing with some healing tools for self healing. In the next edition you will find important methodology along with advance stages of healing.

I wish to conclude with the prayer:

MAY REIKI FLOW TO ALL WHO ARE READING THIS AND HEAL THEM PHYSICALLY, MENTALLY, AND PSYCHOLOGICALLY. MAY REIKI HEAL THEM, THEIR FAMILY, THEIR RELATIONSHIP AND FINANCES ALONG WITH THE CAREER AND EDUCATION.

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