

# B POSITIVE

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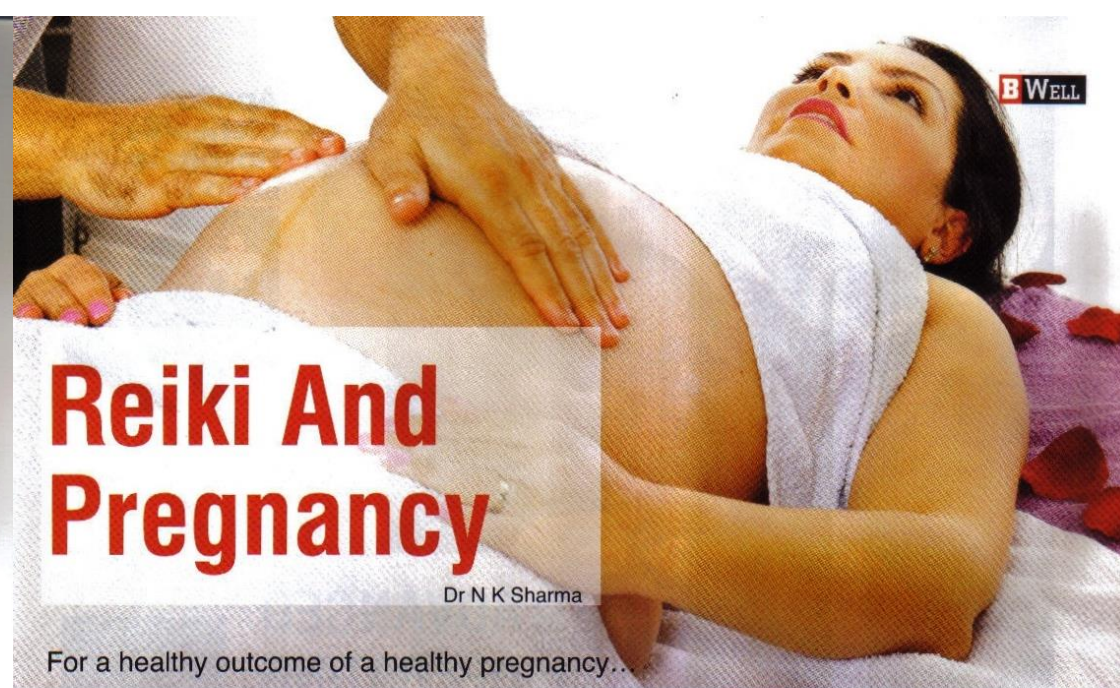
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Evelyn Sharma

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B WELL

## Reiki And Pregnancy

Dr N K Sharma

For a healthy outcome of a healthy pregnancy...

**R**eiki is a natural healing system without any medications and side effects. It involves passing the flow of powerful positive energies through the touch of hands on the problem areas of the body. Reiki can be learnt in a very short period of time (four to five days).

Reiki has been found very useful in pregnancy related problems, as it does not involve medications and is easy to learn. It can cure many illnesses before, during and after pregnancy. An unborn child within the womb of its mother can be cured, delivery can be made painless, and a newborn can also benefit by bestowing the mother with sufficient quantities of breast milk through Reiki.

### How Reiki Helps

◆ It is believed that Reiki can help a couple achieve the desired qualities in their unborn child by empowering their micro-emotional waves and through sheer will-power create and transmit these positive energy waves into the vast universe.

- ◆ The consequence of every emotion is shown in the form of waves upon every sinew and tiniest particle of the body.
- ◆ The mother can create powerful positive energy waves through special meditation sessions, thoughts and ingenuity to influence the subconscious mind of the unborn child and help him to acquire good qualities and capabilities.
- ◆ Some Russian doctors have successfully taught language to unborn babies and have proved that it is possible to teach anything to the subconscious mind of the unborn child.

Pregnancy is not a disease. If there are any troubling symptoms, a pregnant woman tries to overcome these through medication, changing food habits and avoiding food altogether sometimes, which ultimately result in malnutrition. Consequently, the life force weakens; the body becomes lethargic and sick due to cessation of flow and accumulation of negative body fluids. If Reiki as a method of healing is practised on her or if she is educated

on Reiki, her troubles are eased. The therapy makes every part of her body function properly. She feels well and energetic after Reiki sessions. In the process, the unborn child also receives the energy and its development and growth improves. Proper food and exercise during pregnancy make the muscles of the uterus strong. The process of a normal delivery is a quality pre-possessed by most women and Reiki helps reinforce it. During delivery, the consumption of energy in the body increases manifold resulting in an excessive need for extra energy, which can be provided through Reiki. Many pregnant women have successfully received positive energies at the time of delivery through Reiki. The experiments of Reiki on the mental faculties of the subconscious mind can be pre-planned and the programming can be done directly or indirectly. As a lot of strength is required during delivery, a woman has to rest for many days following delivery to overcome the fatigue. But with Reiki, she can recover within three to seven days.