

REIKI: PATH TO ENLIGHTENMENT

Every person is born with unlimited Mind & Psychic powers, such as Telepathy, Intuition, Inner Vision (Sixth Sense), Clairvoyance power of intuition sub-conscious mind etc.

Reiki (Hands of Healing) is one of the natural inherent gifted healing powers of every human being. It is universal prana energy all around us which can be channelized through our body & can be transferred through our both the palm to self, others, plants, animals and every living & non-living thing on this earth initiating a new energy. It has Circulation, regeneration and fastest recovery in every disease & abnormalities thus ensuring a definite health and relief. A simplest, inexpensive, non-invasive, life giving, rejuvenating and transforming power, this can be used 24x7 by everyone illiterate or literate. Reiki is infallible healing power prevent us from unnecessary medication and surgeries, leading everyone to healthy, happy & long life.

Considered a Tibetan Buddhist practice rediscovered in the late Nineteenth century by a Japanese Buddhist and an allopathic physician & surgeon, Dr. Mikao Usui, **REIKI** (pronounced as 'ray-key') is a type of divine, pure and positive Cosmic energy that finds its source in the Supreme Consciousness and is capable of healing everything and anything one can think of. Reiki is the only miraculous gift of God, which on account of its spiritual background, has been successfully tapped and practiced not only in the spiritual aspects of life but is also known to bestow the world of medical science with results that are astounding, phenomenal and often thrilling.

Most healing techniques as well as modern day science have a serious limitation as they cannot be used to cure distant patients. Reiki, on the contrary, being a spiritually guided life force and having its roots in the All Supreme, transcends this distance barrier and is capable of travelling and healing the patient across the globe. Instances of incredible Reiki healing through the 'distance healing process' are abound. Amazingly, the flow of energy across any distance does not diminish its effect even by an iota. In fact, experiences world over have proved that distance healing is much faster and stronger than in-person healing.

Sincere practice of Reiki, besides transforming an ordinary person into a healing source, results in increases psychic sensitivity, heightened intuitive awareness, extra-sensory perceptions and clairvoyance, in some cases. The process makes the giver and the receiver more poised, compassionate and connected to the Highest Being. With time, practice and devotion, this power to '**touch-n-heal**' gets better and stronger.

A very interesting and amazing fact is that Reiki practitioners believe that selfless, earnest and dedicated practice of Reiki can lead a person to spiritual enlightenment faster vis-à-vis a person who practices spiritual exercises such as *dhyaan*, *tapasya*, *sadhana*, etc. because someone who has walked for years on a spiritual path and has all kinds of concepts and expectations about what enlightenment is or should be. Ironically, the more attached we become to a spiritual persona, the more we develop a spiritual ego, and the farther we get from the enlightened state. Therefore, it is actually, easier for a simple person to get enlightened whose head is empty of concepts. This, however, in no way, belittles the value of the traditional spiritual exercises but cleansing of the mind, body and soul are surely, the pre-requisites of the act. Reiki has been found to be the best and the most effective method for the said cleansing to take place.

Since Reiki is the energy derived from the unlimited Universal source, there is always a feeling of surrender to the Supreme power which naturally and effortlessly, gives rise to a feeling of egolessness. Ego, as we all know, is the biggest hurdle in the path to spiritual enlightenment. Reiki helps us in getting rid of this hurdle thereby making the path to spiritual enlightenment simpler. Moreover, this 'touch-n-heal' therapy entails touching and feeling the body which also brings one nearer to the Self. Knowing oneself further facilitates this enlightening process.

It is an established fact that from simple diseases like common cold to the incurable ones like cancer are mainly caused by the imbalance of energy and toxic retention in the body. Reiki removes this energy imbalance, smoothes the circulation of vital elements and starts the process of cell regeneration in the body. Besides curing diseases (both physiological and mental), Reiki power is also known to improve relationships, cure psychic attacks, attract dream careers, wealth, abundance, awaken *Kundalini*, confer enlightenment, develop confidence, personality and induce incredible dynamism. Surprisingly, Reiki is now being learnt and used by medical doctors, surgeons worldwide to complement the conventional methods of treatment and it has given a holistic approach towards treatment of diseases. Besides, Reiki is the fastest, strongest and the most reliable force to dispel the ill-effects of Black magic, planetary movements and any negative energy around. Also, it provides an indestructible safety shield from accidents, thefts and other damages attributed to the metaphysical forces. The power of Reiki comes handy and the most effective in emergent situations such as burns, bruises and the like. Amongst all other types of techniques, Reiki is the easiest to learn and use.

Unfortunately, the stress of modern life weakens our body and the system breaks down and we become ill. It is a cumulative effect. We have stopped listening to our body. We have stopped taking care of ourselves. We have stopped being responsible for our own health and wellbeing. The energy of Reiki dissolves the blocks and barriers we erect internally so that we listen to our body and feelings, and act in harmony with our best interests. We become more self-aware. This inner journey invariably leads to a sense of spiritual awareness and connection that feeds all aspects of being. It may or may not be interpreted in the context of a particular religion; the choice is entirely personal. This is Reiki's contribution to spirituality and health. As the most wholesome, spiritual yet scientific life force, Reiki is indeed a boon to the mankind.

Reiki has transformed millions worldwide; unquestionably it is a future energy medicine. Reiki has great power to bring love, harmony and peace in the world. It is a cosmic yoga connecting permanently oneself with the universe.

- **Dr. N.K. Sharma**

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