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Mind, Body, Spirit & You

Reiki's healing hands

Reiki is a Japanese word derived from rei or universal and ki or energy or prana. Reiki healer, Mallika Bhatia, says you can heal yourself with the prana or ki around you to get rid of stress and physical ailments



Quite often, we find ourselves drained of energy. At such times, we think

food or rest will help us get back on our feet again. That usually does the trick and we soon feel rejuvenated. What happens during the time we rest is that the body converts food into calories through cellular respiration and our energy centres or chakras replenish the depleted energy by drawing in freely available universal energy — the prana or ki that surrounds all of us. This universal energy is Reiki and it energises us.

Reiki is a Japanese word derived from rei or universal and ki or energy or prana and was discovered by Mikao Usui, a Japanese, on Mount Kurama. He then started spreading Reiki healing techniques by teaching and treating others.

Reiki flows in everything that is alive, including plants, animals and humans. It enters the body through our chakras, those invisible spinning wheels close to our body that receive Reiki from the environment and spread it through the body, especially where there is energy depletion.

This life force or Reiki flows within our physical body through our nadis and meridians and around us as our energy field or aura. This life force helps our vital organs and cells to work effectively. When Reiki is low in our body, we feel weak and are likely to fall ill.

During emotional turmoil, or when we are physically unwell, the chakras are unable to conduit energy. That is when Reiki healers can channel energy through their palms and transfer it to the patient. Reiki helps in curing various physical, emotional and psychological issues by calming the person and balancing energies. Reiki has a positive effect on people suffering from stress, pain and anxiety. Effects of Reiki on heart functions and in stress reduction are well-known.

In recent times, Reiki is also being administered in emergency and operating rooms of certain hospitals. Cancer patients benefit from such energy systems as they feel calmer, happier and are able to rid themselves of stress. You too can learn Reiki and become a healer; you can then do your own self-healing and heal others around you.

(Send in your feedback to st.wellness@timesgroup.com)