

Is REIKI becoming popular in the city among the haves, as a sort of status symbol? Is it slowly replacing Yoga therapy?

Whatever it is, many people, particularly ladies are taking to REIKI in a big way as an easy panacea, for tension and trials and tribulations.

But what is REIKI?

Contrary to misconception, it is not a proper name, though it is fairly largely understood among the higher strata of society, particularly the busy "burra-sahebs" and "badi-memsahebs" who leave a tension-tarred life?

REIKI, according to Paula Horan, which paves the path to personal and global transformation, is the Japanese word for universal life force energy. "When the 'Rei' and 'Ki' are broken down into their two component parts, the Kanji (Japanese alphabet) definition for Rei is universal, transcendental spirit, mysterious power, essence. 'Ki' is described as the vital life force energy, very similar to the Chi of Chinese acupuncture, light to Christmas, bioplasmic energy to Russian researcher...

Its origin? "During the middle of the Meiji era in Japan, which covers the mid-1800s, Dr Mikao Usui was the dean of a small

Healing Powers of REIKI

Christian University in Kyoto.

There are five principles of REIKI:

1. **Just for today, I will live the attitude of gratitude** - Always feel thankful for what we have as well as what we know will constantly be provided. Our normal state is that of all-sufficiency or abundance.

2. **Just for today, I will not worry** - Worry results from a feeling of separateness from the universal wholeness.

3. **Just for today, I will not anger** - Anger is the result of feeling out of control. When you get angry become aware of your reactions and also feel thankful for having got an opportunity to look at your weakness.

4. **Just for today, I will do my work honestly** - To be a honest with oneself is to face the truth in all things.

5. **Just today, I will show love and respect for every living thing** - We are all of one source and are interdependent. To show love and respect to all others is to love and respect ourselves and our mother earth.

In Mumbai, among REIKI

Krishna

practitioners is Rohini Desai. She says, "REIKI is taken and not given. We are mere channels of energy and not healers. Everyone heals himself or herself. Do not be attached to results. Patients take in as much energy as is required and use as is appropriate. Energy flow - Coming from above, energy flows thru Crown Chakra, Third Eye Chakra, Throat, Chakra, Heart

Chakra and to its extensions - hands. REIKI acts on aura level, physical level, emotional level and is thus a holistic system of healing. REIKI goes directly into the chakras, and from there to the endocrine system that produces hormones; hormones keep our body in good health and in balance. REIKI is independent of thoughts, feelings, belief systems and faith. REIKI is a healing method which has no religion. With REIKI everything is possible in life, fulfillment of one's desires and ambitions. The power is within you and you have to awaken your own potential latent within yourself..."

All said and done, why must we import reiki-beiki from Japan. Right at home all the principles and philosophies of life, are enshrined in our heritage: in our Purana and Vedas.

"After all the Chakras you mention are the same in Yoga. "Our ancient rishis and munis did tapasya for years and gained wisdom and knowledge of the supreme the satchitananda - but their teachings have been mostly oral," says Rohini.

Isn't what it is all described as occult science. But in REIKI, there is nothing occult. Actually, what is REIKI is not an invention as such, but Dr Usui, "rediscovered" what are hidden in occultism or what is generally known then."

"It has been proved that 'REIKI' affects individuals in a very personal way. My experiences in 'REIKI' have been very varied and rewarding. I have had the opportunity to heal maisthenia gravis, cancer, kidney problems, migraine attacks, paralytic attacks, depressions, mental disorders and interpersonal relationships".

"I have conducted seminars in USA, Europe, Japan, Singapore, UAE and major cities in India".

Rohini was born and brought up in the cradle of spiritualism, almost from the day she was born.

Among her followers are many VIPs, some from the film world who benefited immensely through Rohini's treatment of REIKI.