

I AM

“YATRA”

MAA AMRIT LEELA

P R E F A C E

Writing this piece has been an inward journey for me, much like the journey we speak about inside the book.

It is noteworthy that this is based on my personal learning and experiences. This book is for the readers to connect with on an emotional and an intellectual level simultaneously.

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CHAPTER 1

INTRODUCTION

Maa Amrit Leela

An extremely talented life coach and spiritual healer who can help you reach your personal and professional goals faster and with less stress. Maa Amrit Leela is based in India with several followers worldwide. She possesses a unique ability to connect with the inner souls of people and offer her healing to her loved ones whenever they are in

stress, anger, depression, or anxiety. Maa Amrit Leela is an expert with several modalities, including Reiki & Chakra Healing, Aura &

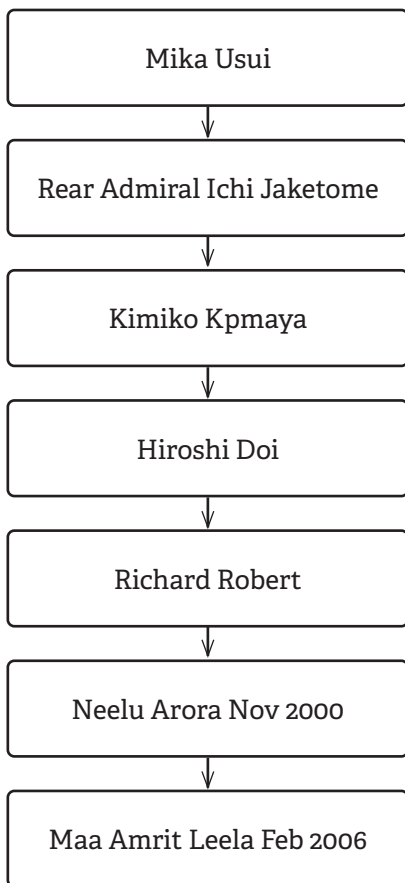


Tarot Card Reading, Colour Therapy, Interpersonal Management, and Meditation Guidance. She takes one-on-one healing sessions and group workshops in India, Hong Kong, Canada & USA on life-transformation techniques & crystal healing.

An expert at :

- Reiki Grand Master
- Reiki Healing
- Reiki Attunement
- Distance Healing
- Distance Attunement
- Tarot Reading
- Tarot Learning
- Crystal Therapy
- Pendulum Therapy
- Chakra Therapy
- Chakra Balancing
- Aura Cleansing
- Spiritual Growth
- Past Life Regression
- Higher Attunement
- Osho Disciple
- Interpersonal Management
- Space Clearance
- Art Therapist
- Yin Yan Therapist

Maa Amrit Leela Reiki Tree





CHAPTER 2

YATRA

Yatra was chosen, because to me, being spiritual was a journey; **A journey to the inside.** This yatra (journey) lifts us and balances us to live without the fear of expectations, attachments, life, and death. The journey only ends with our last breath and every moment has a different experience. A balanced person is strong enough to face all the worldly affairs and move ahead. We don't need any person to make us happy and comfortable. **We have to become our own MASTER.**

No one other than ourselves can control or master us, not even our minds. The soul should be the ultimate master. Every moment we live after that will make us happy and content because we have learned the art to live in the present. Living life with awareness will teach us that every step is fantastic and can be experienced

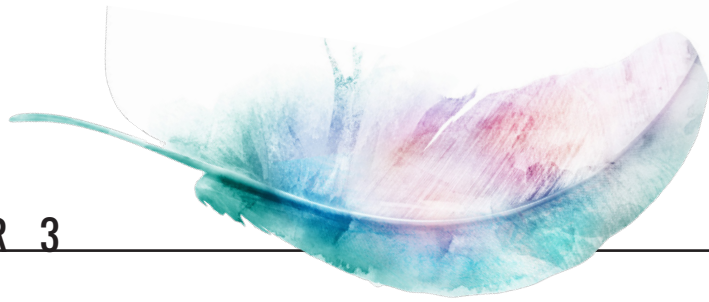
by no one other than yourself. Masters and teachers can just guide us best, but eventually, we experience and travel through this journey.

We all are different, and no two are the same, so that every individual will have different experiences. The ultimate goal is the same for all, but every individual has to choose their own path and travel. Walking on our own path towards our goal will cover the distance sooner, walking on any other person's path will distract us and make the distance longer.



A teacher or master can just be a light for the course, but again approach should be our own; a fascinating fact is that a student might reach faster than the teacher because of individual efforts. It all depends on how pure and empty we are; as they say, children are godlike because their soul is a *tabla rasa*, an empty slate. Some may experience divinity in one session while others can take extra effort. The Receiver has to empty their channels to connect.

“I Welcome you all to this beautiful Yatra”



CHAPTER 3

REIKI

Reiki is the technique to connect to our inner self, to know ourselves from within. It is a natural therapy of spiritual healing. Every physical illness occurs at the moment we come through a mental and spiritual blockage and when we are not able to live in the present. Reiki is preferred over other methods of healing because, in Reiki, the Reiki healer (The Reiki Master) psychologically connects to your inner-self and heals the root causes of the suffering. It has always been a saying prevention is better than cure, as soon as the person who is suffering comes to know the spiritual factors behind their problems, they are relaxed and they try not to repeat that behavior or spiritual connection which was the cause of the suffering.

Reiki is a Japanese word; Rei is universal, and ki is the energy. A Reiki healer uses this universal energy to heal every individual. When we begin using this energy force, which comes to us from a higher and unlimited source, it transforms our lives positively in innumerable ways. A Reiki healer uses this life energy force through their hands and transfers to the Receiver with higher attunement; they can also



heal people located at a distance with distance Reiki. One of the most important thing to be remembered by every Reiki healer is that it's not them who is recovering, its the energy force they are attuned to is making this possible, so a healer never loses anything in a Reiki session but gets balanced by this life force energy. It is just like we act as a tap attached to a tank full of water and the Receiver is the bucket in which we pour the water. So the tap loses nothing but helps to clear the dirt and blockages by go by the flow of water.

In a Reiki session, a receiver feels the beautiful flow of energy inside them and an incredible relaxation feeling. Through Reiki, the healer treats all the three levels of a human being, their Body, Mind and Soul. Only through harmony of these three levels, life can be balanced. At the first level of Reiki healing, the healers are disturbed mentally, second level is physically, and the third level is spiritually.

At the first level, mental blockage causes stress impressions on our neck, knees, lower back, but if we don't treat ourselves at the first level and blockage of the Reiki receiver enters the third level, chronic diseases like thyroid, diabetes, hypertension occurs frequently after the healing sessions.

With medicines like muscle relaxants doctor's relax our physical illnesses and the drug-like mind relaxants treat our mind, but what about our inner spirits, the unconscious mind? Reiki is the only answer. Reiki healing not only treats your inner-self but also teaches you to make your subtle body and Aura healthy, balanced in a such a way that you don't need to be treated every now and then. A healer cleans and charges your Aura, and then the balancing of Chakras is done. Getting healed at all levels makes you feel healthy, energetic, upbeat, relaxed, and happy.

“Needed is faith and will to recover”

Meditation

Meditation is an act that makes oneself cut the connection with the outer world and connect with their own inner-self; that's the state of awareness and living in the present. Any action done with this living in presence becomes a meditation, that can also occur in singing, dancing, cooking, painting or any action that you enjoy doing with your heart and inner-self. During meditation, every word said or thought becomes a message, a message from our inner conscious that we can never ignore, so our thoughts during Meditation also needs to be cleansed.

CHAPTER 4

THE HISTORY OF REIKI

There are at least two versions of the History of Reiki. One version was put forth by Mrs. Hawauro Takata. She was responsible for bringing Reiki from Japan to the United States, from where it spreads to the rest of the world. This has been accepted as Traditional History.



Ms. Hawayo Takata

However, Researchers are also trying to unravel an evidence-based History which differs from the traditional history.

Traditional History of Reiki :

The founder of the Reiki system of healing is Dr. Mikao Usui. The dates in this version are unconfirmed, but it states that Usui was born in 1802 in Japan. Dr. Usui was the Dean of a Christian university in Kyoto, Japan. During one of his classes on Christianity, a group of students asked him if he believed what is written in the Bible. He replied that he did. The students then asked him if he would explain how Jesus Christ, a beggar failed to appreciate it, and he felt no sense of responsibility to use it to better his life.



Mikao Usui (Founder of Reiki)

One day miraculously a strong energy light hit Dr. Usui in the center of the forehead, and he saw millions of rainbow-colored bubbles, each containing a Sanskrit symbol. He fainted. When he became conscious, he felt rejuvenated and full of energy.

Dr. Usui wanted to tell his friend, the Abbot, all that had happened. He ran down the mountain and accidentally stubbed his toe on a stone. Instinctively he held the toe, which was bleeding. Miraculously the bleeding stopped. He realized that he had received the empowerment and could now heal. He continued down the mountain and reached a wayside inn where he decided to have breakfast. Being hungry, he ordered a very small portion of breakfast against the innkeeper's advice, who could see that he had been fasting and would eat a lot. But he ate the meal with no consequences. The innkeeper's daughter served him, when he saw that she was in great pain because of a toothache. He offered to heal her, and in no time, the girl was cured.

When Dr. Usui reached the monastery, he found the Abbot in great pain. He had arthritis. As he told him about his experience on the mountain, Dr. Usui placed his hands on the painful areas, and the problems disappeared.

Now that he had this wonderful healing gift, Dr. Usui wanted to know how best he could use it to serve humanity. He and the Abbot concluded that the best place to start was at the beggar's colony in Kyoto, where there were innumerable people in need of healing. So he went to the colony and started healing the beggars who had nothing to call their own, not even names. Many were healed and left the colony to begin life anew. After a few years Dr. Usui saw faces in the colony that seemed familiar to him. He called one such person to him and asked him who he was. The man explained that he was one of the first persons that had been healed. He had taken a name, married, and tried to lead an everyday life but found the responsibility too much. It was much more comfortable a beggar.

The disappointment he felt was tremendous, but this episode helped Dr. Usui realize that mental, emotional, and spiritual healing was as crucial as physical. He learned that Reiki frees the healed with his hands. They also wondered why this was not done anymore, especially since Jesus had assured his followers that they would also be able to do as he did. Dr. Usui had no answer to their questions. His sense of honor prevented him from continuing in his post until he could answer their questions. He then resigned and decided to go to America and study Christianity to find his answers.

He joined the University of Chicago and became a Doctor of Theology. But his in-depth study of Christian writings did not find him the answers he needed. Dr. Usui then returned to Japan.

Since, Buddha was also known to have healed with his hands, he decided to study the Japanese sutras on Buddhism but found no answers there. He also studied the Chinese sutras to no avail. He traveled to Tibet, another Buddhist country, and learned Sanskrit to read the Tibetan sutras. In these sutras, he found the answer to what he was seeking, but he realized that to use the theoretical information he had discovered he would need empowerment. To find out how to do this he went to the Abbot of a Buddhist monastery in Kyoto, whom he had befriended during his early search. The Abbot had encouraged him to continue. On being asked how he should go about getting the empowerment to put his theoretical knowledge into use, the Abbot suggested that both meditate to get the answer. At the end of the meditation, they decided that Dr. Usui should meditate on the holy mountain Kurama Yama just west of Kyoto, this is what Dr. Usui did. He meditated on the mountain for twenty-one days marking the end of each day by placing a stone in front of him. Twenty days went by with no result. He was very disappointed. On the dawn of the twenty-first day, as he sat to meditate, he saw a white light coming down towards him at great speed. At first, he was terrified and was sure he was going to die. Then he realized that this could be his long-awaited answer.

To inculcate a sense of responsibility towards one's life and live in the 'attitude of gratitude,' Dr. Usui formulated the five Reiki principles. And after this, he never gave Reiki lessons or healing for free to those who did not appreciate it. He traveled all over Japan and talked about Reiki and its benefits, he went on healing people who requested him and began attuning people to take responsibility for their own lives.

According to Reiki master Vincent Amadour, 'The Reiki Principles are the heart of Reiki. The only real mastery is self-mastery. Usui taught everyone that dedication to the principles and living up to them was essential. The principles' real intent was to bring about spiritual enlightenment, peaceful living, kindness towards all, calm in your mind, and in your life. The principles embody compassionate living. They embody the Buddhist principles of Karuna (compassion toward all beings) and Metta (loving-kindness to Karuna's). Humility, gratitude, not worry, and kindness. In healing loving-kindness the principles, we find true mastery. Not mastery of Reiki, but mastery of ourselves'.

After this, Dr. Usui traveled all over Japan, giving lectures on Reiki and healing people. He also formulated the system of attunements so that people could take responsibility for themselves.



Dr. Chujiro Hayashi

Dr. Chujiro Hayashi was a student of Dr. Usui, who set up a Reiki clinic in Tokyo. Many people were treated at his clinic and were healed. One of his student's was Mrs. Hawayo Takata.

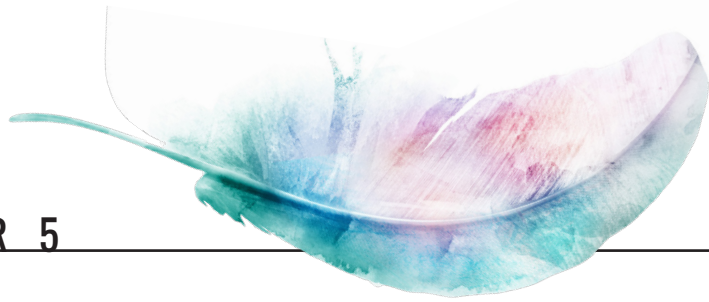
Mrs. Takata was an American lady of Japanese origin. She was born in Hawaii. At one point in time, after she lost her husband and was in a depressed state of mind, she decided to visit her parents in Japan. (This was some years before the Second World War. She was suffering from many illnesses, and after arriving in Japan was advised to go in for surgery. She intuitively felt that this was not right for her, and on enquiring about alternate therapy heard about Dr. Hayashi's Reiki clinic. She

underwent treatment there and was miraculously healed. Now, Mrs. Takata was determined to learn, this magical treatment called 'Reiki'.

Reiki was not taught to women in those days, So initially, Dr. Hayashi was reluctant to teach her, but she was persistent, and he had to give in. She was given her first degree, and later the second, She was made a Reiki master in 1938, when Dr. Hayashi visited Hawaii.

Mrs. Takata is responsible for introducing Reiki in the United States and from there to the rest of the world. She lived in f Hawaii, healing and teaching Reiki till the time of her death in 1980. By the age of eighty before her death she had attuned 22 Reiki masters in U.S and Canada.

The Traditional History of Reiki is what Mrs. Takata told her students, and till recently was all the information that we had on Dr. Usui and the origins of Reiki's recent research, however, some researchers indicates that Dr. Usui was not a Christian but a Buddhist. The reason for Mrs. Takata stating that he was a Christian could have been because she was teaching in a country, which was at war with Japan and hence would have regarded anything Buddhist or Japanese with suspicion. Her main concern would have been to ensure that this beautiful healing system would not get lost for acceptance.



CHAPTER 5

TWO RULES OF REIKI

Rule 1:

Every Reiki practitioner has to take energy exchange, Reiki is never given free because the human-only value the energy they pay for, and by receiving the energy exchange, the healer also gets balanced, and no cords get attached between them.

Rule 2:

Reiki is to give on-demand one has to ask for healings because faith and acceptance can do miracles. It helps in fast recovery.

THE FIVE SPIRITUAL PRINCIPLES OF Reiki

“Just for Today, I will let go of Anger.

Just for Today, I will let go of worry.

Today, I will count my many blessings.

Today, I will do my work honestly.

Today, I will be kind to every living creature”.

By Dr. Mikao Usui

Just for Today. I Will Let Go of Anger.

To let go of Anger is to release what is blocking us from loving unconditionally. Anger is an unnecessary emotion, which separates us from the Universal Consciousness. When our expectations about ourselves and others get the best of us, when they fail to satisfy these expectations, or our needs and desires, we become angry. The people we are mad at have no realization of our Anger.

Most of the time, it hurts us more than it could ever hurt them. Remember that all beings are brought into our lives as a mirror and are the direct reflection of ourselves. Through the people we bring into our lives, our mirrors, we can discover our egos' weak points. To be angry is very destructive of our inner harmony. Be aware of what causes the Anger, just what is the expectation and demand? Feel the emotion fully and release it 'Anger' is a reaction; the response is love.

Do not blame others by pointing out their faults. You will find upon self-examination that the faults you see in others are in you. When you correct yourself, the world becomes a comet.

Just for Today, I Will let Go of Worry.

When we worry, we have forgotten that there is a divine purpose in everything. When we are aware that we have lived each day the best, we can know that the rest is up to the Universe. When we worry, we separate ourselves from the Universal wholeness. Also, we are not trusting that all is in divine order. To worry creates more limitations. Surrender to the plan of our higher self as all is in divine order.

Release and trust.

Nothing is cast away by the mind. As a consequence, grief worry and Misery continues to simmer in it. Only the mind can be taught renunciation. One can become a spiritually, serene person.

Today, I Will Count My Many Blessings.

Counting our blessings means to be grateful for all of the abundance in our lives. We are thankful for what we have received, and what we know and trust will be provided. As we acknowledge and give thanks for our every blessing, we attract more benefits to us, large and small. Our fear of not having (lack) keeps us from accepting what is truly ours by divine right.

What we can see, we shall have, what we think, we shall create. If we feel subconsciously unworthy of receiving abundance or blessings from the Universe, we will, in some way, block the flow of life's riches and blessings to us. Means not only in a material sense but also riches emotionally, mentally, and spiritually as well, I see how abundantly I am blessed in my life. **All things nourish me, and I am grateful.**

**To those who have an insight into life, everything has a meaning.
To those whose eyes are open, everything fits into place.**

Today, I Will Do My Work Honestly.

To live life honestly is to be aligned with our higher self-purpose. By being honest with ourselves and facing the truth in all matters, we can live a truly harmonious life. Truth brings clarity. When we are honest with ourselves, we project honesty onto others. By being honest in our work, this truth is reinforced by the resulting love for ourselves and others; This honesty creates harmony in our lives and our world. We complete the task with less effort As we see and acknowledge the lessons, our life opens before us.

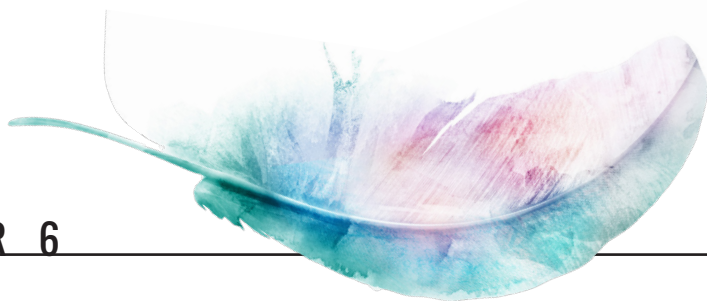
Truth is your Father
Love is your Mother
Wisdom your son
Peace is your daughter
Devotion is your brother
And spiritual seekers are your friends.

Today, I Will Be Kind to Every Living Creature.

As we love and are kind to all living creatures, we experience a sense of unity. We are all of one 'Source'. By not being kind to someone, we do not love and respect ourselves, for we are a part of one another. When we accept all aspects of ourselves, then we can.

CHAPTER 6

AURA



T

he entire physical world is surrounded and permeated by an energy field which is constantly vibrating. This has been proved scientifically that there is an electromagnetic field around everybody, which can be measured with a sensitive device called the SQUID. This device doesn't touch the body while measuring the energy field around it. Kirlian photography has made it possible to capture the image of the Aura in a photograph.



*Kirlian Photography, Aura Reading
(Credit : julielangdonbarrett.com)*

The Aura is a storehouse of all that we are. It contains the essence of who we are, which is why we often feel very comfortable in the presence of some people who may be total strangers.

Similarly, from others, we receive negative vibrations leaving us uncomfortable. Often, a genuinely spiritual person brings about a sense of calm and peace to hundreds of people in the vicinity. This is because the Aura of that person contains the essence of his spirituality and inherent goodness and is to stretch over a large area. This can often be seen in the pictures of our gods and goddesses.

In spirituality, we believe that every thought process we go through leaves a mark on our Aura. Positive thoughts are like light bulbs and brighten our Aura, whereas negative thoughts leave black spots, and these black spots shrink our Aura. Our Aura has seven main layers as one physical body has seven layers of skin .

The First layer, which is closest to our body, is called **The Etheric Layer**, is the same as one physical body and forms Aura's structure. The entire physical body and health conditions are related to this layer and work with our root chakra-balancing our moments.

The Second layer, is called **The Emotional Layer**, it expands and shrinks in either happy and sad situations. It is related to our secret Chakra's work conditions, which affect feelings, emotions, physical tensions, muscle cramps, upset stomach, and constant change in moods.

The Third layer, is also called **The Mental Layer**, ideas, logic and beliefs are connected with this layer; all these can be healed and resolved by cleansing and charging this layer. This is related to its solar plexus chakra.



The Fourth layer, is called **The Astral Layer**, it acts as a bridge between the physical and spiritual world. It is related to our Heart Chakra. It is connected to your unsettled emotions of resentment and loneliness.

The Fifth layer, is called **The Etheric Template**, which is connected to the throat chakra and works as a carbon copy of the physical body on the spiritual plane shrinks and expands with our ability to express our speech.

The Sixth layer, is called the **The Celestial Layer**, which is related with third eye chakra and spiritual awareness trust honesty and unconditional love are connected with this layer.

The Seventh layer, is called **The Ketheric/Spiritual Layer**, and it associates with our crown chakra and connects with our oneness and surrender with the existence. These aura layers transmit information between the body (through the chakra system) and the immediate external environment.

5 WAYS TO CLEANSE YOUR BODY'S AURA

We are all aware of auras, but another essential thing to note about the energy surrounding you is that Auras are like magnets. They are always picking up vibrational energies floating around, and they do so everywhere we go. That's why it's super essential to cleanse our auras, freeing them of foreign vibrations and negative energies, especially if you are an incredibly empathetic, intuitive person who picks up on other people's energies. Luckily, it's quite a simple process, and there are many ways to do it.

METHOD 1: VISUALIZE YOUR AURA

Sit in a quiet, distraction-free zone in your house. Stay seated comfortably in a position you can relax for about 15 minutes doing some de-stressing breathing exercises. Be conscious of what you're doing, and be aware of your inhale and exhale movements. You can even meditate for a bit. Once you find yourself beginning to relax, form a white light in your mind, and have it surround you. Allow it to flow throughout you, from your toes' tips to the top of your head,

and visualize it moving up and down on your back near your spine. If you get distracted or thrown off, you can get yourself back on track by re-visualizing the white light and controlling your breathing.

METHOD 2: DISCARD YOUR NEGATIVE ENERGY

We've all been around a lot of negative thrash. You know, an entirely negative person always has something wrong to say about any given topic and generally has a big frowny face on more than a smiley one. This person affects more than just themselves by distributing negative energy to you whenever you're around them. Thus, your Aura will get dimmer. One way to protect yourself is to make sure you surround yourself with more positive people than negative ones. Cut out the negative ones, once you figure it out. Find positive people who think like you, who always has a smile to offer, and have kind souls. These are the people that can help offset the negativity collecting in your Aura.

METHOD 3: CLEANSE YOUR NEGATIVE THOUGHTS

Still, have negative energy wafting around you? You might have to look inwardly and make sure you aren't the trash in your life! Start paying attention to your thoughts. Are there a lot of negative ones? Take a look at them. Are they untrue, delusional, or paranoid? All the more reason to chuck them out. Focus on the bright side of things; it does help! If you are having a terrible day, it's okay to express your bad feelings, but don't wallow in that place. Make your day a good one by treating yourself to your favorite tea. Play your favorite song

at the moment. Find a friend to hang out with. If you notice that a negative thought is trying to creep in, confront it positively. If you keep practicing this, you will be able to conquer the effects of negative thinking.

METHOD 4: CREATE A PROTECTION BUBBLE

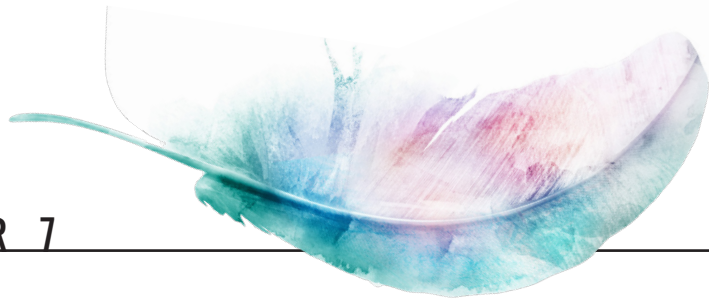
This is the most commonly practiced way of protecting the Aura. Practitioners praise it as a beautiful way to connect them to the Divine, and when it's done in the mornings, it sets an extremely overwhelming positive note for the start of your day.

Here's how you do it. Imagine white light coming down from the Divine, God, the Universe, whatever your higher power is. Connect this light to your head's crown, and then let it spill out over you and down under your feet. A white light bubble now surrounds you. White is pure and thus, highly protective. It is also full of love from our Divine. Now that your bubble is around you, you are protected from any negative energy coming inside your bubble.

You can now change the color if you'd like to change the protection and power. You can also add mirrors to reflect away any negative energy before visiting any place where you are expecting large group of people and negative energies surrounding you.

METHOD 5: GET ENERGY HEALINGS

Sometimes you need to get your energies realigned, and an energy healing will clear any blockages you might have. Healers can also check for negative energies in your surrounding, and can help to heal these unwanted negative energies.



CHAPTER 7

CHAKRA HEALING

1. What is Chakra?
2. What is the Main Chakra?
3. What is the balanced / Healed Chakra?
4. Why to Balance / Heal Chakra?
5. How to Balance / Heal Chakra?

What is Chakra?

Chakra means a wheel. Movement of this wheel helps us in balancing our inner-self's. Chakra is a physic energy wheel at the center of our spiritual or subtle body.

What is the Main Chakra?

There Seven main Chakra's in our body. These Chakra's start from our Sacrum and run up to our spine ending just outside the top of our head, listed below are names of the Chakra's and how they connect with our mind, body & soul.

i) Root Chakra - It is red, and located at the base of our spine. It opens towards the earth. This Chakra Balances, our materialistic word, which, according to ancient science, is regarded as Maya. It controls our anus, legs, feet, back and bones.

ii) Sacral Chakra - It is orange, and located above the tail bone at the lower abdomen. It opens on both the front and back of the side. This Chakra Balances our Emotional drives, which, according to our ancient science, is called the Moah. It controls the masculine and feminine aspects.

iii) Solar Plexus - It is yellow, and is located above the naval on the upper abdomen. This also opens on both sides. According to ancient sciences, this Chakra balances the fire element of our body, which further controls our digestive system-personality and mood swings.

iv) Heart Chakra - It is green, and is located in the middle of our chest. This Chakra prevents our heart and is associated with our ability to receive and give love.

v) Throat Chakra - It is blue, and is located in the centre throat that controls our creativity and communication skills.

vi) Third Eye Chakra - It is indigo, and is located in both eyes' center. It contains our spiritual acceptance in our life.

vii) Crown Chakra - It is violet, and is located in the center of our head. It generates a sense of ultimate union with the Divine.



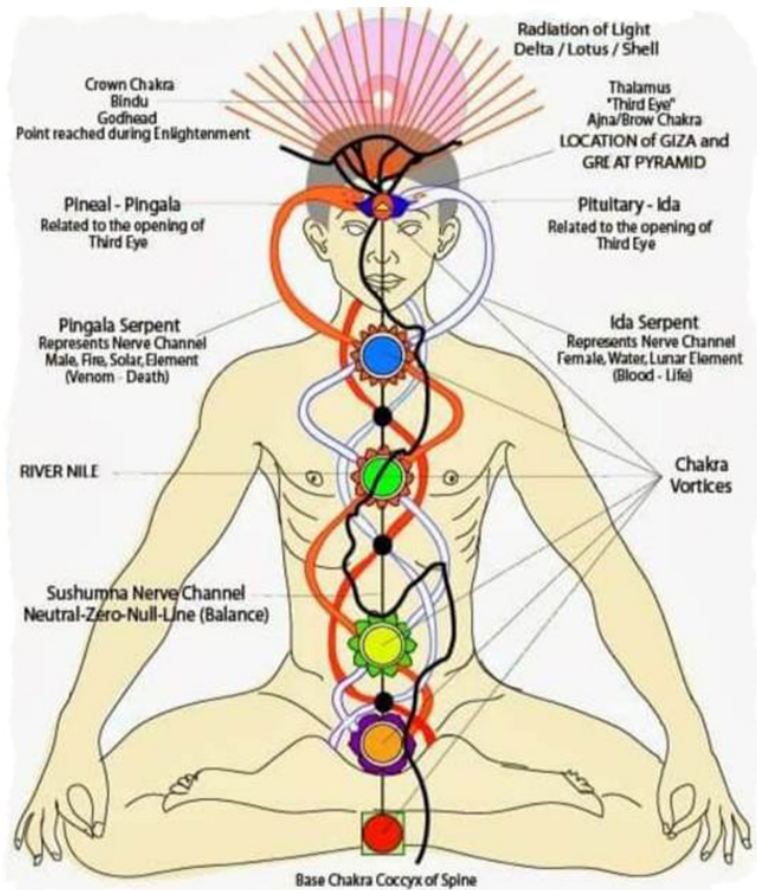
What is a balanced Chakra?

A balanced Chakra is having an appropriate rhythm or speed neither slow nor fast, filled with its representative Colour.

Why to Balance / Heal Chakra?

A person is not merely a body or a mind or a spirit but is a combination of all three, so should be treated as a whole. The only common denominator in all human beings is that they are forms of energies, and the key to healing and balancing is also in the form of healing energies. Anything which blocks the healing energy will does not help to balance or heal the Chakra's and also the blockage weakens the healer.

Drugs can cure our physical and mental levels, but our spiritual level can only be cured by balancing and healing our Chakra's. The movement of this energy in our Chakra's, controls our whole system and makes us hyper when they move fast and sloppy and slow when the energies are moving slow inside our bodies. Its a proven fact that we attract more diseases and illnesses when our bodies are at ease, and not working much, thus the energies are moving slow inside our bodies.



How to balance / Heal Chakra?

i) Balancing with Reiki - Sit or lie in a comfortable position. Invoke Reiki energy and use the light Symbol cho-ku-rei* seven times to balance the chakras. Imagine the light passing through each Chakra first cleaning the blockage and then balancing and filling with the associated colour.

ii) Controlling and balancing the speed with a guided workshop.

Imagine every Chakra as a clock and guide yourself through each Chakra, watching its speed and rhythm. Fast or Slow watch it, then balance it and bring it to a Rhythmic speed as a clock tick toe, tick toe, tick toe, tick toe. Once the rhythm is complete, fill the Chakra with the associated Colour. Breathing out all the negativity.

* refer to chapter-9 on Symbols



CHAPTER 8

ATTUNEMENT

The initiation, distant initiation/ attunement process.

Initiations have been used successfully throughout our ancient history, commonly known as Diksha at that time. Distance initiations are as effective as a person to person initiations.

How do initiations happen?

The receiver needs to connect to a master with whom he feels to open up at all levels. Once connected, the master decides to when and how to initiate. During the initiation master opens the crown chakra and attunes the candidate with the desired medium! The master not only makes the candidate connect through Chakra's but

also blows the medium in the ear so that the candidate's prana energy is also attuned. Once an attunement is established, the candidate is requested to stay in the attitude of gratitude. In distance initiations, the candidate and the master use the online video call to make the connection, as knowing each other physically helps in connecting.

What do the receivers do in the initiation process?

Receivers for initiation should understand that the initiation does not aim at quietening the mind or bring about a meditative calm, but this instead happens spontaneously as Shakti is activated. The receiver's sole aim should be to look for unusual manifestations or activities within the body and the mind. They are the signs of a successful initiation.

The receiver should :

Set aside a convenient time to practice each day throughout the initiation period.

Sit or lie in a comfortable position. If sitting the hands should be resting on the lap, not on your knees because the torso needs to be free for the movement and if lying down, just leave your hands open with the loosened body. Make sure the position is upright but not rigid.

Look for subtle and unusual signs of activity in the body. Slight movements, vibrations, tingling, the fingers are signs that Shakti is activated. A warmth or heat igniting in the body, at the spine, especially at the spine's base. A feeling of subtle energy moving or rhythmically pulsating or swaying in and out of the physical body,

or any other unusual manifestations are also signs that Shakti is activated inside the receivers body.

When sensations or movements start to occur, do not interfere with them unless you wish to halt it.

At times when you cannot enter formal meditation with your master, do your best to find as much time as possible to remember the image of the master and the first formal meditation with your master and visualize that your master is also doing the same for you. The more you do this, the easier it is to work with you. After the initiation is established, the initiates' attention should solely focus on Shakti's working instead of their bodies.

What is needed is patience to surrender.

How long should one stay for initiation sessions?

The candidate should stay for as long as reasonably possible - once a play is suggested, 11 days minimum nonstop. The candidate needs to be relaxed and alert to the signs of initiation. The candidate may subconsciously tense up at the beginning of the session and may well take most of the session to relax enough for the experiences to come through.

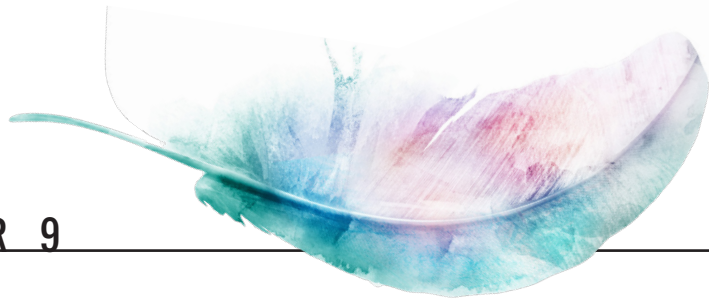
Tension tightens the muscles and makes it difficult for the subtle experiences to manifest. Shakti starts as a very subtle force but gains its intensity with practice. In the beginning, it is much like an infant trying to move an elephant. That is why we need to give more attention to how we sit so that the spine, hands and whole body can move freely at the slightest impulse.

Do new Initiates have intense experiences from the outside?

In many cases, Yes. Strong shaking, swaying, rotating like a grinding stone, persistent feelings of vibrations within the body have been reported by several new initiates.

Here are some reports from new initiates.

At first, some new initiates only have slight or even no perceptible experiences for some time. They may even feel that initiation hasn't worked for them. It is often not understood that why, in many cases, Shakti needs to work at the subtle energy levels (sub-conscious) before it can make itself felt at the conscious level of physical experience. The majority of initiates whose experiences are slightly gaining is broadly from developing patience, perseverance, and constant connection with the Master, Initiator and the entire Initiators community. All necessary support is given to expanding the expertise, just stay in touch with your Master regarding the progress you are experiencing.



CHAPTER 9

SYMBOLS

“

Instead of seeking many other medicines to cure their illness, I wish people would always honor their own body's healing ability and take good care of themselves.”

- Meiji Emperor, also called Meiji the Great, or Meiji the Good, was the 122nd Emperor of Japan according to the traditional order of succession, reigning from 3 February 1867 until his death on 30 July 1912.

A symbol is a communication element intended to represent or stand for a complex of person, object, group, or idea. It often is graphics or little drawings, which are, in fact, a comprised or simplified reproduction of an image, meant to trigger your consciousness or unconsciousness mind towards that particular meaning. So symbols help us focus and help to call forth a particular type of energy.

Do symbols have power?

Yes and no. When many people often see signs & symbols, all these persons at a conscious or subconscious level put their energy in it, connect with its meaning, and the more often this happens, the more powerful a symbol becomes. Thus symbols like the 'Pentagram' and the 'Aum' symbol have become decisive; they have become charged.

On the other hand, symbols are just a symbolic representation of something. They represent specific energy but are not the desired energy in itself. Reiki symbols are not the Reiki itself, but they help us address a particular aspect of the Reiki energy. In addition to that, they greatly help us consciously connect to the energy, which positively promotes single-mindedness and intent. And if your intent is apparent, it gives the Universe a clear message of what you want to do or help to come about.

The Reiki energy and the Reiki symbols nurture each other. During an attunement session, they are given to you, which means these symbols are placed in your energetic bodies, as a divine sign that says "you are now empowered by your Inner Flame, to tap into this energy and use it." They are the words of Divinity that accompany the divine gift of Reiki. Thus, the symbols helps to open up for the beautiful healing gift called Reiki.

At the same time, the master first opens up to channel the energy through his/her own body and next places the symbols in the Aura and Chakras of the students. This means that before receiving any sign by the student, it is first charged with the full Reiki stream channeled by the master. This process explains why a symbol works better/stronger when you are, first attuned to if be in one of the

original Usui symbols or any other 'new' Reiki symbol made by your Reiki master.

This also explains why it is difficult to claim that a newly found or channeled Reiki symbol should be on higher vibration than the original ones; so that the same energy still charges the Reiki, life-force and the Source.

The symbols are drawn and taught somewhat differently by different Reiki teachers. The differences in the form of the symbols do not seem to make a perceptible difference in connecting with and using the Reiki energies. The variation is mainly a difference in the styles of kanji (a system of Japanese writing using Chinese characters), just as there are different styles of handwriting in English, there are different ways to write kanji . Some early students in the U.S. were also not allowed to keep written copies of the symbols and missed remembering some parts of them. There are also older and newer forms of Kanji writing.

The symbols are used to help people focus on connecting to Universal Energy. When you have raised your energy frequency sufficiently, you may no longer need to use the symbols to connect with and use Reiki energy. Some people make the error of assuming that the symbols embody Reiki's power and completely rely on the symbols. They may end up almost worshipping the symbols. Symbols serve a purpose but may in some cases retard progress in rising to true proficiency of healing. When you develop the ability to use the symbols good enough you can connect to Universal energy directly by intention and may choose to move away from always drawing symbols and invoking the mantras mentally on every occasion. The study of the wealth of meanings of the words indicated by the kanji symbols can be valuable for spiritual evolution.

Reiki First Degree attunement is done by a Reiki Master, in the first Symbol Cha-ko-rei is initiated to the person with this Symbol. The master also teaches the students how and when to use this Symbol. First Degree also introduces how to charge and use your crystal and pendulum.

1st Symbol

CHO-KU-REI

The symbol represents bowing downward and being able to revolve in this world without getting stuck and always become free-flowing.

We always draw three times and speak nine times, which is thrice reciting while drawing once. The meaning of CHO-RU-

KEI is using the power of the Universe. I call this Symbol a guiding light, where and when we feel dark, the Symbol can be used. This can also be used to increase the power of Reiki.

It can be used for protection; it can help us boost our ability to use Reiki energy instantly.

Draw or visualize the Symbol In-front of you with your palm facing outward for this Symbol. Use this symbol on others and palm should be facing towards us. If using for self, A principle we always use the palm to draw imaginary Symbol, not the fingers. This Symbol can be used anytime during the treatment but is more efficient if using



at the beginning of a session, as it empowers the Reiki energy and helps to seal on and off the energies. It is always our intention that allows us and guides us.

This Symbol can increase the healing ability to help in focusing, space cleansing, charging, protecting. The power is all in our mind, let your clear intuitions guide you with this Symbol function.

We can use this to change and program our crystals and pendulums. With first degree attunement, we also learn to make our wish box. We can keep our two-three wishes (written in the present tense on a piece of paper) and charge them with Reiki. Cho-Ku-Rei is the first Symbol to make the wishes come true. As our wishes come true, we do not throwaway the paper slip, but should we burn and dissolve it in mud or stream of running water.

2nd Symbol

SEI-HE-KI

The Second Symbol is called SEI-HE-KI. This is also known as mental/emotional Symbol. This Symbol resembles a human skull with a forehead, eyes, nose, mouth, chin, and ears. We can say our sense organs and brain.



This Symbol brings together the brain and body. It is commonly meant as “The God and man have become one.” This Symbol helps

the people to get back the surface and release the mental-emotional cause of the problems. It has been scientifically proven that many of our elements are based on mental and emotional unbalances, that we are not aware of.

This Symbol works to focus and harmonize the subtle body with the physical body. This Symbol can be used to help people with emotional and mental unbalancing. It works on both sides of the brain and gains peace and harmony. It can be used to treat nervousness, fear, depression, anger, sadness, and guilts. It can also be helpful in weight loss. One of the great benefits of this Symbol is that it helps to balance YIN-YANG. For love and relationships, we use pink light, but for balances, we use white light.

3rd Symbol

Hon Sha Ze Sho Nen (pronounced as “Hon-Sha-Zee-Show-Nen”)

This is the Reiki Distance Healing symbol.

The Symbol has a general meaning: “No past, no present, no future”, or it can have the definition of **“The Buddha in me contacts the Buddha in you”**.

The Distance symbol, as its name implies can be used to send energies over a distance.



Time and distance is no problem when using this Reiki symbol. Many practitioners consider Hon Sha Ze Sho Nen as the most useful and powerful Symbol. The Symbol used gives access to the “Akashic Records”, the life records of each soul and can, therefore, be used in karmic healing. Trauma and other experiences from this life, previous or parallel lives that affect and mirror peoples’ behaviors, can be brought to light and released.

In doing distance, healing be open! Do not focus your efforts on healing a specific problem like a headache. Send the Reiki energies without limitation as they will go where they are best needed.

When doing distance healing, the energies will work on the Receiver’s subtile body, the Chakras, and the Aura, and not as much on the physical level (i.e., it can take some time before the energies seep down to the body and ease for instance pain). The person you are sending Reiki is likely to feel it happening. If he/she has an open mind, they can usually tell what you have done and when you have done it.

Distance healing does not take nearly as long as a physical hands-on healing treatment, you only need a few minutes to send distance healing. You can even set up a Reiki distance healing to automatically repeat sending energies to a person.

If you want to setup a continuous distance healing on a person, I recommend that you put a time limit on the repeat, as it would otherwise continue forever and renew and empower the distance healing every other day. Remember it is your intention that guides what happens!

To Send Reiki healing to people far away, some use :

“A Beam” Reiki to people across the room.

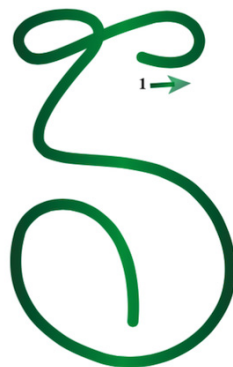
Send Reiki energies to the future to help with a specific task or be there as a support.

Send Reiki to the past to lift, to understand and release trauma.

4th Symbol

GANESHA SYMBOL

Ganesha is the formless Divinity - encapsulated in a magnificent form, for the benefit of the devotee. As per Hindu mythology, he is the son of Lord Shiva and Goddess Parvati.



The Meaning of Ganesh

Gan means group. The Universe is a group of atoms and different energies. This Universe would be in chaos if there were no supreme law governing these diverse groups of entities.

The Lord of all these groups of atoms and energies is Ganesha. He is the supreme consciousness that pervades all and brings order in this Universe.

The essence of Ganesha is brought out beautifully by Adi Shankara.

Though Ganesha is worshiped as the elephant-headed God, the

form (swaroop) is just to bring out the formless (parabrahma roopa).

He is, 'Ajam Nirvikalpam Niraakaaramekam.1 This means Ganesha is Ajam (unborn); he is NirvikaIpa (attributeless), he is Niraakaar (formless) and he symbolizes the consciousness which is omnipresent.

Ganesha is the same energy which is the reason for this Universe. It is the energy from which everything manifests and into which everything will dissolve.

5th Symbol

SATTATVA (Symbol of the grandmaster)

SATTATVA is a quality of intelligence, virtue, and goodness and creates harmony, balance, and stability. It possesses an inward and upward motion and brings about the awakening of the soul through chakras. This Symbol is used to provide balance, happiness contentment of lasting nature. It's the principle of clarity, wideness, and peace, the force of love and harmony that unites all the happiness.

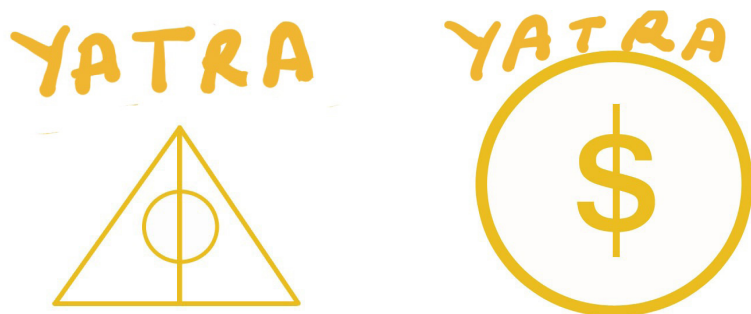
How to use Symbol: always draw with your right hand starting with



your left heart side, cover your crown and then come back to your right side of the chest and finish it on the higher Chakra. We need to say it once and draw it once to be connected. Stay connected till you feel the balance using the violet light. This Symbol can be used in both directions upwards for the upper chakras and downwards for the lower chakras. Be thankful afterward.

6th Symbol

MONEY Reiki



This is the first time I am writing about “Money Reiki Symbol”. This symbol has an amazing energy that can help us transform all our financial blockages and help us in our materialistic growth. It won't make you rich overnight but Divinity as Reiki being positive power will put light on our ways so that we can clear our blockage and make our financial life smooth, it also helps us clear our karmic blockages due to materialistic issues of our lives. Every master has their own way to use this energy, I use this with a combination of usual Reiki.

Steps to Use

As Gold is used universally, we start with calling it Golden Light, using the light we make Affirmations that “Money is Coming in My Life, effortlessly and abundantly”.

After repeating these three times, I draw the Money Reiki Symbol and visualizing the blockages getting cleared as I start achieving all my dreams. Thank the supreme power, Reiki and your Reiki master after receiving the shower of prosperity and blessing beyond your expectations. Normally as practiced overall, it has one symbol of the US dollar sign. My personal experience is that one more strong energy symbol is needed to connect to, instead of the dollar symbol, as

someone who has never seen a dollar symbol or uses another currency in their country might not be able to attune at the same level. So I suggest another symbol of a golden energy triangle with a symbol of affirmation in it. You may use either of the symbols, as per your level of attunement to them.

7th Symbol

Dai Ko Myo (The Master Symbol)

Modern Dai Ko Myo

Dr. Mikao Usui used the traditional Japanese form to



create this symbol. I am not sure what the origins of the modern spiral are; it has been used widely as the 'new' Dai Ko Myo fits better into the training's vibrations based on my personal experience.

Dai Ko Myo means great 'Shining Light'. As Aleister Crowley the famous English occultist, ceremonial magician, poet, painter, novelist, and mountaineer stated: "Every man and every woman is a star". Through the master's initiation, you'll reach a strong connection with Spirit, Source, Higher Self and The Divine Light which nurtures itself and wishes to spread to nurture others.

The Dai Ko Myo is the most potent Reiki symbol, and it can easily replace the others symbols. Once you have been attuned to this Symbol, it is strongly advised to use it with all your Reiki works. Your energy work will receive an extra boost and you constantly draw this strong energy through your energetic system. The Dai Ko Myo is the Symbol that transmits the Reiki initiations.

8th Symbol

Raku (The Grand Master Symbol)

The Raku (ray-koo) is the final Symbol that you will learn when you become a Master in the Usui Reiki system of healing.

Also, known as the "Fire Serpent", it is primarily used



for grounding the Receiver once an attunement to Reiki has been passed. It is drawn downwards from the recipient's head to the ground, allowing the energy received during this process to remain inside the 7 chakras.

It is believed to symbolize a strike of lightening from the heavens and represent the life force energy (also known as chi) that runs down the spine, through our chakras.

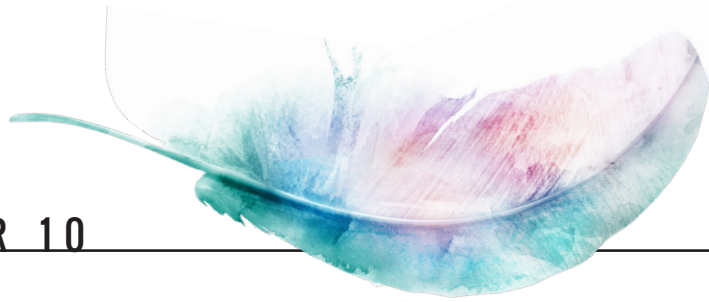
The Raku may also be used during healing sessions to ground the practitioner or the patient receiving a treatment. This is not recommended unless you have properly trained in doing so. Directing energy in this manner can have many effects.

It is always best to allow the Intelligence of Reiki to remove any negative energy that may be sitting in the body, instead of taking the task on yourself. Many other symbols can be used to help remove blockages that may be encountered during a healing treatment.

It is not known where the Raku originated from, as it is not an original symbol that was taught by Usui. It is speculated that it's origins are Tibetan, and that Reiki Master Iris Ishikuro (who was a student of Mrs. Takata) incorporated the Symbol into her Reiki Practice, which she named Raku Kei Reiki. It is believed that Raku-Kei is an Ancient Tibetan Healing Art of Self-Mastery, much like Reiki itself. The Symbol and practice were brought to the West by Arthur Robertson, a student of Ishirkuro.

While all of these changes to the Original Usui Shiki Ryoho can be sometimes confusing, it is important to remember that the core principle remains unchanged - and that is to heal. The world around

us is always in a constant state of change, and it seems only natural that through the Art of Reiki, of Self-Mastery, that the methods of how we heal with Reiki change with us so that we can better heal ourselves and each other. This Symbol should only be used under the guidance of a master. The striking of light has be in balance equation to receive the positive results.



CHAPTER 10

CRYSTALS

As described, crystals become a YANTRA towards our awakening if used correctly. They act the same as the IDOL WE WORSHIP. We enjoy our crystals as we work with them, talk with them, connect with them. This technique has a very pleasing effect, especially for you to get attracted to the the LOVE path of awareness.

Working with crystals has a pattern; before buying any crystal, just feel the connection and buy only if, you are really attracted towards that. Once you have bought it don't forget to cleanse them. Cleansing and Attuning the stones can be done by Reiki attuned or if you are not attuned, you can seek a help from some Reiki master.

A Reiki master uses Chakra colour crystals to heal and balance their patients as crystal tend absorb all the negativity and the Colour helps the master in balancing the Chakras through colour therapy.



CLEANSING THE CRYSTALS

We can allow nature to do it. Place your crystals under direct sunlight and pour clean purified water on the crystals and leave the crystals under direct sunlight for at least an hour for charging up and getting completely cleansed from its previous energies. Alternately, you may also choose to do the same under moonlight if you prefer doing it during the night time.

ATTUNING / PROGRAMMING THE CRYSTALS

Take a single crystal, place it on your palm and perform a Reiki attunement on them turn by turn. Since there are no Chakras on crystals - simply draw it on the crystal and say the symbol three times as you draw it. Once done with symbols, say, "I now seal these crystals with Reiki and divine Source's healing power and they are now programmed to help me grow as a better person".

Once the crystals are charged and cleansed, attuned and programmed, you may store them in your Reiki box or a wish box placed next to your bed or office desk.

Pendulum how to program and use.

How using pendulums in our routine life' can be done for a better living? Well, here are some basics from Phylameana Lila Desy's article.

Step1: Choose A Pendulum

Allow a pendulum to choose you. If you like the way it looks or feels, it is meant for you.

Step 2 : Cleanse Your Pendulum

You may cleanse it by holding it under running cold tap water, soaking it in sea salt, or setting a mental intention to free it of 'picked up energies by filling it with your energy, as it belongs to you.

Step 3 : Understand the Directional Swings of Your Pendulum

Pendulums swing in vertical straight lines, horizontal straight lines, and in circular movements, clockwise or anti clock.

Step 4 : Define the Directional Swings of Your Pendulum

Assign each directional swing a "response" by first asking the pendulum to show you what specific responses look.



Ask: What does a NO look like? What does a YES look like?

Pendulum Response Examples:

vertical swing signifies NO

horizontal swing signifies YES

circular movement signifies NEUTRAL

Step 5 : Prepare Your Questions:

A question should be one that can be answered with a positive, negative or neutral response.

Good Example Question:

Will I get the project I worked for this morning?

Poor Example Question:

Does she loves me or not..

Set Your Intention:

You must precede your question session with a prayerful request or statement.

Example Intention:

I intend to receive truthful answers which will serve the good of all concerned.

Ask Your Questions:

Be prepared to ask several questions to receive enough information to aid you in your quest for answers and keep practicing so that you start receiving perfectly understandable, believable and correct answers.

Between Questions:

Make sure to completely stop any pendulum motion between questions to clear any lingering energies that pertain to the previous question.

Tips:

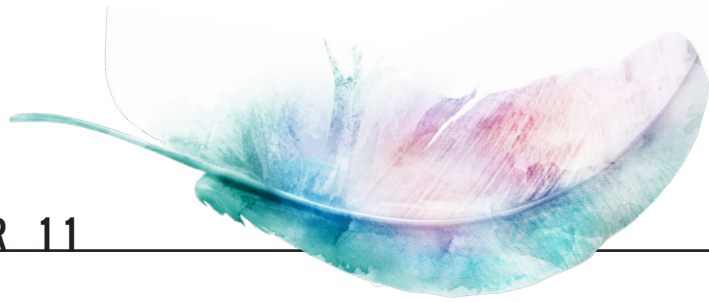
Accept information only if your instincts assure you it is accurate.

Keep a notebook handy to write down your questions and your pendulum's response..

Each pendulum may have a different response. Likewise, each person must establish their directional swings before using a pendulum.

Make sure that the pendulums have been cleared of any negative energies before and after each use.

All you need is a Pendulum and an Intentional relaxed Mind Set



CHAPTER 11

CONNECTION BETWEEN SOUL- MIND & BODY

What does our body tell us?

The purpose of this chapter is to open your mind to the non-physical causes of body imbalance. It is intended to extend your understanding of the soul, mind and body connection and push you to see beyond your physical state of being.

This connection reveals the emotional, mental, and spiritual elements of physical disease. This chapter will make us aware of common illnesses, accidents and ailments with possible spiritual (mind-body) meanings. As a healer for the past 14 years, I have experienced that our body never gets a problem until our Spirit is damaged. Mind tries to find solutions and thus harms the body only when our Spirit is not at ease, our body gets a disease.

IMPORTANT is to remember that the first step of becoming aware of your problems' possible causes is the self realisation of its possible cause. Awareness, with the willingness to heal, will lead to a process of unfolding the causal thoughts and behavior behind your state of health. Just as we visit our doctor when we finally cannot see ourselves getting better by home remedies.

There are enormous amount of diseases being suffered by different people in the whole world, some of which have several possible meanings in terms of their mind-body connection.

Based on my experience the main problem with many is that their mind-body connection is not established and synced together. We really need to connect to our soul and stop living the superficial level of life.

The meanings or interpretations you will find in here are based on spiritual or common beliefs that affect the body.

There are some general meanings for the body's major components which will give you a general indication of the spiritual causes, for example, people with knee pain are not flexible. Knees represents flexibility and when they are unable adjust to the circumstances they have knee pain and are now they are unable to walk.

Soul, Mind and Body are like the three layers of Human Conscience.

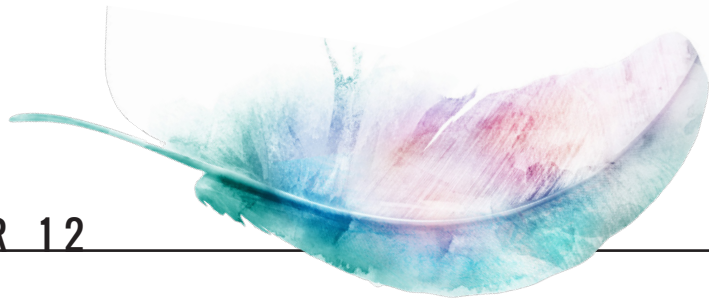
The Body being the outermost layer, the soul and mind the inner layers, intertwined with each other. The soul is what governs our thoughts and the mind is what governs our actions whereas the Body bears the brunt of whatever our soul and mind decides.

Ancient philosopher Plato spoke about three elements of the human psyche : appetite, spirit and reason. These can be directly linked to the mind, soul and body phenomenon we are referring to here.

The element of appetite can be linked to the body. This element includes all our myriad desires for various pleasures, comforts and physical satisfactions.

The element of spirit can be perceived as the soul, the element in us that wants love, peace, victory, justice, and has spiritual goals.

The element of mind or consciousness is our awareness, guiding us to what is right and swaying us away from what is wrong, the element that rationalises, analyzes and weighs each situation.



CHAPTER 12

THE ELEMENTS IN THE BODY

E

ARTH, WATER, FIRE, AIR, SPACE, LIGHT AND DARK
ELEMENTS, SPIRITS

Each element is responsible for different structures in the body.

Earth forms solid structures, such as bones, flesh, skin, tissues, and hair. When we need to charge and balance, our earth element just connects to earth and stays grounded. Walk barefoot, eat food sitting on floor and grounding are few ways of balancing your Earth element.

Water forms saliva, urine, semen, blood, and sweat, to balance water elements learn to flow in every situation ,connect to sea ,do swimming or even bathing properly and drinking water properly can balance this element.

Fire forms hunger, thirst, and sleep, to balance fire element eat with full concentration, eating habits need to be improved, while eating don't do any other work, just eat and learn to burn the negativity.

Air is responsible for all movement, including expansion, contraction, and suppression. To balance Air, connect to nature and breathe in the positiveness, breathe and let breathe.

Space, Imbalance of Space element: Thyroid disorders, throat problems, speech disorders, epilepsy, madness, foolishness, ear diseases. To balance this learn to attain your space and give space in every relationship, connect to the vastness of sky.

Light and Dark, We are balancing light and dark elements of our body, can say yin yang too. As white has all the colours in it, similarly, black also has all the colours in it, so darkness is nothing but a beautiful colour having all the qualities. Darkness is just absence of light. Darkness is said to be black as it is holding everything inside it. It absorbs everything in itself just like our ego. And white, on the other hand, releases everything and it lets go, reflects and radiates. Black absorbs negativity and white releases positivity, so actually white has black in it and black has white in it .

Spirits, balancing the spirit element means balancing the soul inside our body, balancing the Spirit is only possible if we have a harmony between body and mind.



CHAPTER 13

IDA PINGALA NADIS/ YIN N YANG

The word nadi comes from the Sanskrit root nad meaning “channel”, “stream”, or “flow”. Nadi is one of the eight Asthas that calculate the compatibility of a person with his partner. There are entire 36 points in a Kundali, among which Nadi has the maximum point's. The conflict between a couple's Nadi is called Nadi Dosha. Nadi Dosha affects in three major ways. Nadi Dosha typically affects married life. In English language its commonly know as the YIN N YANG.

The Ida and Pingala nadis are sometimes in modern readings interpreted as the two hemispheres of the brain. Pingala (yang) is the extroverted (Active), solar nadi, and corresponds to the right-hand side of the body and the brain's left hand side. Ida

(Yin) is the introverted, lunar nadi, and corresponds to the left hand side of the body and the right hand side of the brain (there is a contralateralization). These nadis are also said to have an extrasensory function, playing a part in empathic and instinctive responses.



The two nadis are believed to be stimulated through different Pranayama practices, including nadi shodhana, which involves alternately breathing through the left and right nostrils, which would theoretically stimulate the left and right sides of the brain respectively.

Special breathing techniques are practiced to influence the flow of prana within these nadis. According to this interpretation, these techniques purify and develop these two energetic currents and may lead to kundalini's awakening. Nadi is one of the eight Asthas that calculate the compatibility of a person with his partner. There are entire 36 points in a Kundali among which Nadi has the maximum points.

The conflict between a couple's Nadi is called Nadi Dosha. Nadi Dosha affects in three major ways. Nadi Dosha typically affects married life. Today we will work with all the moon energies on this, before you go to sleep connect to your breath.

Step 1 :

Start breathing from left side of your nostril keeping the right side closed for couple of minutes.

Step 2 :

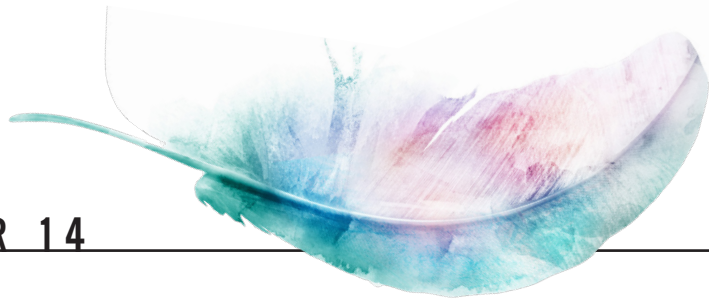
Repeat the same with the right side.

Step 3 :

Now both sides breathe but long and deep breaths, feel that these breaths don't have any kind of blockages.

Step 4 :

Relax and enjoy the block free sleep.



CHAPTER 14

SAMADHI

18 different level of experiences within samadh the opening of the lotus flower of Kundali

Samadhi means experiencing the secrets or the truth or life and death.

‘KUDH KO SADH LO’ - KNOW THYSELF

Step 1 : Know the Physical Body.

Step 2 : Learn to cleanse the body & mind

Step 3 : Witnessing the difference between body & soul



Step 4 : Witnessing out of body experiences, acknowledging some external energies working & connecting

Step 5 : Witnessing Harmony - between me and the nature, healing the relationship with existence.

Step 6 : Witnessing Awareness - Demands drops, all possessions, entities finish.

Step 7 : Witnessing Freedom- I am light and ready to fly as all addictions are healed.

Step 8 : Witnessing Fulfillment - Great Peace, All kind of trust in existence

Step 9 : Witnessing Happiness - Which is received by unconditional love.

Step 10 : Witnessing the Divine Plan - The hope is unseen, divine, big picture that every thing will pass, nothing is permanent “Sochiya socha hove so soche lak vaar” (a saying in Punjabi language).

Step 11 : Witnessing the Subtle level by getting balanced, we get strong, we receive the great power to overcome the stubborn obstacles.

Step 12 : Witnessing the divine love, knowing and accepting everything. We overcome the fear of love & hate.

Step 13 : Witnessing that once we experience the divine love our inner spiritual wisdom guide us through life & death.

Step 14 : Witnessing the Third Eye - Eye of knowledge & wisdom opens and new and unseen actions can be seen & witness.

Step 15 : Witnessing the great way - Becoming the master of self either spreading the wisdom or being silent and enjoying itself.

Step 16 : Witnessing the Revolution - When we can create and live our lives.

Step 17 : Witnessing the Great Temple - Connectivity, oneness with the spiritual world, awareness every moment, moment.

Step 18 : Witnessing the great Wisdom - Being enlightened, which gives a full understanding of every atom cell of every move. Awareness is also left behind, every moment healed and of which the energy moves, also left behind, every moment is healed and lived.

And at the last,

A small message for all.

"BREATHE"
"RELAX"
"BE PRESENT"

Be thankful that we are alive, and we can breathe.

Everything shall pass so Relax

Enjoy every moment, so be present.

A thanks note to all the teachers in my life, my family,
friends, and students who have always given me support
and unconditional love.

***A special thanks to my soul mate, my
twin soul, my better half, My Husband.***

#LOVE N LIGHT

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