

Reiki

**The Gift from
the Universe for You**

Author

**Reiki Grand Master
Sachin Bangera**



Reiki

The Gift from the Universe for You

About The Author

Sachin is a Reiki Grand Master from Mumbai. His mission is to spread Reiki through his Reiki blog, Reiki workshops and Reiki Teachers. He holds a Masters degree in Educational and Counseling Psychology. As a certified Master Coach he has helped many people in achieving important goals in life.

He is committed to spreading Reiki and creating health, wealth and happiness for everyone he comes in contact with. He can be contacted on +91 9820850475 for Reiki and other courses for individuals, groups or companies.

**Reiki Grand Master
Sachin Bangera**



Chapter 1

Usui Shiki Ryoho



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Usui Shiki Ryoho

Reiki as propagated by Mikau Usui is taught under the Usui System of Natural Healing or 'Usui Shiki Ryoho' in Japanese. This form of Reiki is now practiced by millions of people all over the world. Its been almost a century since Sensai Mikao Usui discovered and developed this system of natural healing in Japan.

His students have spread this system further and made it available in almost every town and village on this planet.

The Usui system of natural healing is at the forefront among the various forms of energy work present in the modern day society.

The beauty of this system which is popularly known as Reiki, is that you can learn it in a few days and start to heal yourself and others. You can also heal plants & animals and energize inanimate objects.



Usui Shiki Ryoho

In the Usui system of natural healing, the energy that runs this universe is invoked and allowed to flow through you, healing you and anyone you touch.

In this system of natural healing there are 3 basic levels. In the first level you are taught how to heal at the physical level using your hands.

In the second level of the Usui system you learn how to heal yourself and others at the mental and emotional level. This level allows you to heal past issues, program future events and heal people without touching, even those who are at distant locations.

In Reiki level 3 you learn to do powerful healing at the spiritual level. The further levels in the Usui system are for those who want to teach this system of natural healing to others.



Usui Shiki Ryoho

This ancient healing art, revived by Sensai Mikao Usui in 1920 is based on the foundation of 5 ethical principles. Reiki practitioners recite these principles during their morning Reiki practice to increase their self awareness.

"Just for today, I will not worry, I will not get angry, I will treat everyone respectfully, I will earn my living honestly and express gratitude to all the blessings I have recieved in life."



Chapter 2

Reiki: An ancient form of healing.



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Reiki : An ancient form of healing

Reiki is holistic art. Reiki does healing at spiritual, emotional, mental and physical level. Reiki comes from the centre of the Universe. Reiki is the unlimited energy of the Universe.

We get energy from food, water, earth, etc. Reiki is the energy of the Universe. When our chakras are open the energy flows through us and keeps us healthy. When this energy is blocked due to negative thoughts, feelings and emotions there is an experience of stress and then sickness develops in the body.

Reiki energy can be passed to us by a Reiki healer in a gentle, hands-on way as well as by distance healing method. Reiki is a natural, relaxing treatment that induces a deeply restful state, bringing a sense of calm and well-being.



Reiki : An ancient form of healing

Buddhist Monks used Reiki energy to quickly bring new students to higher levels of spirituality. Sensei Mikao Usui studied Buddhism and ancient Sanskrit texts. He was practicing Buddhist meditation under the guidance of his teacher and he would often go for fasting and meditation practice on a mountain in Japan.

On one such trip, on the 21st day on mount Kurama, he was enlightened and was inspired to spread the knowledge of Reiki to the world.

After completing the 21 days of purification and meditation and having been enlightened Sensei Mikao Usui started practicing healing and teaching Reiki to others.



Chapter 3

What is Reiki Not?



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What is Reiki Not?

Reiki is not a religion.

There is nothing to believe in Reiki.

Reiki does not require you to change your beliefs.

You don't have to worship anyone while practicing Reiki.

At the same time you can continue your religious practices as before.

**Reiki does not interfere with your beliefs.
On the contrary helps you grow spiritually.**



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Chapter 4

Benefits of Reiki



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Benefits of Reiki

Reiki is a relaxing experience so stress dissolves.

Reiki brings with it feelings of serenity, well-being, health, energy and vitality.

Reiki is safe, natural, simple and cost effective method of spiritual growth, healing and self improvement.

Reiki can calm you down and is even helpful in calming hyperactive children

Anyone can learn Reiki quickly and easily under the guidance of experienced teachers

Reiki not only improves your health but also improves the quality of your life.



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Benefits of Reiki

Reiki revitalizes and rejuvenates the body and mind.

Reiki can clear money blocks

Reiki can help you improve relationships

Reiki boosts self confidence, memory and concentration

There are hundreds of other benefits. Whatever you are looking for, its almost certain that you will get it with the help of Reiki. Its better to learn Reiki as soon as possible because its a wonderful tool to help you in the ups and downs of life.



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Chapter 5

How does Reiki work?



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How does Reiki work?

Reiki is a therapy that induces deep relaxation and dissolves stress. Reiki fills the body with energy and restores balance. Reiki charges any chakra, organ or body part that suffers from lack of energy. Reiki energises all the cells and organs of the body.

Reiki is passed on from a Reiki Master to the student. Once the student is attuned to Reiki and learns how to use Reiki in daily life, the student can activate Reiki anytime and benefit from the Reiki practice.



Chapter 6

The Reiki Attunement



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The Reiki Attunement

Some days back I shared my thoughts on the ideal time between Reiki Attunements and today I am going to share something about the Reiki Attunement ceremony.

The Reiki Attunement Ceremony is the heart of all the Reiki courses. It is during this attunement ceremony that the abilities of the respective Reiki levels is passed on to the student by the Reiki Master.

Before the attunement ceremony begins the Reiki Master will tell you what to expect during the Reiki attunement session. Reiki Masters will prepare themselves for attunement by practicing Reiki and meditation along with other processes to prepare the room for this event.

Usually there is soft music playing in the background while you sit comfortably with closed eyes. The Reiki Master will begin by a small prayer, asking for guidance and blessings from Usui Sensei and other spiritual guides.



The Reiki Attunement

Your hands will be in prayer position as ask your Reiki Master for the particular Reiki degree. Sit with your back straight and your hands resting in your lap and your feet flat on the floor.

Notice your breathing, thoughts, sensations, feelings, vibrations, etc. Let your mind wander on these things freely. No need to focus or concentrate on anything. Just be in the moment!

After some time you will sense your Reiki Master's hand on or above your crown chakra, your head, neck shoulders and back. You Reiki Master will walk around you activating your 7 chakras on your spine and the 2 chakras in your hands.

Different people experience different things in different parts of the body. Some feel heavyness, some feel lightness, some feel a breeze of heat or cold. Some people experience a mild heaviness in the head and other regions, some see a white light, while others see colours and even images of Gods and Goddesses. Some experience ticking or vibration in different parts of the body including the third eye chakra.



The Reiki Attunement

Some experience movement in one or more of the chakras. Many feel sleepy and most feel relaxed and calm. Some rare people are also there who don't feel anything or who are busy chanting or doing something else while the attunement process so don't notice these experiences.

Once the attunement process is complete your Reiki Master will indicate to you by tapping your right shoulder or by ringing a bell. Thank the Reiki energy and your Reiki Master for passing on the abilities associated with the Reiki level that you have been attuned to.

After the Reiki attunement ceremony you can share your experience with your Reiki Master and other students. Each and every person has a different experience. Do not compare your experience with others. If you feel warm and the other student felt cold, it does not mean you have not been attuned.

Some people who do not meditate regularly may be able to be aware of and acknowledge all that they experienced during their attunement but that does not stop them from getting the full benefits.



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The Reiki Attunement

Some people may not be able to articulate their experience effectively because it is an inner experience. Many people are not able to identify all the subtle changes because they are not so sensitive to inner processes due to lack of regular meditative practices.

There are always some students who are busy expecting some unusual sensation and miss out on their actual experience. Irrespective of the experience, the ability is activated in all the students who go through the attunement process and it is for a life time.

For some people it may be beneficial to get a reattunement after a year, especially if there is a long break in your Reiki practice. Those who practice Reiki regularly do not need reattunements because they can easily feel Reiki flow and they get results when they do their touch and distance Reiki sessions.



Chapter 7

Manifesting Goals with Reiki



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Manifesting Goals

As human beings we have never ending wishes, goals and desires. Life is about manifesting these goals progressively. If we have a technique that can help us in manifesting what we want in life, it becomes a big boon in our life.

Reiki is such a technique. That is why I recommend everyone to learn Reiki. When we learn Reiki, manifesting things become easier for us. No matter where you are today, no matter who you are, you can change your life by applying Reiki in all aspects of you life.

I purchased my dream house with the help of Reiki. I am now living my dream life. This is also due to Reiki blessings. I have seen many of my students manifesting various things in life with the help of Reiki including better jobs, marriage and opportunity to settle down in another country.



Manifesting Goals

The change begins with "You" and Reiki can help you bring this change. Outside your conscious awareness, there is a power of manifestation within you. Reiki can enhance this power to help you achieve your goals faster. It's just like being a wizard.

Your wishes may be materialistic, intellectual or spiritual. The procedure of achieving them is almost the same. Your daily Reiki practice helps you change your thoughts in order to attract or receive what you want. Your thoughts are like a key to start the vehicle. Your emotions and belief are like fuel. This is where Reiki can be of great help.

Last month when I was conducting a Reiki course in Basingstoke, United Kingdom, someone asked me if we can manifest other peoples goals with Reiki? Yes we can. We can surely help our friends and family members in manifesting what they want in life with Reiki.



Manifesting Goals

Once I got a call from a Reiki student, she wanted me to do healing for her sister who was jobless for more than a year. I took some details from her, like her previous job experience, skills, etc.

This was during the lockdown period. People were losing their jobs in this period but with the power of Reiki she landed up in an interview for an exact same job profile that she had in her previous job. I continued to do Reiki during all of her interviews and finally she got the offer letter. This is how you can help others with Reiki.

Another way Reiki helps you in manifesting is by healing your chakras and making you feel a lot more calmer and in control of your mind. You can easily focus on what you desire to manifest in terms of money, job, customers, business opportunities, health, etc. when you are calm and in control.

With Reiki practice you tend to think more positive and thus attract positive results. You become less reactive and more proactive. You become results focused, rather than just being busy doing things.



Chapter 8

Reiki For Money



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Reiki For Money

Money is a form of energy and hence when you hold any negative or limiting thoughts in your mind, you create a blockage in the flow of money. Today lets see how to use Reiki for Clearing Money Blocks.

In the Japanese language 'Rei' means universe and 'Ki' means energy. We cannot see Reiki, but this universal energy operates the entire universe.

The Yajurveda says, "Yatha pinde tatha brahmande, yatha brahmande tatha pinde" Which means human body and the universe are inter-related and homologous.

These negative thoughts are like dunes or swamp in someone's life which will keep pulling a person deeper inside.



Reiki For Money

Take these powerful steps for Reiki healing money blocks with Reiki:

First of all, clear your mind from all limiting and negative thoughts and appreciate whatever you have. Make positive affirmations, write them down in your diary and repeat them mentally while doing Reiki. Stick posters at home and even at your work place or any place where you can see them frequently. Eg. - 'I am worthy of making more money', 'Money comes to me easily, Money comes to me effortlessly' etc.

Gratitude has powers to turn any negativity into positivity and hence it is always practised before and after taking Reiki. Thank the Universe before going to bed and after meals. Start being grateful for whatever you already have in your life. Repeat the Reiki principles morning and evening.

To have abundance in your life you should regularly practice these steps along with Reiki 7 chakra healing. Energise yourself with Reiki daily for healing money blocks.

Although all the seven chakras need a free flow of energy but being specific about money matters, you need to focus on Root chakra, Sacral Chakra and Solar Plexus Chakra.



Reiki For Money

Root Chakra - Throughout childhood, the energy patterns of the root chakra are being formed. During childhood whatever messages are fed to you are saved in your subconscious.

"It is hard to earn money" is one such negative message which might have been stored within and which hinders your financial gains.

Giving Reiki to root chakra helps in staying rooted and grounded so that wealth comes into our life easily and effortlessly.

It is helpful to take a Reiki walk barefoot in the grass to stay grounded and connect deeper with the earth. This will help greatly in cleaning money blocks quickly.

Sacral Chakra - The sacral chakra is also believed to control the flow of money. Giving Reiki to sacral chakra improves your social image and helps clear block in relationships.



Reiki For Money

Solar Plexus Chakra - It deals with money and abundance, through your ability to create via your emotions and vibration. Giving Reiki to Solar plexus chakra improves your gut feeling for making good decisions regarding money.

Place your hands on these three chakras one by one for at least 3 minutes and let Reiki flow into your chakras for some time. Just witness the flow of Reiki and allow Reiki to do the healing.



Chapter 9

Reiki For Life Purpose



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Reiki For Life

Purpose

All of us have a life purpose. Some of us are clear about it and some of us have been so busy in our life that we never had time to stop and think about our life purpose. Being clear of our life purpose has many benefits including a happier, more fulfilled and satisfying life.

This journey from being unclear of our life purpose to being clear and living our life purpose starts with the Reiki first degree course. This is when we start to heal our chakras. As we start to heal our lower chakras, we start to feel more grounded. We feel more secure and confident. We start to find time to ponder on the important questions of life.

We stop worrying about survival. We realize that all that we need for survival on this planet is provided to us. Abundance starts to flow in our life. We start to become aware of what we truly want in our life. The practice of Reiki can help us come closer in discovering our life purpose.



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Reiki For Life

Purpose

The next major milestone on this journey is the Reiki second degree course. This course starts to bring balance and harmony in various aspects of our life.

As we practice the exercises of Reiki level 2 we become more loving, kind and forgiving. This results in blossoming of all our relationship.

As our heart chakra expands we start to feel love and compassion towards the people in our life and even unknown people. All negative emotions start to dissolve and feeling of oneness overwhelms us.

The final milestone is the Reiki third degree course, the practices of which blossoms the higher chakras. This improves our connection to our higher self and the Universe. We feel divinely guided like never before.

Our intuitive abilities are at its peak. There is a lot of clarity in our life. We become more and more clear about our purpose of our life. There are changes in our life which aligns our life to our life purpose.



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Reiki For Life

Purpose

Our thoughts are manifested at a very fast rate. The Universe understands our desires and intentions. Many times our wishes and desires are fulfilled without asking.

You feel happy and satisfied most of the time. There is ease and grace in life. You see beauty in all of life's creations. You are one with the Universe. You become a clear channel of Reiki.

During the 3rd degree course I guide the students through an exercise that enables them to discover their life purpose. Some students want to be crystal clear about their life purpose. For students who are really interested in finding their life purpose I do a interactive one to one coaching session.. It takes approx 1 hour to conduct this session.

At the end of one to one coaching session students have their life purpose started clearly in 1 sentence. Students gain greater clarity and get a clear direction in your life. And students get clarity on the way they will live your life purpose.



Chapter 10

Reiki for Stress Management



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Reiki For Stress Management

The reason I took this topic is because I have noticed, in big cities like Delhi, Bangalore, Mumbai, Pune, etc. many students want to know how to reduce stress, besides other benefits of Reiki. It could be because life is hectic in big cities. People are in a mad rush. There is traffic, responsibilities, deadline and what not? Thank god there is Reiki...!

Actually, Reiki and stress management go hand in hand. The moment we 'On' Reiki, Reiki energizes our cells, tissues, muscles and recharges our entire body.

You can feel the effect of Reiki on stress. At times it feel as if hot steam is evaporating from my body. You can feel the nerves relaxing. You can feel the waves of Reiki energy flowing through you like a river. It's a beautiful feeling. That's why I love Reiki.



Reiki For Stress Management

You see, stress is stored on our body and it makes our body stiff. Reiki just washes away the stress by recharging and relaxing our body. That is the reason almost everyone reports feeling relaxed and rejuvenated after a Reiki session or Reiki self healing.

You must use Reiki to reduce stress daily. Don't let the stress accumulate. I keep track of how I am feeling thorough the day. The moment I feel stress accumulating, I take a Reiki break. I get connected with Reiki.

When you start feeling stiff, tired, fatigued or foggy, just do Reiki. When that ease is missing, when you find yourself getting irritated, frustrated or angry. That's the time to take a 5 minute dip in Reiki.

Many students report just after a few days of Reiki practice they they are feeling better, lighter. Just last week one of my student came for the second degree Reiki course, and there was visible difference on her face. She is a Senior Manager in a leading private sector bank.



Reiki For Stress Management

You can imagine how much pressure she has to manage. But she said she is able to handle everything with more ease and less stress every since her Reiki first degree attunement.

One other thing she mentioned was a miracle she experienced. See, I have worked in a corporate environment and we know there are people waiting to put you down. She had a colleague like that.

After going through Reiki crystal healing course she charged a crystal with Reiki energy for positive energy at work and surprisingly the first person to ask her 'what's that?' was the same guy who was a source of stress and anxiety for her.

She kept her calm and told him 'It's a gift from someone.' Miraculously, after that he stopped troubling her.

Now coming back to the topic of Reiki for stress reduction, I must say that you must learn Reiki to reduce stress because stress is a cause of many other diseases.



Reiki For Stress Management

Now, if you have not learnt Reiki and you still have a question, 'Does Reiki relieve stress?' then I invite you to learn Reiki because unless you swim in Reiki you won't know what it feels like.

Reiki has many benefits, once you learn Reiki, you can use Reiki for stress reduction, healing, meditation, goal achievement, helping someone, etc. The list is endless.

My last word on this topic of Reiki and stress relief. Reiki and stress are both opposites. When you are doing Reiki, stress will go. They can not exist together. Where there is Reiki, there is no stress. So use Reiki to reduce stress and enjoy life.



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**If you want to learn Reiki or
receive healings;**

go to www.nalandawellness.com

