

## *Manual for Ayurveda Reiki*



### Ayurveda

"Ayu" means life and "Veda" means knowledge from the Vedic texts. This holistic science is the knowledge of complete balance of the Body, Mind and Spirit, including emotions and psychology, on all levels. Ayurveda includes in its consideration, longevity, rejuvenation and self-realization therapies through herbs, diet, exercise, yoga, aromas, tantras, mantras, and meditation.

It is said to have originated from Lord Brahma (Creator of the Universe, according to Indian mythology) and descended to the earth through various generations of gods and saints. The sage-physician-surgeons of the time were the same sages or seers, deeply devoted holy people, who saw health as an integral part of spiritual life. It is said that they received their training of Ayurveda through direct cognition during meditation. In other words, the knowledge of the use of various methods of healing, prevention, longevity and surgery came through Divine revelation (Cosmic Intelligence); there was no guessing or testing and harming animals. These revelations were transcribed from the oral tradition into book form, interspersed with the other aspects of life and spirituality. Ayurveda is an ancient science of life, a traditional and the oldest and most holistic medical system available on the planet today. Its major premise involves the symbiosis of mind, body and spirit. Any imbalance in this synthesis results in physical ailments. This ancient Indian medicine seeks to reestablish the harmony between the body and its habitat. It was placed in written form over 5,000 years ago in India, it was said to be a world medicine dealing with both body and the spirit. Before the advent of writing, the ancient wisdom of this healing system was a part of the spiritual tradition of the Vedic Religion.

This has been handed down to us by means of ancient venerable scripts as palm leaf books, leather leaves, etc. The oldest works in Ayurveda still available are the Charaka Samhita, Susrutha Samhita and Ashtanga Samgraha.

## **Basic Concepts of Ayurveda**

The knowledge consists of three aspects known as the Tri-Sutras of ayurveda, which are - etiology or the science of the causes of disease, symptomatology or the study and interpretation of symptoms and medication and herbal remedies.

*Vyaadhi*, or disease in Ayurveda is due to an imbalance of three fundamental elements of the body.

These are VATA, PITTA and KAPHA.

The entire universe is made up of Panch Maha bhootas, or great "elements" . (which are not material in the usual sense of the term, and are types of energy.) For identifying them they are called

Akaasa ( space)

Vaayu ( air )

Agni (fire )

Ap ( water )

Prithvi( earth )

Panch Maha bhootas are omnipresent, they are mixed in an infinite variety of relative proportions such that each form of matter is distinctly unique.

Although each element has a range of attributes, only some get evident in particular situations. Constantly changing and interacting with each other, they create a situation of dynamic flux that keeps the world going.

Just as in nature, we too have these five elements in us. When any of these elements are present in the environment, they will in turn have an influence on us. While we are a composite of these five primary elements, certain elements are seen to have an ability to combine to create various physiological functions.

Within a simple, single living cell for example the earth element predominates by giving structure to the cell. The water element is present in the cytoplasm or the liquid within the cell membrane. The fire element regulates the metabolic processes regulating the cell. While the air element dominates the gases therein. The space occupied by the cell denoting the last of the elements.

The *Panchmahabhootas* therefore serve as the foundation of all diagnosis & treatment modalities in *Ayurveda* and has served as a most valuable theory for physicians to detect and treat illness of the body and mind successfully.

**VAATA:** Human bodies are mainly made of Akasa, Vaayu with a little of Agni, Ap and Prithvi. Vaata is what allows one to interact with the environment. Briefly, vaata transmits sense impressions to the mind and responses to various parts of the body and maintains the integrity of the

body and proper functioning of its various constituent elements. The sensory organs of touch and sound depend on vaata the Dhaatus and Malas (tissue material and waste matter) are transported by vaata. It stimulates Agni and produces joy. It forms the embryo in the womb into particular shapes It is the evidence of life .

**PITTA :** Is the primary constituent of the living body whose structure is Agni ( "luminous light"). Its function is balancing and transformative. Its functions in particular are -- vision, digestion, production of heat, Hunger, thirst, softness and suppleness of body, lustre, cheerfulness and intelligence.

**KAPHA :** Is one of the primary constituents of body, having "water" and "earth" as elements. Function of Kapha is conserving and stabilising. Kapha is what is responsible for growth, adding structure unit by unit. Another function of the Kapha dosha is to offer protection. Cerebral-spinal fluid protects the brain and spinal column and is a type of Kapha found in the body. Also, the mucousal lining of the stomach is another example of the Kapha dosha protecting the tissues. It organises the tissues (into their microscopic and macroscopic form).

We are all made up of unique proportions of Vata, Pitta and Kapha.

## **Mantras**

Handed down since ancient times by religious seers who had attained self-realization by chanting them, mantras are words or syllables in Sanskrit which when repeated in meditation helps you transcend into a higher state of consciousness. As sound energies that have always existed the universe, they cannot be created or destroyed and command the power to heal you physically & spiritually. At the very basic level mantras help you to concentrate in meditation. And once you enter its auspicious circle, the mind instantly gets focussed.

## **Planetary Ailments**

Astrology is a significant branch of Ayurveda, that scientifically studies planetary movements and their effect on human constitutions and lives. Astrology is based on the concept that each planet is intrinsically related to a specific body tissue and that the various planetary movements and their positions in relation to time exert powerful influences on your mind, body and consciousness, directly affecting your physical and mental health. It is to be noted that sun, rahu & ketu are nodal points exactly opposite each other and are given the status of planets according to the Indian system of Astrology. They are important indicators of spiritual and / or materialistic tendencies.

## Planets

## Corresponding Ailments

<b>Sun</b>	<b>Circulatory deficiencies, Anaemia Indigestion.</b>
<b>Moon</b>	<b>Circulatory disorder, Lunacy.</b>
<b>Mars</b>	<b>Constipation, Flatulence, Liver trouble, Blind piles, Skin Trouble.</b>
<b>Mercury</b>	<b>Nervous Disease, Ulcers, Acidity, Blood Pressure, Restlessness, Irritation.</b>
<b>Venus</b>	<b>Bronchial disorder, Whooping Cough, Asthma, Dyspepsia, Sexual ailments, Delirium, Obsessions.</b>
<b>Saturn</b>	<b>Neurosis, Neuralgia, Sciatica, Rheumatism, Excretory Disorders.</b>
<b>Jupiter</b>	<b>Jaundice, Bilioussness, Colic Problems Palpitation, Toothache, Insomnia.</b>
<b>Rahu</b>	<b>Hyperacidity, Burning Sensations, Brain Disorders, Sexual Excesses, Drinking Problems.</b>
<b>Ketu</b>	<b>Skin Disorders, Nervous Debility, Small Pox, Urinary tract Infections.</b>

## Color

Everything is made up of electromagnetic energy vibrating at different frequencies that correspond to sound, light and color.

Colors have frequencies. As you move through the color spectrum of the rainbow your frequency experiences at different levels. The higher you go on the ROYGBIV scale - the faster your consciousness moves along with your ability to see beyond the physical which is the color red - or the slowest moving frequency of light/color.

## Tantra

According to the philosophy of Tantra, the entire universe is a manifestation of pure consciousness. In manifesting the universe, this pure consciousness seems to become divided into two poles or aspects, neither of which can exist without the other.

According to Tantra, the human being is a miniature universe. All that is found in the cosmos can be found within each individual, and the same principles that apply to the universe apply in the case of the individual being. In human beings, Shakti, the feminine aspect is called Kundalini.

# Kundalini

## What is Kundalini?

Kundalini is a psycho-spiritual energy, the energy of the consciousness. Kundalini literally means 'coiling,' like a snake. Kundalini refers to the vast potential of psychic energy contained within us. Perhaps more meaningfully kundalini can be described as a great reservoir of creative energy and it is normally symbolized as a serpent coiled into three and a half circles, with its tail in its mouth, and spiraling around the central axis (sacrum or sacred bone) at the base of the spine. The power of kundalini is enormous. Kundalini has been described as liquid fire and liquid light.

Kundalini awakening is a multidimensional transformative process, which taps into the blueprint for higher consciousness that is latent within every human.

Kundalini awakening cover the entire physiological, emotional, mental and spiritual spectrum.

We need to know a few concepts:

**Chakras** are psychic centres that lie along the axis of the spine as consciousness potentials. The chakras are not materially real and are to be understood as situated, not in the physical body, but in the subtle or etheric body. Repositories of psychic energies, they govern the whole condition of being.

Each of the main chakras corresponds to one of the elements of which the known world is compounded. Muladhara-- solidity; Svadhisthana-- liquidity, Manipura-- gaseous; Anahata -- aerial; Vishuddha-- etheric or space, sixth chakra, the Ajna--centre of command

According to the literature of kundalini yoga our experience of these centers is limited due to knots which restrict the flow of energy into these centers. Three knots are particularly important. The knot of *Brahma* which restricts the center at the base of the spine. The knot of *Vishnu* which restricts the heart center and the knot of *Rudra* which restricts the center between the eyebrows. These knots form an important framework in yogic thinking and the stages toward enlightenment .

**Nadis** In addition to the seven chakras of the subtle body, there is a network of subtle channels known as Nadis. There are fourteen principal nadis. Of these, Ida, Pingala and Sushumna are considered the most important.

*Pingala* is the right channel. Pingala is red, masculine, hot, represents the sun. Originating in Muladhara, Pingala ends up in the right nostril.

*Ida* is the left channel. Ida is white, feminine, cold, represents the moon. Originating in Muladhara, Ida ends up in the left nostril.

*Sushumna* is the central channel and conduit for the kundalini energy that

runs along our spine and up to the crown of our head.

Muladhara is the meeting place of the three main nadis and is known as Yukta Triveni (Yukta : "combined", tri : "three", veni : "streams"). The serpent lies blocking the entrance to Sushumna, the central channel with his mouth. Sushumna remains closed at its lower end as long as Kundalini is not awakened.

From Muladhara chakra, Ida and Pingala alternate at each chakra until they reach Ajna chakra where they meet again with Sushumna.

### **Kundalini Activates DNA**

DNA contains the coded information - as if a program in a computer - the blueprint about how your life plays out. Within it are triggering mechanisms in various forms - that awakening your memory about who you are - why you are here - and the stirring you feel in your soul that something major is about to change for the better.

DNA governs the creation of all aspects of our life.

Physical body --->genetic patterning, our physical body,aging process, metabolism etc.

Emotional body--->creates and controls our genetic emotional profile. determines whether we will be introverted or extroverted.

Mental body ---> It controls our genetic mental profile and determines the direction of mental energy toward logical, linear and rational thinking.

Soul --->karmic patterning and our genetic soul profile.  
Karmic patterning refers to the karmic pre-conditioning that we have brought into this lifetime.  
Specifically, it includes karmic wounds, issues or lessons that were not resolved or completed in past lifetime experiences and which will re-manifest in this lifetime to give us an opportunity to resolve them.

*Ayurveda is a holistic science that enriches and enlivens your spiritual journey.*



## Reiki

***Reiki***, a Japanese word (pronounced ray-key) means universal life-force, or Divine energy, is a method of natural healing .You can have access to Reiki via “attunement”. During attunement, different energy centres (Chakras) and energy channels are opened/strengthened. This way we can access this energy and channel it through your hands by intension.



## Ayurveda Reiki

This is a system created by me. During meditation I was guided by spirit to use metaphysical properties of Ayurvedic Medicine, Panchamahabootas etc. to form a new healing modality for the welfare of mankind.

This system empowers your body, mind and spirit. This is created by combining energies of the great Ayurveda and Reiki. This is not only confined to be a healing system but also involves spiritual growth. This system awakes Kundalini and attunes you for the vital energy frequencies of Ayurvedic Medicine, Mantras, Colors, Planets, Panchamahabootas (empowers you to the metaphysical properties of Earth, Water, Fire, Air, Space )etc. It is extremely powerful and effective, yet gentle.

Ayurveda angels(like Lord Dhanvantari ) help to diagnose the disease and direct the appropriate frequency energy to the patient.

## **Ayurveda Reiki 1**

The first attunement opens the healing channels to allow channeling of Reiki energy. All major Chakras(except root chakra) and Hand chakras are opened. The main energy channel (Sushumna), from the crown chakra to the root chakra, is cleansed and prepared for the Kundalini awakening that you will experience in Ayurveda Reiki 2. As the Kundalini flame lights in Ayurveda Reiki 2, all of the main/primary and sub/auxiliary chakras and the energy channels will be cleared and opened.

## **Ayurveda Reiki 2**

The Ayurveda Reiki 1 attunement is strengthened. Shakti Kundalini will then awaken and rise up Sushumna, energizing the seven chakras. The Kundalini awakening, where the main energy channel opens gently and surely, lighting the Kundalini “fire”. In this way, all the chakras/energy systems are enlightened and a cleansing takes place.

## **Ayurveda Reiki Master**

*Prerequisite: Kundalini Reiki Master or 2<sup>nd</sup> degree attunement of Ayurveda Reiki*

Kundalini flame is lit in Ayurveda Reiki 2. This attunement empowers you for the vital energy of Ayurvedic Medicine, Mantras, Colors, Planets, Panchamahabootas (empowers you to the metaphysical properties of Earth, Water, Fire, Air, Space)etc.

Ayurveda angels (like Lord Dhanvantari) help to diagnose the disease and direct the appropriate frequency energy to the patient.

## **Healing Method**

- (1) Be thankful to the creator, Ayurveda Reiki, your client.
- (2) Ask Spirit Guide to surround you, they cover and protect the recipient and yourself with the “White Light of Protection.”
- (3) Ask for the energy. Feel it gets connected to you. You are getting filled with supreme healing light. See that the light covers you and forms a cocoon around you and your patient. Now hold his/her hands and give the energy to him/her. See that the energy is passing through his/her body and is filling him/her with great light and cleanse all his channels, meridians and charkas.

- (4) Ayurveda angels help to diagnose the disease and direct the appropriate frequency energy to the patient. In this way the patient will always receive the correct healing that they need.
- (5) Let the energy flow. You may see and/or feel it flowing from your hands and body. It will flow until you decide to stop it, whether you feel it or not. Remove hands when you feel that you are finished. You will intuitively know when you are finished.

*You can also request your guides to send healing to the same person for certain time period, say, the next 5 days they will take care of your client.*

This is the same method that can be used for self-healing. It is a good idea to perform a self-healing every day.

There are karmic bands/ties between people, places, blockages from our earlier life. These bands sometimes have an influence in present birth. At the same time there are negative inherited genetics and diseases that can also be healed by Ayurveda Reiki.

You just intend to flush any foreign or burnt karmas or samskaras from your system.

## **Distant Healing Technique**

Same process you would apply for doing a hands off healing, listen to your intuition. State your intent like

“ I (name of healer) intend to send Ayurveda Reiki energy to (client) living in (place), at (date) at (time).

There is the same process but instead of the real person visualize him sitting in front of you.

Illusions of Time and space can easily be transcend.

## **Ayurveda Reiki Meditation**

You get connected to the divine source. This meditation helps the cleansing process. It will enhance and strengthen your Ayurveda energy.

Here are the instructions for the meditation:

Sit or lay down with your eyes closed.

Use your breath to calm you.

Specific Mudra--> Hold the tips of your index fingers and middle fingers with thumbs.

Think “Ayurveda Reiki Meditation”.

Just relax and let the things happen.

## **Attunement Method**

- (1) Use your breath to calm you. Ask your Spirit Guides to seal the place with Light and positive vibrations where the attunement will take place and ask that they cover and protect the recipient and yourself with the “White Light of Protection.” Confirm to yourself: “We accept the White Light of Protection.”**
- (2) Now call for the Ayurveda Reiki. Imagine/visualize that you are surrounded by life force. Feel its supreme effect in you.**
- (3) Say mentally or loud: (to your higher self) ”I ask that (name) may be attuned at (time) on (date) in his/her time zone for Ayurveda Reiki(level).”**
- (4) Now go to the person mentally and vibrate his energies by your mind. Imagine from the top of his/her head energy is poured and enlightened him/her and cleanse all his/her channels, meridians and charkas. See that he/she is totally purified. Continue sending energy till the energy flow weakens.**
- (5) Then disconnect with him/her.**
- (6) Then finally come back to your physical self and then ground.**

## **Attuning Objects**

Objects like crystals, trees, rings etc. can be channeled for Ayurveda Reiki eg. “I ask the creator and my higherself that this(object) is attuned to be an Ayurveda Reiki channel”. Let energy flow till not gets weaken.

## **Detoxification**

The advanced studies of Physics say solid matter does not really exist. Physical Universe is being made of an underlying form of something, much as modern Physics research is now coming to understand the Universe is made of energy which is subject to (or affected by) thought. Everything is composed of energy and everything has a vibration. In a similar fashion, negative blocks and emotional patterns are stored in our physical and etheric bodies have a lower vibratory rate than thought waves or pockets of energy that we create when we are thinking loving and positive thoughts. The negative thought patterns which cause ailments are anger, criticism, resentment and guilt. It is utterly impossible to maintain a healthy body under such distressed conditions.

Think of the experiences in life that you wish to be fulfilled. And you will find your thought patterns taking real shapes. This phenomenon is called metaphysical causation. This describes the power in the words and thoughts to create experiences. And explains the connection between thoughts and your physical self. So if need be, be willing to change your

words and thoughts and watch your life change right before you. The way to control your life is to control your choice of words and thoughts.

After attunement the vibratory rate of the physical and etheric bodies increase so old dense deeply rooted negative energy is forced to the surface and released is called as detoxification.

## Grounding

Grounding is a process to transfer any excess energy in our body following meditation. The effects of excess energy in the Crown Chakra for example can be headache, dizziness etc..

So grounding is recommended after a meditation session.

Procedure:

1. Meditation position, relax, keep calm.
2. Place one hand/palm on the floor / ground, keep the backbone straight.
3. Make an intention to transfer the excess energy to the earth.
4. Let it be absorbed by the earth.

You can further customize Ayurveda Reiki as per your need and intuitions. You can self attune yourself for Ayurveda Reiki to strengthen earlier taken attunements. With each self-attunement all chakras are widened and strengthened. You may reattune yourself once or twice a week. Simply ask the Creator.

Sarvey Bhavantu Sukhina,  
Sarvey Santu Niramaya,  
Sarve Bhadrani Pashyantu,  
Ma Kashchchidd Dukhabhag Bhavet.

Meaning:

O Lord !  
May all beings be happy, May all be healthy,  
May people have the well-being of all in mind,  
May nobody suffer in any way.--Vedic Prayer

😊 Regards with love and light,



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