

Diploma in Reiki- Energy Medicine

PAPER-1

Fundamentals of Reiki

Unit I- Theory of Reiki

Ancient Healing esoteric techniques – What is Reiki – Meaning – Definition – The Four Levels of Reiki – Reiki Attunement – Five Reiki Principles.

Unit II- History of Reiki

Ancient Origins of Reiki – Recent History of Reiki – Insights from Clairvoyants in Reiki.

Unit III- Reiki exponents in the Past

Dr. Mikao Usui – Dr. Usui's history – Madam Takata - Contributions of various masters to Reiki – New developments in Reiki.

Unit IV- Scientific Evidences of Reiki Healing Energy

Dr. Masaru Emoto's research on water – Kirlian Photography – Medical Research on Reiki Therapy – Use of Reiki in Hospitals.

Unit V- Visualization and Relaxation

How Creative Visualization Works.

PAPER-II

Science of Reiki

Unit I- AURA- Human Energy Field/Electro Magnetic Field

What is Aura – Experiencing an Aura – Scientific Evidences of Aura – Scanning and treating an Aura – Interpretation of Scanning Results – Aura Cleansing – Different colours of the Aura – Interpretation of Aura colours

Unit II- Science of Chakras

What is a Chakra – The Seven Major Chakras – Chakra Balancing – Functions, locations and colours of the Chakras – Reiki w.r.t. Chakras.

Unit III- Quartz Crystals

What is a Crystal – Crystals and Electronic Revolution – Metaphysical properties of Crystals – Charging the Crystals – Crystal Programming.

Unit IV- Science of Alpha Level of Brain Activity

What is Alpha Level – Thumb Rule of Alpha Level – Basic Brain-Wave Patterns – Uses of Alpha Level.

Unit V- Esoteric Sciences of Kundalini and Pineal Gland

PAPER- III

FUNDAMENTALS OF YOGA

Unit – I

Yoga : Meaning, Definitions, Need, Nature, Aim and Objective, principles, philosophy and scope of yoga.

Philosophy : Scope of Philosophy

Shad Darshanas : Nyana, Vaishesika, Smkhaya, Yoga, MImamsa, Vedanta, Misconceptions and clarifications of Yoga.

Unit – II

History of Yoga : Vedas, Upanishads, Yoga Vasishtha, Ramayana, Mahabharatha, Bhagavad Gita, Brahma Sutras, Modern Development in Yoga, School of Yoga, Sivananda Yoga, Integral Yoga, Bihar School of Yoga, Kundalini Yoga, Astanga Yoga, Viniyoga, Iyengar Yoga.

Unit - III

Contributions to yoga by yoga sutra : Smatdhi pada, Sadhana pada, Vibhooti pada, kavalya yoga, Tirumandiram : Asanga yogam, Fruits of Eight limbed yoga, Eight great Sidhis - Yoga Yajnavalkya Samhita, Goraksataka, Hatha yoga pradipika, Gheranda Samhita, Shiva Samhita, Yoga Rahasya

Unit – IV

Contributions of yoga to religious : Hindusm, Jainism, Buddhism, Christianity, Islam

Paths of Yoga : Hatha yoga, Bhakthi yoga, Jnana yoga, Karma yoga, Raja yoga, Mantra yoga, Laya Yoga, Yantra Yoga

Astanga Yoga : Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

Unit V :

Contributions to Yoga : Matsyedranath, Thiruvalluvar, Vallalar, Vivekanandam Sri Arobindo, Maharishi Mahaesh Yogi, Kuvalayananda, Sri Yogendraji, Swami Rama, Vishnudevananda, Parmahamsa Yogananda, Vethathiri Maharishi, Swami Dhirendra Brahmachari.

PAPER-IV

Introductory Healing System

Unit-I- Preparation for Reiki

Relaxation – Visualization - Alpha Level – Invocation – Prayer –
Precautions to be followed – Wrapping up the treatment – Gratitude
prayer – The Five Reiki Principles

Unit-II- Methods of Treatment

24 Traditional Reiki Positions for Treatment of Self and Others –
Eyes – Ears – Jaws – Temples – Back of the head – Forehead & Back
of the head – Throat & Neck – Thymus & Heart – Solar Plexus &
Navel – Hara & Root Chakra – Lungs – Liver & Spleen – Intestines –
Leg Joints & Ovaries – Shoulders – Kidney – Lower Back – Root
Chakra – Arms – Thighs – Knees – Calf Muscles – Ankles – Sole.

12 Short Reiki Positions - Eyes – Ears – Temples – Forehead &
Back of the head – Throat & Neck – Thymus & Heart – Hara & Root
Chakra – Lungs – Liver & Spleen – Intestines – Knees – Sole.

Alternative Method of Treatment – Chakra Balancing –
Affirmation – Group Treatment

Unit III- Other treatments with Reiki

Treatment of Plants – Treatment of Objects – Treatment of Food –
Treatment of Animals & Pets.

Unit IV- Quartz Crystals and Reiki

Working with Crystals - Cleansing for Deprogramming of Crystals
– Charging the Crystal – Crystal Programming – Choosing the colour
– Choosing the Size.

Laboratory Experiments proving efficacy of Crystal Programming –
Practical Application

Unit V- Nutrition complementing Reiki treatment

What is food combination – Why not acid-fruits and starch
combination – Why not Protein – Protein Combination – The law of
best Digestion and Nutrition – Acid and Alkaline Balancing – Food
Schedule.

PAPER-V

Advanced Psychic Healing

Unit I- Science of the Paranormal

Defining Psychic Phenomenon – Extrasensory Perception(ESP) –
Clairvoyance – Clairaudience – Precognition – Telepathy –
Psychokinesis – Out-of-Body Experiences – Psychic Surgery –
Dowsing – Scrying – Psychometry.

Unit II- Reiki Symbols

The Power Symbol (Cho-Ku-Rei) – Meaning of the Symbol – Chakra
charging with the symbol – Spiral Cho-Ku-Rei – Charging crystal
with the Power Symbol – Reiki Protection Shield.

Mental/Emotional Symbol (Sei-Hei-Ki) – Use and scope of the symbol – Balancing of the Right and Left Brain – Importance of Balance.

Distance Healing Symbol (Hon-Sha-Ze-Sho-Nen) – Use and scope of the symbol

Combining and sequencing of the symbols for treatment

Unit III- Distance Healing

Distance Healing Symbol Combination – Distance Healing Method – Group Distance Healing – Beaming- Using Symbol Plates for Distance Healing – Using Pyramid Wish Box.

Unit IV

Reiki and Energy Centers of the Body – Mantra Reiki

PAPER-VI

Practical Application of Reiki Techniques.

Unit I- 1st level Reiki practicals

- Attunements- 1st, 2nd and 3rd degrees.
- Experiment to non-clairvoyantly see and feel the Human Energy Field (Aura)
- Healing positions for self and others
- Chakra Balancing technique
- Treating illnesses with Reiki

Unit II- 2nd level Reiki practicals

- Drawing symbols and their various applications
- Demonstration of Subconscious abilities
- Procedure for Telepathic (Distance) healing.
- Charging water for medicinal purposes.