

# **Integrated M.Sc. and Ph.D. in Reiki- Energy Medicine**

## **First Year**

### **PAPER-I**

#### **Fundamentals of Reiki**

##### **Unit I- Basic Theory of Reiki**

Ancient Healing esoteric techniques – What is Reiki – Meaning – Definition – Origin of the word ‘Reiki’ – Reiki Attunement – Five Reiki Principles.

##### **Unit II- History of Reiki**

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

##### **Unit III- Reiki exponents of 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**

#### **Applied Anatomy and Physiology**

##### **Unit I- Introduction**

Cell- Tissues- Epithelial Tissue- Connective Tissue-Nervous Tissue- Muscle Tissue- The Skeletal System- Types of Bones- Bone Structure- Joints- Muscle-Tendons- Ligaments

## **Unit II-The Circulatory System**

The Heart- The Cardiac Cycle- Composition of Blood- Erythrocytes- Leukocytes- Platelets- Plasma- Cardiac Output- Blood Pressure- Blood Vessels- Digestive System- Physiology of Digestion-Respiratory System- Function of the Respiratory System- Lungs- Physiology of Respiration- The Endocrine System

## **Unit III- Nervous System**

The Brain- Functions of Cerebrum- Functions of Cerebellum- Functions of Medulla Oblongata- Special Senses- The Epidermis-Accessory Organs of The Skin

## **Unit IV- Excretory System**

Anatomy of the Kidneys- Ureters- Urinary Bladder- Urethra- Functions of Kidney- Reproductive System- The External Reproductive Organs- Internal Reproductive Organs- Puberty

## **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**

### **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 – Different methods of Aura Scanning – 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-V**

### **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-VI**

### **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-VII**

### **Practical Application of Reiki Techniques.**

#### **Unit I- 1<sup>st</sup> level Reiki practicals**

- Attunements- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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- 2<sup>nd</sup> level Reiki practicals**

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

- Charging water for medicinal purposes.

## **2<sup>nd</sup> YEAR**

### **PAPER-I**

#### **Mastering Healing Techniques**

##### **Unit I- The Science of Sound Energy**

Ancient & Modern Techniques of Chakra Activation – Healing with Tibetan Singing Bowls – Working of Tibetan Bowl Sound Therapy – Chakra Healing with Tibetan Singing Bowls – Effects of Vibrations in the body – Minor 21 Etheric Chakras – Siddhis and mantras – Music for specific health issues.

##### **Unit II- The Master Symbol and other symbols**

Usui Master Symbol for Highest Empowerment – Uses of the Master Symbol – Karma Clearance through Reiki – Master Meditation – Goal Manifestation through Reiki symbols – Udreka – Swastik – Vasudha – Apta – Shamin – Rama – Karuna Reiki Symbol – Sati – Hosanna – Zohre – Om.

##### **Unit III- Psychic Healing- The Science of Psychic Surgery**

Essence of Psychic Surgery – How it works – William L. Rand’s Aura Psychic Surgery – Psychic Surgery for self and others – Psychic Healing methods for various ailments – Summary of Psychic Surgery.

##### **Unit IV**

**Psychic Attack- Healing and Prevention** – Types and Sources of Psychic Attacks – Symptoms of Psychic Attacks - ‘Closing the Aura’ Technique – Strengthening the Aura by using Crystals – Whirling Technique – How to remove Psychic Attack – Psychic Attack on buildings

Reiki Meditation for Whole Family – Healing Techniques in IIIrd Degree

##### **Unit V- The Science of Crystal Healing**

Basics of Crystal- Healing – Research Methods – Basic Principles about care and use of crystals – Crystal Kit – Preparation for crystal healing – Energy Charging – Programming Crystals – Increasing Crystal’s Energy – Uses of Crystals- Balancing, merging, protection – Crystal Energy Balancing Process – Emergency healing with crystals – First Aid using crystals – Chakra Balancing- Crystal Chakra Toning, Neurological Balance, Circulatory Balance, Brain Balancing – Aura Scan.

**Crystal Energy Grid Systems** – Charging – Four-Sided Grid – Six-Sided Grid – Creating a crystal grid for continuous Reiki Healing – Master Grid – Transformational Properties of Gems and Minerals – Structures and metaphysical properties of Quartz Crystal.

## **Paper-II**

### **Science of Attunement**

#### **Unit I- Mastership Symbols**

Kundalini Activator Symbol – Grounding Symbol – Hui-Yin – Effects of Hui-Yin on spine and Body Energy – Three major Nadis – Tibetan Dai-Ko-Myo – Antahkarana- The Ancient Symbol of Healing.

#### **Unit II- Reiki Attunements & Yoga Mudras**

Using Hui-Yin point for Attunement (The Six Steps) – Hui-Yin Microcosmic Orbit – Exercise to develop the Hui-Yin – Health Benefits of Hui-Yin – Hui-Yin and Kundalini – Khechari Mudra – Shambhavi Mudra – Reiki Healing Attunement – Reiki Degree I & II Attunement – The Four Attunement Method – Advanced Reiki Training Attunement (IIIA) – Attuning Oneself – Distant Attunement.

#### **Unit III- Reiki Shaktipats**

Preparation for Reiki Shaktipats – First Degree Shaktipat – Second Degree Shaktipat – Third Degree Shaktipat – Points to remember for Shaktipat – New RHF Reiki Shaktipat.

#### **Unit IV- Reiki Initiations**

First Level Initiation – Second Level Initiation – Third Level Initiation.



## **Unit V- Ancient Japanese Reiki Techniques**

The Gassho Meditation – The Reiki Ho – Byosen Scanning – The Kenyoku Technique – Seiheki Chiryō.

## **Unit VI- Requisites for Reiki Masters**

Code of Conduct for Reiki Masters – Necessary subjects to be taught in various degrees – Daily Master Meditation – Values for success in all Levels.

### **Paper- III**

#### **Fundamentals for Reiki Grand Masters**

### **Unit I- The Science of Symbology**

Symbology Science – Origins of Cho-Ku-Rei – Origins of Sei-Hei-Kei.

### **Unit II- Initiations for Grand Mastership**

Vidya Shaktipat – Samriddhi Shaktipat – Madhuras Shaktipat- Imperative points and formulae for Initiation.

### **Unit III- Symbols and Yantras for Grand Masters**

Budhikari- Uses and Projecting Sequence – Samriddhi Symbol- Uses and Projecting Sequence – Madhuras Symbol- Uses and Projecting Sequence – Various Indian Yantras – Various Yantras in Ancient Scriptures – Science behind working of a Yantra.

### **Unit IV- Master Crystal Grid**

Master Grid with 9 Symbol Plates – Requirements for Master Grid – How to Charge a Master Grid.

### **Unit V- Tratak**

What is Tratak – Benefits of Tratak – Types of Tratak – Precautions for Tratak – Further Classifications of Tratak.

## **Unit VI- Reiki truths for Grand Masters**

Sui-Ching – True Reiki History – Dr. Usui’s true origin – Various Traditional Degrees taught by Dr. Usui – Facts about successors of Dr. Usui – Excerpts from Dr. Usui’s Diary.

## **PAPER- IV**

### **Practical Application of Reiki Techniques**

#### **Unit I- 3<sup>rd</sup> level Reiki practicals**

- Prevention and healing of Psychic attacks with Reiki
- Constructing and Charging a Crystal Grid
- Psychic Surgery
- Kinesiology (Muscle Response Test)

#### **Unit II- Mastership practicals**

- Controlling Chi Energy/Prana and breathing
- Attunement procedure for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> degrees.
- Master Attunement

#### **Unit III- Grand Mastership practicals**

- Procedure for various attunements
- Constructing and Charging the Master Grid
- Procedure for Mass Healing
- Procedure for Mass Attunements

## **PAPER- V**

### **Viva Voce**

An oral examination of the candidate will be conducted, either in-person or over Skype. The examination aims to assess the aptitude, skills and proficiency of the candidate in the field of Reiki.

## **Doctorate in Reiki (Ph.D.)**

### **Third Year**

#### **Length of Programme**

The period of study is 12 months.

#### **Progression and Assessment**

- During the first 6 months of the study, the candidate will shortlist a field of his interest (related to Reiki), the candidate will research and acquire knowledge related to his projected research and develop the skills appropriate to research in his/her selected field.
- During this duration, the candidate is required to record, document and analyze his findings.
- At the end of the 6 months, the candidate is expected to inform the University of his/her progress and findings.

#### **Thesis Writing**

During the remaining 6 months, the candidate will progress to using his/her skills for the specialized research project, and will submit the outcome of this research as a thesis. The doctorate will be awarded if the thesis is judged to be of an appropriate standard and the research makes a definite contribution to the knowledge of Reiki.

Candidates coming from a specific discipline, for example- Philosophy, Psychology, Theology, Biology, Medical Sciences, etc., may incorporate an element of their discipline as part of their research.

At the end of the 12 months, each doctoral candidate is required to pass an oral examination. They are also required to prepare and present a completed dissertation that shows independent and non-plagiarized investigation which is acceptable in form and content.

