

Post Graduate Diploma in Reiki- Energy Medicine

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

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- 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.

PAPER-VII

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-VIII

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- IX

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- X

Practical Application of Reiki Techniques

Unit I- 3rd 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 1st, 2nd and 3rd 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

