

MEHAK WELLNESS CENTRE

(BIOFEEDBACK & STRESS MANAGEMENT)

ISO 9001:2015

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DR RAJEEV PRAKASH MEHRA N.D.; M.D. (A.M.); GOLD MEDALIST; REIKI GRAND MASTER.

Recipient of Awards in 2020

“Globally Renowned Best CANCER Treatment Specialist through Genetic and Auto Immune Correction.”

REIKI HEALING

REIKI is a Japanese term, which is a combination of two syllables.

Rei - Universal Ki - Life force energy.

Thus REIKI stands for Universal Life Force Energy.

Everyone is born with REIKI, for it is energy in itself.

REIKI is not given, it is taken. We are mere channels of energy.

REIKI is of Vedic origin and was lost to humanity. It was re discovered by GAUTAM BUDDHA and was lost again. Finally it was rediscovered, a second time at the end of the 19th century by Dr. Mikao Usui. Special efforts were made to preserve it during the Second World War and make it available to the modern world.

REIKI acts on the Aura level, Emotional level, Mental level, Spiritual level & Etheric level, thus it is a Holistic system of healing. To practice REIKI, no special kind of Faith or Belief is required. It is independent of thoughts, feelings, belief system and faith.

REIKI not only can effect changes in the chemical structure of the body, by helping to regenerate organs and rebuild tissues and bones, it also helps create balance on the mental level. Reiki is a wonderful tool to help one develop conscious awareness, the very key to enlightenment.

Everything in this world is energy & one of the characteristic of energy is to be in state of Equilibrium. When one suffers with an ailment or a mental upset, an imbalance of energy is caused. To work towards a Re-establishment of Equilibrium, when REIKI is made available on the Aura or the physical level, it goes directly into the Chakras, from where it goes to the Endocrine system, which produces Hormones, which in turn keep our body in good health and perfect balance. It helps in removing the toxins and negativity from the body.

REIKI is Divine grace meant for anyone who is open to receiving it. It can not do any damage, since it only flows in the quantities required by the recipient.

REIKI is made available by simply placing one's palms over the recipient's / patient's body.

REIKI effects everyone in a very personal way.

The Usui System of REIKI is not only the most simple and natural healing method we know of, but it is also the most effective way of transferring this Universal Life Energy. Once a person has been opened up to become a "channel" for REIKI, concentrated life energy will flow through his hands on its own accord and he will retain this ability for the rest of his life.

One Unique aspect of REIKI workshop is that each participant is linked to higher levels of energy and a channel for free flow of REIKI gets established through a series of four attunements.

REIKI is a tool for shifting oneself and others, from a world of scarcity to a world of abundance, from a world of vicious circle to a world of virtuous circle.

As most things in life, REIKI must be experienced to be appreciated.

So all you need is positive attitude and the will to be healthy and contented. A new development will take place, leading you to insight and knowledge, to a conscious sense of unity with the whole of creation, and to love.

May your exploration of REIKI be a joyous one!

Book your REIKI session today !!

REIKI supports the body's natural ability to heal itself

REIKI vitalizes both, body and soul

REIKI re-establishes spiritual equilibrium and mental well-being

REIKI functions on all levels, whether mental or spiritual, bodily or emotional

REIKI balances the body's energies

REIKI loosens up blocked energy and promotes a state of total relaxation

REIKI cleanses the body of poisons

REIKI adjusts itself according to the need of recipient

REIKI works with animals and plants

REIKI is an extremely pleasant, holistic method of healing

REIKI is a Japanese term which means Universal Life Force Energy. It is a wholistic healing system and some of the uses of Reiki are:

To heal oneself and others

To contribute to the wellbeing of oneself and others

To dissolve blocks in life

To heal relationships

To use as a support system in life

Some of the features of Reiki are:

Simplicity

Silken Smoothness

Giver and Receiver both benefit

Supports other therapies

Applications include groups, plants and trees, animals, household, business and industry, in animates telephones, TV, vehicles, machinery and equipment.

We, at MEHAK WELLNESS CENTRE, offer REIKI Energy / Healing / ATTUNMENT.

21 sittings complete a cycle. This energy works on the Physical, Emotional, Mental & Karmic levels, helping to activate, balance, correct, restore, and stabilize the energies.

Gentle placement of palms all over the body starting from top to bottom and front to back, is carried out for 30 to 45 minutes. During this time the recipient needs to be lying down, relaxed with closed eyes, enjoying the flow of energy. The Healer would shift the position of palms gradually all over, to activate the energies in every organ of the body. Wherever any energy blocks are felt, the Healer would give a gentle massage to release the same. On completion of passing of energies, energy balancing is done to close the session.

To make the session beneficial certain points need to be followed.

- 1) Drink at least 500 ml. of water (H₂O) before and after the session.**
- 2) Do not eat anything at least for 60 minutes before and after the session.**
- 3) Wear loose cotton clothing, white or any pastel shade.**
- 4) Avoid wearing under garments during the session.**
- 5) Empty all pockets. Remove all metal and leather items from your body.**
- 6) Keep your eyes closed. Preferably take a nap. No talking.**
- 7) Gentle oil application before the session, helps in absorbing the energies better, giving good and faster results.**
- 8) Do not take a bath for at least 60 minutes after the session.**
- 9) Book 21 days in a row for best results.**

REIKI sessions can be taken in person with hands on, or in absentee if not able to visit the centre.

In case of absentee healing, the recipient's photo with full name and date of birth needs to be shared. Energy would be passed through the photo to reach the recipient wherever they are. These sessions last for 30 minutes.

CHAKRA balancing sessions too can be booked. Work is carried on in balancing the chakras.

For those who need to see the performance of their CHAKRAS, could book AURA & CHAKRA panel and get computerized information on their CHAKRAS. This could be followed by balancing of the CHAKRAS.

Further diagnosis and feedback is also available for CHAKRAS, COLOURS, ELEMENTS (EARTH, FIRE, METAL, WATER, WOOD) (YIN & YANG energies).

ENERGY EXCHANGE

- Rs.6,000/- Computerized Aura, Chakra & Color Scan.
Rs.12,000/- Computerized Aura, Chakra & Color Scan with Chakra balancing (RYBG)
Rs.1,800/- Healing per session (30 ~ 45 minutes)
Rs. 3,000/- Healing with Oil application per session (60 minutes)
Rs. 750/- CHAKRA Balancing / Healing (15 minutes)
RS.18,000/- REIKI ATTUNMENT – Level 1 & 11.

WITH LOVE, LIGHT & REIKI from,
DR RAJEEV PRAKASH MEHRA
REIKI GRAND MASTER
Traditional Reiki Master
Independent Teacher of Reiki

(BECAUSE WE CARE FOR YOU)

DR RAJEEV PRAKASH MEHRA recipient of Certificate of Excellence Award for 2018 - 2019

“BEST CANCER SPECIALIST IN ASIA”

&

“BEST CANCER SPECIALIST DOCTOR OF THE YEAR”

MEHAK WELLNESS CENTRE – Awarded

“TOP DIAGNOSTIC CENTRE IN MUMBAI”

AMONGST THE TOP 10 DIAGNOSIS CENTRES IN MUMBAI. MAY 2019. BY SILICONINDIA.COM

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REIKI HEALING AND TRAINING

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