

Book to heal mind, body and soul

Rachanaa Jain is a certified Reiki Master and a Life Coach. In her soon to be released book 'Awake Your Dreams – Stop Procrastinating! Start Achieving!' the London-based author talks about several innovative and effective techniques which can prevent us from the trenches of procrastination, writes Anjana Parikh

AL: Tell us about your upcoming book?

Rachanaa: My upcoming book which is titled 'Awake your Dreams – Stop Procrastinating! Start Achieving!' is due for release this year on April 18. I have put forward an effective solution for my readers to prevent them from trenches of procrastination. This book is an addition in my endeavour to help people heal their mind, body and soul. It's my gift

to the world and I am sure the readers will certainly achieve an effective and healthy 'mind diet' from this book.

AL: What prompted you to write it?

Rachanaa: Being a firm believer of spirituality and Karma, I always wanted to pen down my thoughts and learning. But due to vari-

ous other commitments, I could not start writing my book. Soon, I realised that putting off writing for later is just overloading my memory and taking toll on my health too. I took immediate action and took the first step by penning down my thoughts and ideas for my book. To my surprise, things started moving fast and I could feel the universe conspiring to help me achieve my dreams – the dream of coming up with my own book. In fact, I am so passionate about it that I thoroughly enjoyed the entire book writing process and even the many sleepless nights that came with it.

AL: Where and when did you train in Reiki?

Rachanaa: My journey into the spiritual world started long ago when I was a child. I remember my father used to conduct reading exercises for me where he would ask me to tick the stories that interested me and cross the ones I didn't like. It was from here I realised that I am averse to seeing people in pain to the extent that I would start crying on seeing others being abused or bullied.

Soon, I developed interest in healing people and started to read more on the subject. Going forward I realised that healing people gives me immense joy and plea-

sure and I possess a natural gift of reading and healing people. I planned my further studies and moved to London. After moving to the UK, I started to miss my family a lot. However, I utilised the opportunity to learn more about spirituality. Today, I am fully accredited by the International Practitioners of Holistic Medicine as an accredited Training Provider and Practitioner. I am a certified practitioner into Reiki Master Level, Karuna Reiki, Pranic Healing, Realm Reading, Numerology, Card Reading, NLP, and Vastu and fengshui consultancy. I am also 'UK Reiki Federation Member' as Master Teacher Practitioner. All of this was possible, only because of my passion to see everybody around me just 'happy'.

AL: Where does Reiki come from, how old is it and where do its roots lie?

Rachanaa: Reiki is a Tibetan form of Energy Healing, which was rediscovered and promoted during the beginning of the 20th century in Japan. The word Reiki is formed of two Japanese words, 'Rei' meaning 'Soul or Spirit' and 'Ki' which is 'atmosphere, air, universe or simply the life force energy'. So, Reiki is actually 'Spiritually guided life force energy'.

Based on a technique for stress reduction and relaxation that also promotes healing, Reiki is based on the idea that an unseen 'life force energy' flows through us and that keeps us alive. So, a lower level of 'life force energy' is a sign of sickness and stress while people with higher levels of such force are happy and healthy.

AL: Is Reiki the same as spiritual healing?

Rachanaa: Reiki is similar to spiritual healing in the sense that the therapy is not through being touched. Here, the healing hands of the therapist hover over the body and taps into the infinite energy for the mental and physical well-being of the subject. But just as medicines have different specialities, similarly Reiki has various modalities of 'Spiritual Healing'.

AL: Is it possible to attain a person who's at a far off distance?

Rachanaa: Reiki can be performed at any distance from the recipient. To this I would like to narrate an incident concerning my mother. My mother was to undergo an operation and I was in London. I was upset because I couldn't fly due to work commitments. I conducted card reading and distance healing to check the outcome and was satisfied with the results. I have practiced the techniques on my other family members as well and yes, they did start feeling better and happier in their lives.

AL: How many levels of Reiki are there?

Rachanaa: There are three levels in Reiki. These levels are termed 'Degrees'. At each Degree, additional material and appropriate instruction is supplied. The process of teaching is known as 'Attunement'. Only when a candidate has been given the Attunement knowledge and teaching will he/she be qualified to teach Reiki to others.

AL: Is Reiki an alternative therapy? Does it have any spiritual connection?

Rachanaa: The purpose of Reiki is to help people realise that by healing the spirit that is by consciously deciding to improve oneself is a necessary part of well-being. This idea is echoed by the general public and also by many mainstream hospitals and clinics across the western world that

AL: What sort of challenges do you face as a Reiki master?

Rachanaa: Well, I have faced numerous challenges. From coming up with innovative strategies to regularly trying to improve my clients' performance and monitoring their progress, it's all very challenging. But my love and passion to see people happy, keeps me up and running.

AL: Lastly, if you hadn't been a Reiki master/Life coach, what would you have been?

Rachanaa: I am a lover of designing and painting and have won numerous awards and accolades in painting competitions during my school days. So, I believe I would have been an architect if not into Reiki and spiritual healing.

AL: Your message.

Rachanaa: Dreams are within reach. All you have to do is to visualise and believe in what you want to be, create an action plan and the universe will guide you through the next step to make it a reality.



Rachanaa Jain