

# Objective Evaluation of Holistic Recovery through Intervention of Eternal Vibration of AUM and Reiki among Cancer Patients

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**Abstract:** ***Introduction:** The study was conducted for people suffering from cancer with the objective of evaluating the Holistic recovery through intervention of scientific spiritual method of AUM meditation and Reiki Healing. **Plan of study:** The plan of study included objective mapping of symptomatic relief, reduction in pain, side-effects of chemotherapy, reduction in trauma, anxiety and fear of death as well as enhancement in response to conventional medication provided to cancer patients after intervention with scientific spiritual AUM meditation and Reiki healing for 30 days. **Study population:** 42 cancer patients in the age group 15- 65 years, selected using probability random sampling technique. **Methodology:** The mapping of test parameters with intervention for 30 days was done through qualitative study. **Result:** The improvement in holistic health was 92.8%. Overall symptomatic relief was 92.8%, reduction in pain & trauma 97.62% reduction in side-effects of chemotherapy was 85.7%, overall reduction in anxiety 90.47%, fear of death was 85.7%, definite enhancement in response to the conventional medication was 88.09%. **Conclusion:** It is concluded that there is definite and objective effect in symptom management of cancer and enhancing overall health of the practitioners with intervention of scientific spiritual method of AUM meditation and Spiritual Reiki Healing along with conventional treatment.*

**Keywords:** Cancer, AUM, Reiki, Holistic health, Spiritual

## 1. Introduction

### 1.1 An overview of the disease: Cancer

Cancer is a generic term for a spectrum of diseases wherein there is uncontrolled growth and spread of abnormal cells. It can affect any organ or may spread to a group of organs and even the whole body. Cancer is spreading very fast in the entire population of the world. It is considered as the second leading cause of death globally, the biggest killers being ischemic heart disease and stroke [1]. In the year 2016 the total number of newly diagnosed cases of cancer was around 14.5 lakh. It is assumed that by 2020 the figure may reach to 17.3 lakh new cases and over 8.8 lakh cancer related deaths, of which cancers of breast, lung and cervix tops the list [2].

Cancer cells often affect the immune system which breaks the protection layer of the body and makes it susceptible to infections and other debilitating conditions. The immune system normally eliminates damaged or abnormal cells from the body, but some cancer cells “veil” from the immune system. Thus, affecting the system of the body to the deepest level.

Cancer is prevalent in children, men and women alike and spreading like an epidemic in the whole world. The most common cancer in children includes leukemia, brain and spinal cord tumors, neuroblastoma, wilms tumor, lymphoma (both HL and NHL), rhabdomyosarcoma, retinoblastoma and Erwin sarcoma. Cancer of cervix, ovary, breast, lungs and colorectal, stomach are common in women, while Lung,

prostate, colorectal, stomach and liver cancer are the most common types of cancer in men.

Cancer if detected early may be treatable and can be cured by radiotherapy or chemotherapy or even surgeries.

### 1.2 Emotional stress, anxiety and mental trauma in cancer

Most of the people encounter mental stress, agony, emotional breakdown and even social withdrawal on being diagnosed with cancer. There are array of side effects of cancer and its treatment, which makes recovery more difficult and challenging as often there is refusal for treatment.

Meditation, Spiritual Reiki and Stress management techniques have shown definite and objective reduction in levels of stress, anxiety, trauma, and symptoms related to the cancer and its treatment.

### 1.3 Side-effects of cancer and its treatment

Cancer brings with it a group of other complications and side-effects like diminished immunity, generalized pain, recurrent fever, fatigue, cachexia, change in bowel or bladder habits, excessive hair fall, skin changes, brittle nails, nausea, vomiting, GI troubles and many more. There is deep psychological trauma, depression, anxiety and stress.

## 2. Background of study

### 2.1 Basis of Reiki in Indian Tradition

The word Reiki is a Japanese word derived from two roots: 'Rei' and 'Ki'. 'Rei' means 'Universal' while 'ki' means 'Life Force Energy'. Thus, Reiki means 'Universal Life Force Energy', referred to variously as 'Pran-Shakti' in Indian Yogic literature. It also known as 'touch therapy' as it involves healing a person by laying hands close to his/her body.

The Reiki energy is intelligent and self-regulating. It has miraculous effects in curing both chronic and acute diseases and helps humans in all spheres of life. In fact, it elevates one's life as a whole. Thus, healing through Divine Reiki is healing the whole life environment including all aspects of life – physical/mental health, emotional world, family relationship, livelihood of the person and all others.

The Spiritual and scientific method of Divine Reiki healing, are based on deepest explorations of mind-body system. It provides a comprehensive system for complete health protection, healing of mind-body system and progressive transformation of consciousness.

'Reiki' is called 'Prana-Vidya' in Indian tradition. Prana was referred to as Bramha in Kaushitaki Brahmanopnishad and scores of commentaries have been written on it by many sages, rishis and yogis.

### 2.2 Other references to Reiki

There are numerous references to highly evolved persons of all ages and religious practicing of this 'touch healing'. Lord Buddha himself used this power for the benefit of the deprived so widely that in his age, the technique was called 'Buddha Aushadhi'. Lord Jesus too used it widely. Swami Vivekananda and his Great Guru Shri Ramkrishna Paramhansa is also known to have used it. The earliest reference of 'prana-shakti' goes back to the era of Vasishtha Muni, who was 'Guru' of Lord Rama.

### 2.3 Popularization of Reiki in Recent times

Reiki was reincarnated and popularized in 1922 by Japanese Buddhist Mikao Usui. Reiki has been adapted into varying cultural traditions across the world.

### 2.4 Concept of Health and its integration with Reiki

The modern definition of health encompasses all aspects like physical, mental, emotional and spiritual wellbeing given forth by organizations like WHO.

On the basis of various revelations made by modern medical sciences establishing interdependence of overall health on emotions, thought patterns, energy body, we are again moving towards the holistic model of life and health, which has been given by sacred Vedic philosophy.

Reiki is a simple, natural and safe method of spiritual healing and self-improvement that everyone can use. It has been effective in helping every known illness and malady and always creates a beneficial effect. It works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery.

### 2.5 Concept of AUM Meditation

AUM, as per Hindu Darshan (philosophy) is the primeval sound through which the Supreme Consciousness manifested itself in different creations of the Universe. The Holy Bible also says "In the beginning there was only word. The word was with God. The word was God, God was word".

In the Indian tradition, there was extensive research carried out on the methods or Sadhana of spiritual upliftment during the Vedic age. The 'Rishis' or spiritual explorers invented and established different methods for attaining perfect health at physical, mental, emotional and spiritual level which pave the way for a person to experience the real truth, the Supreme Soul or 'Paramatman'. This was described as 'Atma Darshan' (experiencing the self).

The Scientists, the Doctors, The Surgeons and practitioners of Divine AUM meditation; all have confirmed experiencing a real positive change within them.

It can be practiced by person of all ages from a small child of 3-4 years to elders of 90-100 years, person speaking any dialect of world, persons with all faiths, believes, cast, creed, gender, socio-economic background, geographical background, any food habit and mental frame.

## 3. Significance of Study

This study was conducted with conceptual framework based on the ancient wisdom propounded by sages in integration with modern knowledge of health in medical science.

The present day humanity striving to lead a healthy and happy life, all of us particularly those who are suffering from need some effective process, which can impart them an inner strength to shield from negatives, experience the holistic health and to realize the inherent attributes seated in the inner core of every individual

## 4. Objective of Study

The research has been conducted to explore and evaluate holistic recovery in people suffering from cancer, its symptomatic management through intervention of scientific spiritual method of AUM meditation and Reiki Healing.

### 4.1 Parameters of the research study

The parameters of the study included objective mapping of symptomatic relief, reduction in pain, reduction in side-effects of cancer drugs and chemotherapy, reduction in trauma, anxiety and fear of life among people diagnosed with cancer as well as definite enhancement in response to the

conventional medication being provided to the persons suffering from cancer, leading to improvement in their overall health after guided intervention through Scientific Spiritual method of AUM meditation and Spiritual Reiki Healing.

## 5. Plan of Study

The module consisting of providing scientific knowledge and intervention through Scientific Spiritual method of AUM meditation and Spiritual Reiki Healing. The participants were trained in method of AUM meditation and Reiki Healing to restore complete health at all levels of mind-body system.

The study population consisted of 42 persons suffering from cancer in the age group 15-65 years, selected using probability random sampling technique.

Intervention team: Chief resource person Dr. M.K. Bimal and his team consisting of following team:

- Pushkar Kumar Vimal: M.Sc Physics, LLb, MBA, B.Ed, Reiki Healer
- Ranjita Shrivastava: M.A Political Sc, B.Ed, Reiki Healer
- Dr. Mamta Kumari: MBBS, Reiki Healer
- Susmita Vimal: M.A Psychology, Reiki Healer
- Riya Ghosh: RD, M.Sc Nutrition, Reiki Healer

The selected 42 persons were suffering from different type and stages of cancer categorically breast cancer, leukemia, lungs cancer, ovarian cancer, liver cancer, cancer of cervix, colorectal cancer, stomach cancer. Out of the total study population, 7 people were in the palliative stage of cancer.

Among the total study population of 42, 21 persons were given intervention with Reiki and AUM meditation. Their symptoms at physical, mental, emotional level were noted objectively and the changes were studied and recorded after daily intervention for 30 days.

All were introduced and made aware about Universality as well as eternal characteristics of AUM and Reiki; natural biorhythmic integration of subtle formation of human body with Divine AUM and Reiki, specifically its scientific metaphysical characteristic.

## 6. Results and Findings

This study indicated definite positive changes in the entire study population after intervention the scientific spiritual method of AUM meditation and Divine Reiki healing.

### 6.1 Compatibility and Acceptance of AUM Meditation and Divine Reiki

There was 92.8% acceptance of the intervention method, i.e., AUM meditation and Reiki healing among the participants/study population. (Refer Figure 1)

Universal AUM and Divine Reiki are compatible to people from all walks of life, caste, creed, religion, faith, beliefs, gender and all ages.

### 6.2 Overall symptomatic relief, Reduction in pain & trauma Before and After Intervention with AUM meditation and Reiki Healing

97.62% (41 persons out of 42) of the study population reported overall symptomatic relief and 92.8% (39 persons) reported reduction in pain & trauma associated with the disease, after Intervention with AUM meditation and Reiki Healing. (Refer figure 2)

### 6.3 Reduction in side-effects of chemotherapy After Intervention with AUM meditation and Reiki Healing

85.7% reported reduction in side-effects of chemotherapy like cachexia, excessive hairfall, darkening of skin, darkening of nails, poor immunity, altered bodily functions, etc after intervention with AUM meditation and Reiki Healing. (Refer Figure 3)

### 6.4 Overall reduction in anxiety and fear of death After Intervention with AUM meditation and Reiki Healing

Out of the total study population, 90.47% reported complete reduction in anxiety and 85.7% of the population reported reduced fear of death. (Refer figure 4)

### 6.5 Definite enhancement in response to the conventional medication

There was definite enhancement in response to conventional medication and treatment in cancer in 88.09% of the study population after intervention with AUM meditation and Divine Reiki. (Refer figure 5)

## 7. Figures

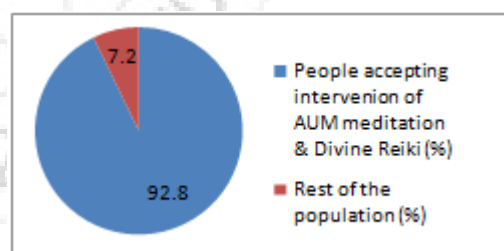


Figure 1

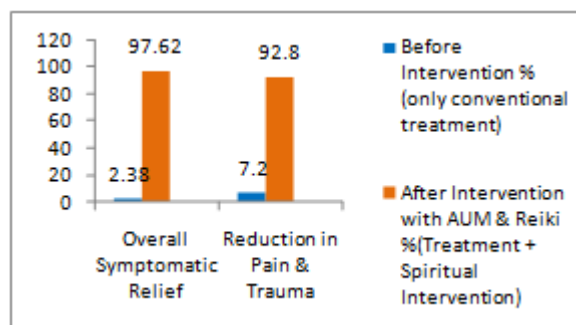
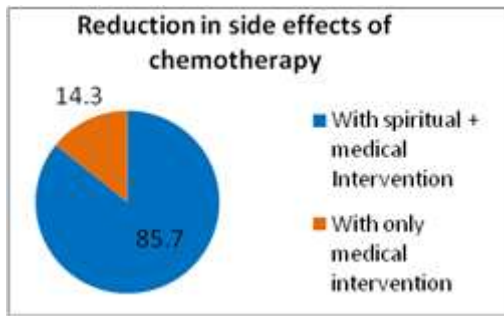
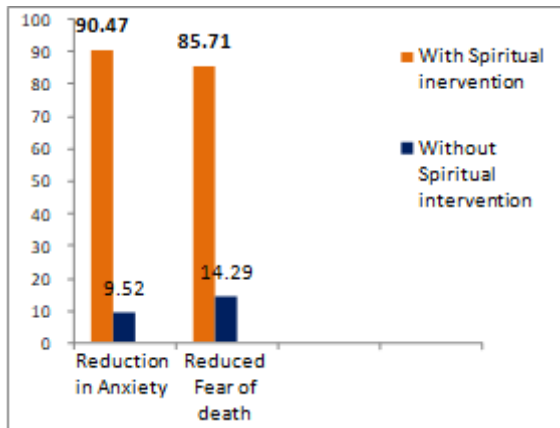


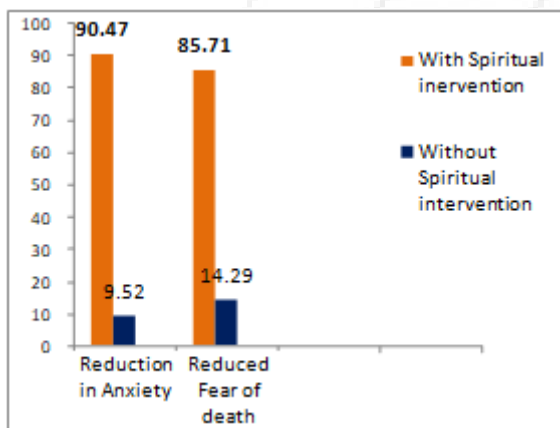
Figure 2



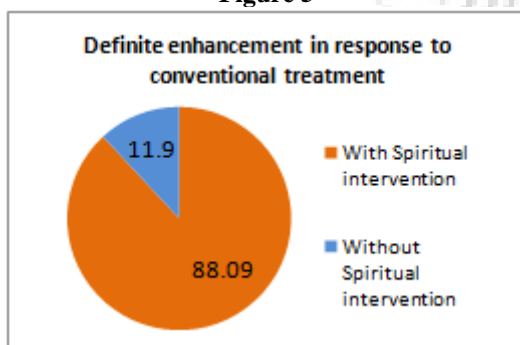
**Figure 3**



**Figure 4**



**Figure 5**



## 8. Conclusion

The explicit method of AUM meditation and Reiki Healing enables persons suffering from cancer to achieve definite enhancement in response to the conventional medication being provided to them, symptomatic relief, reduction in pain, reduction in side-effects of cancer drugs and

chemotherapy, reduction in trauma, anxiety and fear of life, leading to improvement in their overall health.

## 9. Future Prospects of the Study

This type of study with practical approach towards management of diseases, symptoms, side-effects and all related matter may be conducted at large to benefit the mankind and society.

The same empowerment with AUM meditation and Reiki Healing may be done for entire mankind. It shall shape them up with enhanced mental health, stamina and inner-strength.

## 10. Limitations of the study

Perception, sensitivity and regularity of practicing meditation and Reiki Healing vary from person to person and its standardization is difficult. Some of the participants were reserved in their response.

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## Author Profile



**Dr. Manoj Kumar Bimal**, Spiritual guide and Counselor, Meditation Therapist, Lifestyle guide, Motivational Speaker, Inspirational writer, Reiki Grand Master and Teacher. He is a graduate in Civil Engineering. He has done Master of Business Administration and Ph.D. He is working as Airport Director, Airports Authority of India, Juhu Airport. He is accredited International Airport Professional through a Global AMPAP program of Airports Council International (ACI) and International Civil Aviation Organization (ICAO). He conducted several

workshops/seminars for imparting training in the art & science of Stress Management and ethico-moral values for reducing comprehensive anxieties, attaining natural health which enhances quality of life and optimizing managerial productivity. Over 25,000 people are attuned by him on scientific method of meditation and have been immensely benefitted. More than 100 Stress Management sessions have been conducted by him for Hospitals, educational institutions, Central Bureau of Investigation (CBI), Airports Authority on India, PSUs, State and Central government organizations etc. He has worked in collaboration with Cambridge University, Wolfson College, Cambridge and BDA (British Dietetic Association), UK. He provided his expertise on Lifestyle Management (Stress Management, Leadership Management) and acted as the resource person for providing intervention on Lifestyle Management (Stress Management, Leadership Management) under the banner NNEdPro. He has presented paper "Reiki in Palliative Care" in the training program of Man Power Development on "Palliative Care" under World Health Organization (WHO) Biennium; this program was sponsored by Director General of Health Services (DGHS), Govt. of India and coordinated by All India Institute of Medical Science (AIIMS). He has published a paper on "Guided Intervention through Scientific Method of Meditation for Management of Stress and Depression among College Students" available online on International Journal of Science and Research (IJSR) ISSN (Online) DOI: 10.21275/ART20163172.



**Dr. Utpal Kumar Vimal**, M.B.B.S, M.D.(General Medicine) is a dedicated health professional, carrying out various health promotion and disease prevention activities in south west part of national capital Delhi.

After completing his post graduation he underwent 3 year training program (senior residency) in department of cardiology. He has vast experience of working in department of internal medicine in various corporate hospitals (Jaipur Golden hospital/ Fortis Escorts hospital) in NCR & Delhi. For last 10 yrs he has been providing healthcare in sub urban area of southwest Delhi. He is working in the field of stress management through certain meditation methods in last few years. His multifaceted activist's personality can be well judged by the fact of his long and happening association with various organizations like Divya Jyoti Sansthan Patna, Vishwa Jagriti Mission Delhi, lions club active Bahadurgarh (Haryana) and Happy Life Foundation Charitable trust Pune.