

# Cyrus Mehta

Holistic medicine expert has gone from making business deals to changing lives with his new holistic consulting practice.



By Scott Leslie

**FOR MANY YEARS,** Cyrus Mehta was an active entrepreneur in the environmental sector, setting up a technology-based firm known as JMI to help reduce fossil fuel pollution and eliminate contaminated drinking water and human exposure to hazardous work environments in India. Nowadays, however, he has become more concerned with the “inner” environment, helping people from all walks of life to experience major changes in their lives both personally and professionally.

As a devoted expert in the field of holistic medicine, Cyrus has been very busy since relocating to Canada this past October. In January, he established his own firm in Niagara Falls called Intent Consultancies Canada. He is also a partner with Barbara DaSilva at Celebrate Wellness, a clinic at 33 Lakeshore Road in St. Catharines.

An internationally renowned seminar leader, Cyrus has trained thousands of people from over 55 countries and this coaching background has proven invaluable in his current line of work. He currently offers the ReikiTECH workshops as well as the Lifetoolz Seminar. These two-day seminars help to bring forth a dramatic shift in an individual and provide participants with the tools they need to better manage the stresses and strains of day-to-day life.

## The Interview

**SL: You originally pursued a degree in business management and held executive positions with several corporations such as the Boodai Trading Company in Kuwait. What was it that made you decide to change course and eventually shift into the health care arena?**

**CM:** I grew up in a business family so an entrepreneurial mindset in me is a given. My mother—an intelligent, broadminded lady—influenced me deeply. I enthusiastically investigated into many facets of our body, mind and spirit. I was also an extremely sickly kid and had many grievous, almost fatal injuries to the body. When I observed the effects of certain remedies and techniques on my body and emotions, it induced a deep desire to learn even more. It was only after 20 years of practicing on myself that I ventured into professional practice in the early 1990s.

**SL: Holistic health care seems to have really caught on in recent years. What advantages do you feel holistic medicine has over a more traditional approach?**

**CM:** The main benefit of a holistic approach to a disease or chronic issue is its depth. Rather than just mask or suppress a symptom, it goes to the root cause and tackles that. Many times, if not most times, the cause is in the emotions. And it is saddening to note most conventional physicians still refuse to accept the clear connection between the body and mind in spite of the overwhelming science-based evidence out there. In addition, the energetic dimension of our bodies is brushed off as absurd. Yet more and more people are beginning to recognise the body-mind-spirit connection and which inevitably leads them to a holistic approach.

**SL: Your Lifetoolz Seminar is geared towards self-improvement—but what are some of the specific benefits participants can expect from taking your seminar?**

**CM:** The Lifetoolz Seminar is a program for personal transformation and professional excellence. In addition to the many tools and techniques that are introduced during the two-day seminar, the most significant shift that unfolds within an individual is the new context in which they begin to view their world and themselves.

**SL: I understand your seminar has achieved a 98% success rate since it began. Why do you feel it's made such a difference in so many people's lives?**

**CM:** My seminar induces a shift in an individual whereby a state of joy, aliveness and satisfaction is generated internally. This means that the old paradigm in which one needed to “have” something first in order to “be” something or someone has been replaced by a new context.

**SL: Thousands of people and organizations have taken your ReikiTECH workshops since the 1990s. What was it that first attracted you to the principles of Reiki?**

**CM:** I first learned how to channel the energetic field around us via Complete Yogic Breathing and my hands when I was attending university in Los Angeles back in the early 1970s. I'd always wanted people to learn to use their hands as a means to access this field and so address themselves holistically. And when I came across the venerable R. Chandran, he introduced me to the work of Mikao Usui San—the founder of what is called Reiki these days. He, in fact, did not call it Reiki, he called it the Usui System for Personal Perfection. I call it ReikiTECH because that is what it is—an energy technology—and developed the ReikiTECH Workshop series which have seen thousands of people around the world graduate from the program.

**SL: What inspires you at this stage of your career?**

**CM:** Our planet is at a tipping point and it's not because of climate change or running out of fossil fuels. It is because we, the species that is at the top of the food chain on our planet, are operating from old and outdated ways of seeing each other and our world. I choose to do all I can to develop “Harbingers of A New Humanity” where acknowledging each others' humanity becomes the common denominator first and foremost. Only thereafter are all other considerations like ideological, culturally and culinary, brought into our frame of reference. **HWS**



# Tabloid

THURSDAY, DECEMBER 27, 2001



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**PAGE 8** The midnight call



Graduates of The ReikiTECH Workshop talk about their

## Journey to self

**F**aith, hope and triumph of the human spirit in a year dominated by natural disasters and terrorist attacks are small windows of light in a pitch-black room.

Wanton acts of crime and terror and coping with the appalling consequences have taken its toll on a weary world. However, people, who despite more than their fair share of trials and disasters have managed to set aside their fears to experience life to the fullest, are like beacons in these times of newspaper headlines and anxiety.

Three such women talked to *Gulf News* about how they overcame personal crisis to focus and centre their lives more effectively,

**Three women talk to Anupa Prathap about how they overcame personal crisis to focus and centre their lives more effectively, by using that indomitable tool called the human spirit**

by using that indomitable tool called the human spirit.

In the Christmas broadcast, recorded at Buckingham Palace last week by Britain's reigning Queen, she said, "There have been storms and droughts as well as epidemics and famine."

But, while floods and epidemics were disasters of "natural origin", she said, "it was the human conflicts... acts of crime and terror against fellow human beings which have so appalled us all."

"Every one of us needs to believe in the value of all that is good and honest; we need to let this belief drive and influence our actions."

### Stop and stare

Thirty-two-year-old product manager for a beauty care company, Mamta Thakkar agreed. She said, "Life is what happens when people are busy making plans. We get caught up in the swirl of events, no time to stop and stare, when a sledgehammer wake-up call is delivered."

"The only thing that will help us get through that and emerge as better people is if we seek out that fierce spirit that resides within us all to learn and forge ahead."

"When problems strike, people wonder why it happened to them. The question is 'Why me?' In case of natural disasters and human atrocities, the ordinary people may not have much control over it."

"However in case of personal crises, most of the time, the truth is that you allow it to happen to yourself and you are responsible for it, nobody else is."



Above: Mamta Thakkar... 'The only thing that will help us get through and emerge as better people is if we seek out that fierce spirit that resides within us all'

Below: Fathma Ahmed... 'Reiki has helped me realise that in the end it all comes down to finding that inner fortitude and using it to discover our-selves again'

Over four months ago, Mamta woke up to discover that strange spots would appear suddenly across her area of vision. Nothing dramatic, tiny floaters that would travel across, like tufts of clouds chasing unknown quarry.

She got some medical checks done and the doctor said there was not much cause for worry. Curable? No! Complications? Could be very serious!

"It was a chronic problem, which upset me. In this day and age when you hear that you have something without a cure, it is scary. It shook me up completely," said Mamta.

"I visited four doctors to get their diagnosis in the hope that at least one would offer something new, but all of them said I had to live with it."

"We tend to take our vision for granted. We don't realise that every step, every footfall is a gift. Our eyes provide us with our perception of the world, one of the main senses that we use to navigate through our daily existence. When that is affected, in whatever manner, it is difficult to reconcile with."

"People offer plenty of platitudes, asking you to stay positive, but they don't help. I had to do something for myself, find my peace."

Mamta heard about Reiki, an alternative therapy that works on the principle of balancing positive



and negative energy levels in the body to achieve healing, along with a sense of inner peace.

Skeptical about its benefits, she learnt Reiki, only to discover that it helped make her feel calmer and accept the ailment.

"We all deal with our problems in different ways. For me alternative medicine was what people from cuckoo land picked up on, until I experienced it first hand. Reiki has a scientific approach and had definitive methods, it was not just hocus pocus," she said.

"It has helped me tremendously and has proved an effective tool in achieving harmony for me."

However, it all boils down to oneself and finding within ourselves to use whatever that works for each of us to harness our spirit and triumph over adversity."

Added Bronwen Lancaster, 55-year-old administrative manager and grandmother of five, "to achieve something its got to come from yourself".

She said people can find outside help but ultimately it's about waking oneself. "We can achieve anything with our spirit and will, if we realise that it is okay to be vulnerable and learn to communicate better," said Bronwen.

She lost her mother recently and has been facing a medical problem linked to her vision for a few months. "A few years ago, I would have reacted very differently to the death of my mother. Now there is more acceptance, but only after people have gone do you realise how easily you take them for granted."

"There are so many things that have gone unsaid and unspoken. In the whirl of our lifestyles we forget to cherish relationships, which should be above all material gratifications," she said.

"Loss is difficult to live with, especially a parent but we can move ahead, better for the experience, if we stop, learn and draw on our inner strength

which is present in all of us."

Fathma Ahmed, 39-year-old mother of three, said it was very easy to lose yourself in the "rat race". "You don't find time for yourself and anything else as you are busy running around doing things. There is no time to connect with people and everything gets affected adversely," she said.

### Take stock

Life made her stop and take stock a while ago after a severe personal crisis and a medical problem plagued her constantly. "I had tennis elbow and the pain was excruciating. I tried all medications including steroids but none of them helped," the UAE National said.

"It was quite a problem and then I heard about Reiki, which I followed up. It has definitely helped me. There is nothing religious about it, just an alternative science with tremendous benefits."

"Today I run my own business, find time to visit old peoples' homes, connect with them and live a more balanced life. Reiki has helped but it also made me realise that in the end it all comes down to finding that inner fortitude and using it to discover ourselves again," Fathma concluded.



A ReikiTECH workshop held in Dubai earlier this year

## Redirecting our paths in life

Physical and mental stress are factors of modern day living that we are all aware of, but few are able to effectively combat it.

E-mails, faxes, mobiles, beepers, answer phones... the line between home and the workplace is blurred beyond recognition. Time for families, friends and self is fast disappearing. It's a modern paradox: the more we stay in touch, the more out of touch we become.

ReikiTECH could be the solution and you can learn all about it during a two-day course being held on October 23 and 24. The DQG workshop is being held in association with INTENT Consultancy.

The ReikiTECH workshop is about redirecting and clarifying our paths in life and our lifestyles in order to come into a more consistent, heightened state of awareness of the present moment.

### Dispensing with worry

ReikiTECH – which derives its name from the Japanese word *reiki* (cosmic force) – facilitates an emptying process. Anxieties, phobias, worries, disharmonious habits, stresses, all get peeled away.

The workshop trainer will be Cyrus J Mehta who has been studying and working wholistically with 'ki'-energy since the late 1970's,

He has also been deeply involved with man's outer environment. Setting up his own enterprise in the mid-eighties he has been involved at the highest level in the nuclear power and oil industries working with leading-edge technologies for the reduction of environmental pollution and the elimination of human exposure to hazardous environments.

While a part of his enterprise continues in those fields, a significant shift has occurred where he is now promoting ReikiTECH to allow corporate executives and others to have on-hand a cutting-edge technology that is simple and easy to use.

# Recognition for ReikiTECH

The ReikiTECH Workshop has received the coveted endorsement by the Dubai Quality Group. A quality personal transformation programme, The ReikiTECH Workshop has been gaining increasing recognition both locally and internationally.

The programme's endorsement by The Dubai Quality Group – The quality organisation in the region – is a clear statement of its excellence.

Kevin Carty, Executive Director of the DQG says: "We are committed to bringing the very best programmes to develop personal and professional excellence and The ReikiTECH Workshop is a perfect example of such a programme. We expect our association with Cyrus J. Mehta of INTENT Consultancy to grow and see the development of many more programmes offered by them."

Companies can now avail of a quality programme, which guarantees individual wellness, directly improving body and thus, body corporate. Every participant leaves the workshop de-stressed, incredibly energised, and truly rejoicing in his/her life and work.

The ReikiTECH Workshop is a breakthrough forum that allows one to experience body-mind-spirit harmony, and which in turn brings out an outstanding level of creativity and efficiency in an individual. A win-win situation at all levels of human interaction.

Courses are being held on **March 23 and 24** and again on **April 6 and 7**.

**For further details of  
any courses contact  
Vanessa or Aliya at  
the DQG office on  
3431950.**

## **Millennium Message...**

In support of a global intention to bring peace and harmony throughout Mother Earth, Intent Consultancy & Management Services has put a Millennium Message on it's web site at [www.ReikiTECH.com](http://www.ReikiTECH.com). ReikiTECH is committed to working with technology to transform Man's environment - both inner & outer.

If you wish to take an active role in anchoring global awareness and assisting humanity in its efforts to consciously evolve, pass the web site address to others.

Visit the website for direct access to some of the most interesting sites on the world wide web. Sites such as the Institute of Noetic Sciences, The International Society for the Study of Subtle Energies and Energy Medicine, TASTE - The Archives of Scientists' Transcendent Experiences and One-Degree-Beyond.

## **Millennium Milestone...**

### **The ReikiTECH Workshop receives DQG Endorsement**

Congratulations to The ReikiTECH Workshop on receiving the coveted endorsement by the Dubai Quality Group. A quality personal transformation programme, The ReikiTECH Workshop has been gaining increasing recognition both locally and internationally, and this endorsement is a clear statement of the programme's excellence.

Kevin Carty, Executive Director of the DQG says: "We are committed to bringing the very best programmes to develop personal and professional excellence and The ReikiTECH Workshop is a perfect example of such a programme. We expect our association with Cyrus J. Mehta of INTENT Consultancy to grow and the development of many more programmes offered by them."

## **AQUARIUS February 2000**

### **Quality Group endorses ReikiTECH**

Congratulations to The ReikiTECH Workshop for receiving the coveted endorsement by Dubai Quality Group. A quality personal transformation program, The ReikiTECH Workshop has been gaining increasing recognition both locally and internationally. To be endorsed by The Dubai Quality Group, the quality organization in the region, is indeed a clear statement of it's excellence.

## **CONNECTOR February 2000**



"HOME IS A STATE OF MIND": Cyrus Mehta (with the box)

## Pursue life with passion

**H**OME is a state of mind," declares ● **CYRUS J. MEHTA**, Partner, Intent Consultancy and Management Services. "It's not real estate." He, therefore, does not feel like an expatriate. Leaving Mumbai at the age of 17 for California and spending a prime part of his life in Kuwait, India and the UAE, he asks, "Tell me, where is my home?"

"I am comfortable wherever I am, but I can honestly say that out of all the places I lived, Dubai has a tremendous energy. I look upon it as a benevolent ruler-based state steered by visionaries."

Promoter of the unique energy technology called Reiki-tech, Cyrus feels that life has to be pursued with passion and charisma, wherever one lives. Dubai has been a great inspiration for him.

"I left Kuwait with hardly one baggage under the threat of death. All my life's experiences have taught me to treat pleasure and pain the same way. Observe your life and you release yourself from reacting to memories. Neither do you have fantasies about the future. You are just here, now, in this happy time-space." Cyrus speaks out to all expatriates who mourn the loss of homelife.

Expatriates often find themselves at a dead end when the work atmosphere goes haywire. They take the pressures home, making family life too miserable. "You spend the most significant part of your life at the workplace. And, if you are not having a good time there, you are walking around dead. I can't work with the idea of a cheque at the end of the month or a Thursday evening that beckons as a welcome relief. By looking too much ahead into the future, you are losing what today has to provide you," he explains.

Living for the moment is his answer for a wholesome life. Expatriation is just one of its many phases. "Living for today doesn't mean ignoring the future. You must have a focus and be prepared for your goals but that must not be your entire being."

Leading a life where work has blended very much into leisure, Cyrus advocates the practice of Reiki for a balanced life. "It helps resolve sticky situations, releases stress, gives inner peace and contributes to global well-being. It facilitates a celebration of life." —S.GAUTAM



*COFFEE MORNING MEETING: Cyrus Mehta speaking at the coffee morning meeting on Reiki at the Twin Towers Shopping Centre, Dubai.*

## The art-science of healing

Stress is something that we are all aware of. Alas! only few are able to effectively combat it. Today's frenetic pace says that if you are not too busy to have lunch then watch out — you may be lunch! E-mails, faxes, mobiles, pagers, answer phones...the line between home and the workplace is blurred beyond recognition. Time for families, friends, and oneself is fast disappearing. It's a modern paradox: the more we stay in touch, the more out of touch we become.

In combating stress, illness, anxiety and alienation in the modern world, the benefits of an alternative approach to preventive self-care with ReikiTECH are enormous. The question here is not "Should I investigate this?" but rather "Can I afford not to?" The ReikiTECH workshop is about redirecting and clarifying our paths in life and our lifestyles in order to come into a more consistent, heightened state of awareness of the present moment, via reiki i.e. a Japanese word for life-force energy, say cosmic energy. It looks at reiki in the full scope of a planned program for reconnecting with a compassionate process of opening ourselves and really celebrating life.

Body-mind harmony is not dependent on external factors. It is achieved only from within our Self. This has been known since ancient times. ReikiTECH facilitates an emptying process. All the stuff that we have stored over the years in our various bodies gets peeled away. Our anxieties, phobias, worries, disharmonious habits, stresses, all get handled -layer by layer, easily, swiftly, simply, permanently!

The ReikiTECH Workshop involves studying and working holistically with 'ki'-energy. Since the late 1970's, Cyrus J. Mehta, the

trainer, has also been deeply involved with man's outer environment. Setting up his own enterprise in the mid-eighties he has been involved at the highest level in the nuclear power and oil industries working with leading-edge technologies for the reduction of environmental pollution and the elimination of human exposure to hazardous environments. While a part of his enterprise continues in those fields, a significant shift has occurred where he is now promoting an energy technology which he calls ReikiTECH to allow corporate executives and others to have on-hand a cutting-edge technology that is. It is simple and easy to use and brings forth swift and remarkable shifts in man's 'inner environment' — an area he has personally been working on for over 20 years.



Cyrus J. Mehta





THE DUBAI QUALITY GROUP

# QUALITY QUILL

ISSUE 20 – OCTOBER 99

THIS ISSUE SPONSORED BY XEROX EMIRATES

## INTENT Consultancy & Management Services

INTENT was established in Dubai in 1996 but since the mid-eighties, had already been working with technologies for the reduction of environmental pollution and the elimination of human exposure to hazardous environments in the nuclear power and oil industries.

INTENT use the visionary technologies of their principals to work with individuals and companies in the UAE and AGCC region:

- N.V. ECO S.S. of Belgium: manufacturers of the finest eco-friendly chemicals used in all industry areas.
- 3i International of USA: for crude oil sludge removal and product recovery from land based storage tanks and VLCCs.

A significant shift has seamlessly occurred whereby INTENT is now promoting a unique energy technology which is called ReikiTECH which allows corporate executives and others to have, on-hand – literally – a cutting edge technology that is easy and simple to use and brings forth remarkable shifts in one's 'inner' environment.

The ReikiTECH Workshops are purpose-designed programs to facilitate significant transformation at a 'wholistic' level of each individual, irrespective of their vocation, ideological preferences and aptitude.

The unique aspect of the workshop is that every participant leaves with deeply pleasing and personal qualitative shift in their life.

# Pinboard

## Comments about Reiki

**Nick McGiveney, Irish, Copywriter**  
*Class of Sep '94*

Although ReikiTECH practices not to be attached to results, I have yet to see where results did not come about, positive results in one form or another. It has been five years since I did the course and there is little in my life that I haven't applied reiki to. I feel more in touch with the living world around me. No occult mystery. No secret society. And definitely no snobbish elitism. An excellent workshop to learn to use a tool that everyone can use to good effect. It has helped me find myself.

**Gavin Ramsey, British, Artist/Musician**  
*Class of Sep '98*

I came with an open mind and was pleasantly surprised to find such a rewarding experience. The principles involved are incredibly sound

and I believe it is only a matter of time before people sit up and notice.

**Dr. T. Sulochana, Indian, Doctor**  
*Class of Sep '98*

It was a wonderful experience which I cannot describe in words. It was really thrilling and very often I would feel the energy flowing. And I feel relaxed now.

**Abdul Aziz Ali, Kuwaiti, Petroleum Engineer**  
*Class of May '98*

What I liked was the clarity that Cyrus J. Mehta, the trainer for the workshop, brought forth on so many issues. I felt so comfortable, so cared for. It was not what I had expected. And then the personal experiences were nothing short of extraordinary. It exceeded my expectations.

**Tom Johnson, British, Teacher, Martial Artist**  
*Class of Sep '98*

A profound feeling of inner peace and harmony. Most doubts about reiki eliminated by the second day. More than 20 years, maybe 30, have brought me to this point - this inner experience of attunement - Reiki is all paths and one path.

**Sharna Davis, South Africa, Microbiologist**  
*Class of Oct '99*

I feel a calmness I don't think I have ever experienced before. I am completely relaxed again for the first time in a very long time. I know this will stand me in good stead for the future. I think I will have a lot to learn and reap from reiki.

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The Reiki Integrity Award 1999

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**The American Hospital Dubai Diabetes Support Group**, which was formed in 1998 to provide support for families of children with diabetes, recently announced plans to expand membership to include diabetic adults.

The aim of the group is to share information, offer support, facilitate educational programs on diabetes, and to increase awareness of diabetes within the community.

The group meets at 7.30pm on the first Tuesday of every month in the American Hospital Auditorium. New members are always welcome.

For further information contact Carolann Scade at the American Hospital Dubai on 04-3096540, mornings only.

## Talk on ReikiTech

CYRUS Mehta will talk on the fascinating subject of ReikiTech, during the Ladies Morning Coffee at La Marquise Coffee Shop on the 3rd floor of Twin Towers Shopping Centre on Sunday.

Reiki is becoming more and more popular among people of all nationalities and could be described as achieving a body-mind harmony through energy.

Mehta has been practising and teaching ReikiTech for many years, and during his workshop which promises to be extremely interesting, he will explain the principles of

ReikiTech as a management tool which can be used as a support system at many different levels (individual, family, community, etc).

After his demonstration, an informal question and answer session will take place during which, tea and coffee with pastries will be available.

This Ladies Morning Coffee is open to all ladies and will start at 10:30 hours. The cost per person is only Dh15 including tea, coffee and pastries. For more information, call on 04-3391892.

Khaleej Times November 1999

## Talk on Reiki

**O**n November 7 Cyrus Mehta will talk on ReikiTech, during the Ladies Morning Coffee at La Marquise Coffee Shop on the 3rd floor of Twin Towers Shopping Centre.

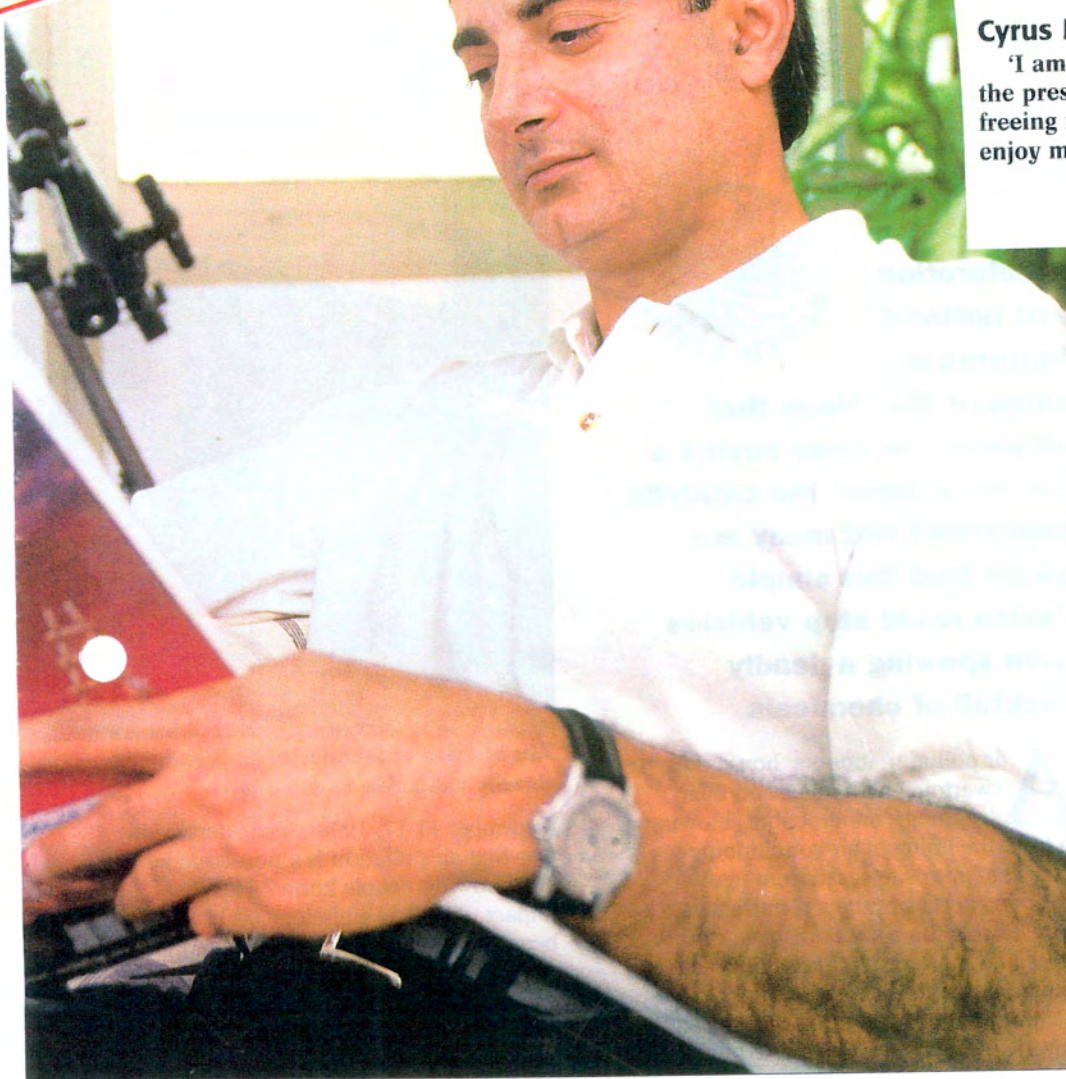
Reiki is becoming popular among people of all nationalities and could be described as achieving a body-mind harmony through energy. Reiki brings one to a new level of relaxation.

Cyrus Mehta has been practising and teaching ReikiTech for many years, and during his workshop he will explain the principles of ReikiTech as a management tool which can be used as a support system.

After his demonstration an informal question and answer session will take place.

Gulf News Tabloid November 1999

**'What is important is to set an objective, focus on it for a while and then forget about it'**



**Cyrus Mehta:**

**'I am constantly in the present. I'm freeing myself to enjoy my life'**

Photograph by Aamir Shah

"For a person who doesn't really plan, the flip side doesn't necessarily mean that the person has no agenda," remarks Cyrus Mehta, a successful businessman who runs a consultancy company specialising in technologies that help to preserve the earth's habitat by eliminating or reducing pollution and hazardous materials. "I've always

had an agenda, but the agenda was to experience deep satisfaction within me."

Cyrus, who is married and has two children, takes pride in centring his life around what he describes as the "now" and the significance of the present. He says what has helped him in his efforts to make life meaningful is ReikiTECH, a method of achieving personal transformation. He says that by using ReikiTECH, he has experienced tremendous growth and liberated himself from the stresses of planning.

"All of our lives we plan," Cyrus says with fervour. "We plan for middle age and then get a heart attack at 45" and

that's the end of our middle age. I have gotten to the point that if I am constantly in the present, I am freeing myself to enjoy my life. I am freeing myself from carrying the aspirations of the tomorrows and the miseries of the yesterdays."

Planners may not find much good sense in Cyrus' philosophy. For, the realities of tomorrow – the mortgage, the kids' tuition, retirement needs – are already with them, and they feel planning is essential. Cyrus, who holds degrees in both science and business management, will tell you that he has no fear of the future and is quite happy with his life.

"When you look at my life you can see that I have had an agenda. But, my life has deviated from it and I have allowed that to be. What is important is to set an objective, focus on it for a while and then forget about it. I am operating on the basis of a natural law of abundance. All of our lives we come out of the state of lack. I have

"I have had people come to me and say that they can't switch off their minds. Some of them can be described as planners. They are miserable... they can't spend time with their family, they can't spend time with anything, they can't even spend time with themselves. Is that a life? That is a painful life. I've had that life. When that person moves to the 'now', then he can handle life better."

This is the freedom that gives contentment to many non-planners. They have a certain intuition that planners are yet to achieve.

Some non-planners, like Cyrus, feel that planning is a vain attempt to take control of life. He says that too many people are jostling for positions of advantage in society today. An obsession with planning to achieve success brings stress. Rather than trying to control everything, our attitude should be to improve our participation in society.



Cyrus Mehta, an ardent campaigner of Reiki treatment

# Enhance your power of concentration

By Saloni Suri

**R**eiki is a low risk, highly effective tool to turn around any situation. Its management applications are unlimited. It enhances powers of concentration but also helps in the relief of mental stress. It improves interpersonal relationships and strengthens positive mindsets. Reiki truly transforms and it shows.

Cyrus J. Mehta is a man who has applied Reiki to all aspects of his life from crisis to celebration.

The venerable R. Chandran introduced Cyrus to the simplicity of Reiki. Cyrus progressed to become a traditional Reiki teacher. He now resides in Dubai and has coined the term ReikiTECH, to create a nexus between him and the training he offers which is different from others practising Reiki.

The ReikiTECH workshops are now internationally recognised as intensive purpose-designed transformative programmes and a forum where the system of Reiki remains the central focusing tool.

This has won Cyrus and the ReikiTECH workshops international reputation with people in other GCC countries and indeed Europe, who have travelled to and participated in the Dubai-based workshops on a regular basis.

Reiki is a Japanese word meaning "Universal Life Force Energy". It is a tool for healing relationships, for moving from a world of vicious circles to one of virtuous circles and for shifting from scarcity to abundance. Having once gained access to Reiki, its beauty lies in the fact

that it is on hand instantly and constantly, whatever the crisis. And as Cyrus himself puts it. "My function as a teacher is only one: To make you proficient in the use of a certain tool and put you in touch with yourself. I am available for support at anytime for those who participate in my workshops, and yet I make it clear that they are self-sufficient and the universe will provide for them and support their needs". For more information on the subject you can visit the web site on [www.reikiTECH.com](http://www.reikiTECH.com)



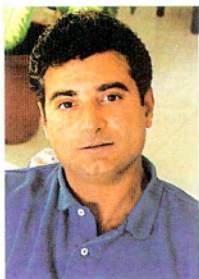
### **ReikiTECH receives Award**

The Sacred Path Organization has awarded The Reiki Integrity Award 1999 to ReikiTECH. The award is given to an outstanding site whose level of integrity, ethics, and community service are of such high quality that it tends to set the example for the rest of the internet Reiki community.

The ReikiTECH site offers qualified information about Reiki, its techniques and history. It provides the community with a high level of responsible Reiki training. It has made significant contributions to the quality and quantity of responsible information about Reiki available on the world wide web.

You can visit the site on [www.ReikTECH.com](http://www.ReikTECH.com)

# ReikiTECH - The Artscience of Wellness and Discovery



The ReikiTECH Workshop is not about re-programming the mind, mind-controlling or situation manipulation techniques. Instead its intention is to focus on the wholistic transformation of the

individual at the level of Self. Most people do not exist in the state of Self, but in the 'fallen' or untransformed state: a state of Mind.

## ReikiTECH: for individual excellence

Your Self is the true identity. The ReikiTECH Workshop incorporates the Socratic method which aims to gently enable you to create a transformation with your Self. It provides a format and methodology in which presuppositions and entrenched positions are brought under examination. It presses beyond your point of view into a perspective from which you can observe your own positions. Teaching no new belief it aims to break up the existing wiring of your mind.

Working with reiki under the skilled guidance of Cyrus J. Mehta, each participant can create the conditions into which Self can be revealed, and therefore transformation can occur.

It is only after transformation that you can recognise your Self as what you truly are. With your context from Mind to Self, you will no longer identify your Self as a personality, ego, or mind. From this state, natural creativity, vitality, happiness, true Self-expression arise spontaneously and create individual excellence and harmony.

## ReikiTECH: the ultimate stress buster

We often read about numerous ways to beat stress in certain situations. But what techniques can you utilise that can instantly eliminate the

emotional and physical sensations that arise as a result of a vicious verbal attack, at home or in the workplace. In the face of a truly adverse situation you cannot say "Hold on, let me do some yoga/mediate or chant my mantra." Neither can you start deep breathing or visualisation techniques as none of these methods support you physiologically, eliminate all emotional and physical reactions and establish harmony within instantly. However, ReikiTECH is a technique that can be activated at once, with its efficiency and speed independent of the state of your mind and body.

The ReikiTECH Workshop can provide you with the means to 'clean-up' your act simply and efficiently. All the 'stuff' we carry around in our mind does not disappear when the mind is re-programmed. Instead all the negative aspects of our life are simply and smoothly removed without mind control or concentration. ReikiTECH is high technology at work!

It is often noted by ReikiTECH Workshop graduates that phobias and depressions disappear, performance at the office is significantly increased and positive thinking becomes easier - it is impossible to think positively if your Self-image is negative.

The workshop is able to transform each student's ability to experience living by creating the foundation for qualitative shifts to occur in your life: from deficiency to sufficiency; from sickness to wellness; from a state in which the content of one's life is re-organised to experience abundance, enthusiasm and gratitude.

## ReikiTECH can be considered your personal on-line harmony tool.

ReikiTECH Workshops are held over a period of two full days in a safe, comfortable and peaceful environment.

For more information on the ReikiTECH Workshops, please call INTENT Consultancy on 04-314561 or e-mail: [reikitec@emirates.net.ae](mailto:reikitec@emirates.net.ae). Web address is [www.ReikiTECH.com](http://www.ReikiTECH.com).

## ReikiTECH -The Artscience of Wellness and Discovery



Stress is something that we are all aware of. Unfortunately, few are able to effectively combat it. Today's frenetic pace says that if you are too busy to have lunch then watch out - you may be lunch!

E-mails, faxes, mobiles, beepers, answer phones ... the line between home and the workplace is blurred beyond recognition. Time for families, friends, or oneself is fast disappearing. It's a modern paradox: the more we stay in touch, the more out of touch we become.

### The Solution : ReikiTECH

In combating stress, illness, anxiety, and alienation in the modern world, the benefits of an alternative approach to preventive self-care with ReikiTECH are enormous. The question here is not 'should I investigate this?', but rather 'can I afford not to?'

The ReikiTECH workshop is about redirecting and clarifying our paths in life and our lifestyles, in order to achieve a more consistent, heightened state of awareness of the present moment, (using reiki, a Japanese word for life-force energy, say cosmic energy). It looks at reiki in the full scope of a planned program for reconnecting with a compassionate process of opening ourselves and really celebrating life.

Body-mind harmony is not dependent on external factors, it is achieved only from within ourself. This has been known since ancient times. Thousands of years ago, Plato, in his book 'Memo' begins by asking Socrates "how can virtue be taught?", to which Socrates responded "virtue can never be taught! It can only be recollected!". The doctrine of recollection is implicit with the idea of going within.

ReikiTECH facilitates an emptying process. All the stuff that we have stored over the years in our various bodies gets peeled away. Our anxieties, phobias, worries, disharmonious habits, and stresses, are handled layer by layer, easily, swiftly, and permanently.

### The ReikiTECH Workshop

Studying and working holistically with 'ki'-energy since the late 1970's, Cyrus J. Mehta, the trainer, has also been deeply involved with man's outer environment. Setting up his own enterprise in the mid-eighties, he has been involved at the highest level in the nuclear power and oil industries, working with leading-edge technologies for the reduction of environmental pollution and the elimination of human exposure to hazardous environments. While a part of his enterprise continues in those fields, he is now promoting an energy technology which he calls ReikiTECH. This provides corporate executives and others with an on-hand cutting-edge technology that is simple and easy to use, and brings forth swift and remarkable shifts in man's 'inner environment', an area which he has personally been working on for over twenty years.

With all the noise about reiki in the market place, Cyrus has coined the name ReikiTECH to create a nexus synonymous between him and his training, and to establish a clear contrast between his training and those of others practising reiki.

The ReikiTECH Workshops are now internationally recognised as intensive purpose-designed transformative programs, and a forum where the system of reiki remains the central focusing tool. This has won Cyrus and the ReikiTECH workshops international repute with people in other AGCC countries and indeed Europe, who have travelled to and participated in the Dubai-based workshops on a regular basis.

Cyrus, who has applied Reiki to all aspects of his life from crisis to celebration, says "my function as a teacher is to make you proficient in the use of a certain tool and put you in touch with yourself. I am available for support at any time for those who participate in my workshops, and yet I make it clear that they are self-sufficient and the universe will provide for them and support their needs."

For more information on the ReikiTECH Workshops please call INTENT Consultancy on 04-314561 or email:reikitec@emirates.net.ae. Their web address is [www.ReikiTECH.com](http://www.ReikiTECH.com).



directly into the chakras (the four main energy centres in the body) and from there to the endocrine system which produces hormones. These hormones keep our body in optimum health and free from stress-related problems.

## Tap into energy

Reiki can not only accelerate healing, eliminate stress and balance the free flow of energy throughout the body, it can also assist the body to cleanse itself of toxins and waste both from the physical body and the emotional one, leaving the person feeling clean and free. "Reiki is an emptying process. All the stuff that

we have stored and collected in our various bodies gets peeled away. Layer by layer, easily, swiftly, simply!" claims Cyrus.

Anyone can tap into this unlimited supply of life-force energy to improve health and enhance the quality of your life by learning Reiki, or by receiving treatments from a Reiki Master. "The technology of Reiki is so simple and automatic that all one needs to do is to have intent and make Reiki available through your own hands – and that is it," says Cyrus, who runs individual therapy sessions and workshops where he teaches pupils how to use Reiki energy on oneself and others.

Cyrus emphasises that while Reiki is spiritual in nature, it is not a religion: "People often ask me whether Reiki is spiritual or has anything to do with meditation. But being a leading-edge energy technology, the Usui system of Reiki has nothing to do with faith, beliefs or religion."

This, according to Cyrus, is a unique quality, which allows its appeal to transcend all cultural and religious barriers. "Calling it spiritual per se would create a barrier for many who, while keen to achieve body-mind harmony, could possibly feel it interferes with their religion or spiritual beliefs."

Reiki is a simple, natural and safe method of healing and self-improvement and creates many beneficial effects including healing, relaxation, feelings of peace, security and well-being. Many of Cyrus' patients have reported positive results: "One woman I treated had been experiencing panic attacks and anxiety for

16 years following a nervous breakdown. She had been prescribed all kinds of drugs from doctors and hospitals. Then she came to see me. She went away after the two-day course and wrote one year later to tell me that Reiki had changed her life and made her a healthy and happy person."

The medical profession is beginning to realise that complimentary therapies such as Reiki also play a significant role in the functioning of the immune system and the healing process.

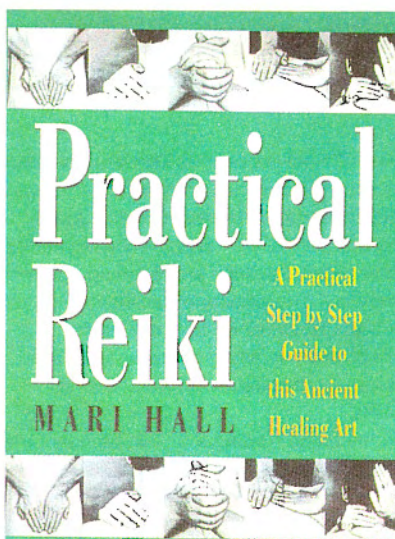
"Forward-thinking people are recognising that many of our illnesses have a cause outside the body and a link is being recognised between our emotional health and our physical body," says Cyrus, adding, "when one has a backache, for example, and takes painkillers it is only treating the physical body. The cause of the discomfort is most likely to have its source in our subtle emotional or energy structures. When Reiki is made available, all issues relating to the backache also gets handled including the physical symptoms."

This non-invasive, completely harmless healing technique is becoming more and more popular in the Gulf region. As Western medicine continues to explore alternative methods of healing, Reiki is destined to play an important role in healing. So next time you have a headache, don't automatically reach for the nearest packet of Panadol, why not try Reiki instead? Once mastered it is free, safe with no side-effects and is readily accessible. ■

## HOW DOES IT FEEL...

I went along to see Cyrus myself to find out how this mysterious energy therapy worked and what it felt like. Against a background of soothing new-age music, lying down on a cushioned surface, fully clothed, I relaxed and allowed Cyrus to channel energy from the universal energy field into my own energy field. You can draw as much energy as you need. There is no chance of misdiagnosis or energy overload with Reiki, because in any session it is the client who is in control, her cells drawing in the amount of energy needed to balance the body and mind. The treatment felt like warm sunshine flowing through me, to every part of my body. I had a great feeling of security and comfort like the one you get when you curl up under a cosy, fluffy duvet, it was truly amazing.

## REQUIRED READING



If you want to know more about Reiki, these books will give you the lowdown:

*One Degree Beyond: A Reiki Journey into Energy Medicine* by Janeanne Narrin

*Reiki, The Healing Touch* by William Rand

*Practical Reiki* by Mari Hall

Practical Reiki is available at Books Plus. Check local bookshops for other titles



# chase away stress with **REIKI**

**Tania Llewelyn Jones discovers the benefits of the ancient technique of Reiki – an increasingly popular way to beat stress using life-force energy**

**W**hat is your first instinct when you stub your big toe dancing around the living room or twist your ankle whilst tottering around the shops on those amazingly high platform shoes? 'Ouch!' you scream and immediately put your hand on the painful spot. Ever wondered to yourself why you do this? One possible answer is Reiki – an ancient hands-on energy therapy believed to heal ailments and reduce the stresses and tensions of everyday life.

Rediscovered in the mid-1800s by Dr Mikao Usui, a Japanese monk, Reiki's origins are found in the Tibetan stras, ancient records of cosmology and philosophy. Reiki, meaning 'Universal (Rei) life-force energy (Ki)', is defined

by Reiki Master Cyrus Mehta of Dubai, as: "The ultimate stress buster, a technique for stress reduction and relaxation that allows everyone to tap into an unlimited supply of 'life force energy' to improve health and enhance the quality of life. It's what you may call your personal on-line harmony tool."

The knowledge that an unseen energy flows through all living things and is necessary to flow freely in and around one's body in order to maintain good health has been part of the wisdom of many cultures since ancient times. "We live in a world of energy. Life-force energy flows through our bodies, keeping us alive. If our life force is blocked, we are more likely to get sick, but if it is free flowing we more easily



maintain health and a feeling of well-being," explains Cyrus, who first discovered Reiki at college in the 70s and now shares his skills with his pupils.

### **Stress and energy flow**

One thing that disrupts and weakens the flow of life-force energy is stress. Regarded as the prime root of many illnesses and diseases, stress is often caused by conflicting thoughts and feelings. These include fear, worry, anxiety, doubt and anger to name just a few. Medical research has found that continual stress can block the body's natural ability to repair, regenerate and protect itself. "A recent World Bank & WHO sponsored Harvard University

study on 'Global Patterns of Disease and Injury' says that depression is set to sweep the world as the largest cause of disability and death around the year 2000," explains Cyrus, adding, "stress-related diseases are reaching epidemic proportions." The effects of unreleased stress range from minor aches to major health problems, such as heart disease, digestive problems, depression, respiratory and skin problems.

This hands-on healing art, ReikiTech as Cyrus calls it, can actually restore energy balance and vitality by relieving the physical and emotional effects of unreleased tension. Reiki treats the body as a whole – that is on an aura level, a physical level and an emotional level. It goes →

**Says Reiki Master Cyrus Mehta, "It reiki) has the capacity to work on oneself and others. It treats one as a whole being, that is, it works on our energy body, the emotional body and our physical body"**



## **Reiki**

Cyrus Mehta is a traditional Reiki Master. He explains that 'reiki' is a Japanese word meaning 'universal life force energy'. Some scientists call it bio-plasmic energy. Cyrus says that "it is a cutting-edge energy technology and a wholistic healing system. Since it is a technology, it has nothing to do with religion, beliefs or faith".

When asked about the uses and applications of reiki, Cyrus replies enthusiastically, "It has the capacity to work on oneself and others. It treats one as a whole being, that is, it works on our energy body, the emotional body (where we store our likes, dislikes, unhappiness, ecstasies, depression, etc) and our physical body. Reiki helps to dissolve blocks and struggles in life, it heals and transforms relationships and is the ultimate stress-buster."

Reiki is the most effective method of achieving the harmony of body and mind. Reiki, says Cyrus, is an emptying process. All the stuff that we have collected in our various bodies gets peeled away, layer by layer, easily and swiftly. Reiki brings one to a level of relaxation not reached before.

The added advantage of reiki is that it supports and enhances all other therapies — which means one can use it

## ReikiTECH web site

INTENT Consultancy and Management Services has put up its own site on the World Wide Web located at <http://www.ReikiTech.com>

According to Cyrus Mehta, Partner at Intent Consultancy, "since the mid-eighties I have been working with technologies for the reduction of environmental pollution and the elimination of human exposure to hazardous environments in the nuclear power and oil industries. While a part of Intent's business continues to be in this field, a significant shift has occurred whereby we are now promoting a unique energy technology, which we call ReikiTECH (pronounced Raykey Tech) to allow

corporate executives and others to have on hand a cutting-edge technology that is easy and simple to use and brings forth remarkable shifts in one's inner environment."

The ReikiTech web site is presented in a simple user-friendly format that allows one to quickly learn the truth about the various aspects of this energy technology; Why ReikiTech is the ultimate stress buster; how the use of ReikiTech is invaluable to achieving harmony within oneself and one's environment; how it can enhance the effectiveness of corporate executives and increase productivity.

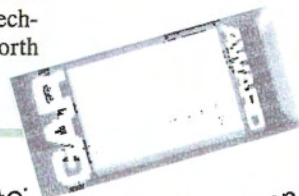
The web site has been developed and hosted by Cyber Gear.



*Khaleej Times, Tuesday 17/3/98*

## Reiki on the Net

INTENT Consultancy and Management Services has put up its site dedicated to Reiki on the World Wide Web, located at <http://www.ReikiTech.com>. Said Cyrus Mehta, partner at Intent Consultancy: "Since the mid-eighties, I have been working with technologies for the reduction of environmental pollution and the elimination of human exposure to hazardous environments in the nuclear power and oil industries. While a part of Intent's business continues to be in this field, a significant shift has occurred whereby we are now promoting a unique energy technology, which we call ReikiTech (pronounced RaykeyTech) to allow corporate executives and others to have on hand a cutting-edge technology that is easy and simple to use and brings forth remarkable shifts in one's inner environment."



The Gulf Today / Saturday, March 21, 1998

**AWARDED to the ReikiTECH™ Website:**

"Due to the extremely high quality of your website, you have won the GAR award. It is the decision of the GAR staff that your site does indeed stand above others in its graphic quality, site organization, and overall attractiveness. We gratefully appreciate the existence of such sites on the Net, and hope that through this award, the leaders become more visible to the public."

# Reiki with Cyrus



**Do you feel as though you need a qualitative shift in your life? Helen and Jan were told that Reiki could be the answer, and not really being sure**

**what it would entail they went along to investigate.**

**W**e arrived bright and early on the Thursday morning, feeling a little nervous as we didn't know what to expect. We were immediately put at ease when we met a friendly group of students, some of whom had returned simply because they wanted to, which always seems to be a good sign.

Our teacher for this course was Reiki Master Cyrus Mehta, who told us he had first discovered Reiki at college in LA during the 70's. He had gone on to gain further experience from Chandran a Reiki Grandmaster, and now shares these skills with his pupils.

The meaning of Reiki is Rei - Universal and Ki - Life Force Energy. The principle of Reiki is that it is taken and not given; that we are mere channels of energy, and not healers. Everyone heals themselves and the patient draws as much energy as is required. Reiki acts on an aura level, a physical level and an emotional level and is therefore a holistic system of healing. Reiki goes directly into the Chakras, and from there to the Endocrine System which produces hormones. These hormones keep our body in good health and balance.

We spent the morning gaining knowledge of Reiki and its possibilities before learning the 'hands on' technique, which proved to be quite amazing. We later went on to experience 'attunement', a process that works on the acupuncture points of your body allowing

energy to flow freely. You can actually feel the energy exchange between Cyrus and yourself when going through this process.

By the end of the first day, we both felt that we had learnt a lot about Reiki, and were keen to return the following day with renewed energy.

Day two started in a relaxed atmosphere, as we shared our experiences of using Reiki on ourselves from when we had arrived home the previous evening. The feeling was unanimous - that Reiki had brought about a feeling of calmness and relaxation. We carried on with different exercises which Cyrus led us through and all felt that we had gained greatly from his knowledge. Emotions started to surface and we were encouraged to release them. Different people acted in different ways, but nobody felt uncomfortable with sharing their emotions with a group of strangers, as we felt secure within the group.

Modern medicine has been responsible for eliminating some of the most horrific diseases known to man; it has been responsible for making infant mortality virtually a thing of the past and for promoting more health consciousness than it is given credit for. Still the best approach in most crisis situations, modern medicine has been responsible for transforming the quality of life on our planet.

What the medical establishment now realises is that it does not have all the answers. Physicians are beginning to recognise that the person is not just a physical body; that we all have, in addition to the physical body, an emotional body in which we store our likes, dislikes, unhappiness, ecstasies, pains, traumas and so on - and an energy body. In light of this, Reiki is being recognised more and more throughout the world.

By the end of the course we both felt that a certain amount of awareness had occurred; we understood that Reiki can give people the chance to change their lives if they wish. The choice is yours... □

*For more information contact Cyrus Mehta on 04-314561*

Of holistic healing or,

# The power of Reiki

By Ayesha Menor

**The Chinese call it *chi*, others call it *prana*, today's scientists call it bio-plasmic energy... Reiki, the Japanese term for universal life force, is gaining popularity in the UAE**

No incense-filled rooms or Oriental music? I was puzzled as I entered the elegant home of Cyrus Mehta, a man with the fascinating gift of healing. A pioneer in the field of Reiki in Dubai, he was far from what I imagined! He started experimenting with Reiki way back in the 70s when he was a student in Los Angeles. It did not take him long to fall in love with it and his involvement with nuclear power – while working in the Indian nuclear power industry – gave him the opportunity to explore the world of energy. He later profited from the teaching of Chandran, a Reiki grandmaster based in Bombay, and now shares with others his inscrutable gift.

“Reiki is the Japanese term for universal life force energy, an energy technology and a holistic healing process. It is a method of atunement that opens blocked channels and allows energy to flow freely through your body. It is a qualitative experience that purifies you by activating the pressure points in your body,” says Cyrus. “You actually feel the energy flowing through your palm and then you experience conceptual shifts in your life. You begin to feel like you never have before. It is a support system that heals your relationship with your environment and your emotions,” he goes on.

Having personally benefited from Reiki in inexplicable ways, his eyes light up as he proceeds to discuss its mystical powers.

‘Rei’ in Japanese refers to the universal, primordial spirit and ‘ki’ is the energy force that encompasses us. Reiki has been assigned many names through the centuries.

The Chinese call it ‘chi’, in Vedic literature it is known as ‘prana’, in Christianity it is referred to as ‘light’ and



**Cyrus Mehta: ‘Many doctors use Reiki on their patients’**

the scientists and researchers of today have named it bio-plasmic energy. “I feel it originated in India through the Vedas and it was later adopted by Gautama Buddha. It found its way into Tibet before the Japanese popularised this regime,” he says. “The energy that surrounds us has been photographed by high-frequency machines in Soviet Russia where they cut a plant and suddenly saw this bloom of energy that eventually showed up on a photographic plate.”

So how does it work? We live in a world of energy. It has electrons and atoms flying around at speeds that boggle the mind. It's got space that we can't imagine. Everything we come across, whether living or non-living is a form of energy. “When I make Reiki available to myself, I treat myself as a whole being. Therefore I treat my

emotional body, my physical body and my energy body. If you live in a world of Reiki, you would be tranquil, centered and undoubtedly relaxed. Your personal relaxation will, in turn, improve your relationships with others and your environment,” he explains.

“This harmony therefore nullifies the effects of anger, jealousy and envy which are dominant in numerous corporations and which deplete the energy around, reducing productivity to a minimum. This theory is what makes Reiki so popular in the world of management.”

Mehta's approach to teaching Reiki differs from the traditional. “I teach various processes which are my own

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*If you live in a world of Reiki, you would be tranquil centered and relaxed*

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contribution. Then I get to the traditional aspect of Reiki whereby I open up the channels of atunement which work on acupuncture points in the body. Thereafter, a free flow of energy is established. It starts flowing through your palm and you can make it available to anyone or on anything.” There are different levels that one must go through to master Reiki but Cyrus insists that the first level in itself is quite complete. “The only requirement for a person to experience Reiki is willingness: People are apprehensive about doing this course but none has actually been a non-believer.

Though a firm believer in the powers of Reiki, Cyrus refuses to scoff at conventional medicine. “I have great regard for medicine,” he says. Cyrus knows many doctors and surgeons who use it on their patients. “So I don't get any weirdos wanting to do my course, I get normal, intelligent people.”

Reiki appears to be picking up in Dubai. But are the people of the Middle East apprehensive of what they might

Cyrus Mehta is an ardent campaigner for using Reiki in management. Many organisations impart training in Reiki to their employees. It is said to enhance effectiveness of corporate executives by:

- Increasing powers of concentration and consolidation;
- Strengthening optimism and positive attitudes of determination and tolerance;
- Modulating ill effects of helplessness and jealousy;
- Improving relationships between employer-employee, a worker and his colleagues;
- Facilitating faster development and self-actualisation.



**Reiki calms the body and the mind**

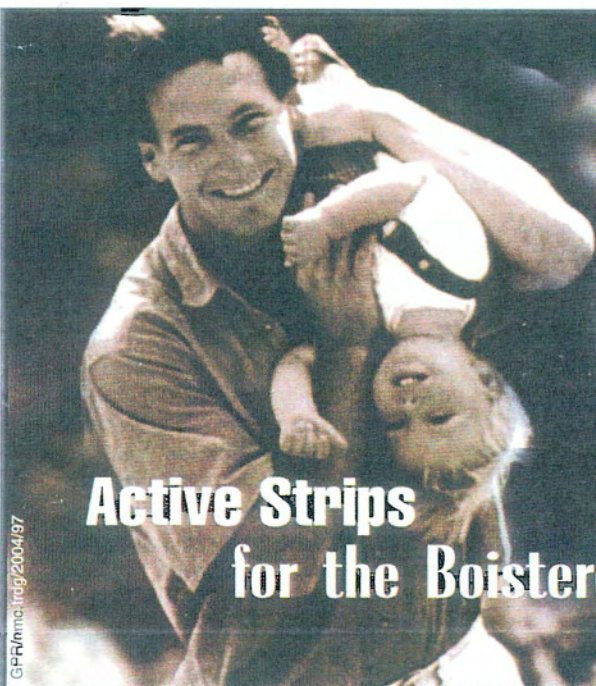
consider spiritual mumbo-jumbo? He doesn't think so. The only reason it is not flourishing the way it should could be because Reiki hasn't been publicised enough and because people have many misconceptions about it.

"All kinds of people wish to learn Reiki. I've had students who use it in their studies and businessmen who have used it in their work place. I know a woman who recently used it to start her BMW which had broken down!"

"For people who do this course there is no question of failure because everyone benefits from it. You become more creative, you experience a relaxed awareness and you are far more effective in your day-to-day dealings." It may seem at first that one receives energy but in fact Reiki draws on the energy force that surrounds each one of us. It has nothing to do with faith or religion. It is a pure energy technology."

I was a non-believer till something happened on the day I met Cyrus, an event I may not forget for a long time to come. As I sauntered into the room where the interview was about to take place, as prepared as I would ever be, I

found to my utter dismay that my tape recorder had conked out. Cyrus let me struggle for a while and then with exceptional composure cupped it in his hands. And unbelievably, two minutes later, it was as good as new. □



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# A MATTER A MATTER OF ENERGY

by Cyrus J Mehta

We live in a universe of pure energy. When I mention this fact to someone, the customary reply is "yes, that's true!" And yet, there is a casualness in the reply which shows that this fact, that the universe is pure energy, has not yet permeated into one's consciousness.

The quest of all physicists has been to discover the building blocks of matter. What has been discovered is that matter is

We all have some knowledge that atoms exist, but because we cannot "see" an atom we do not experience it. Our lives experience a contextual shift when we know that we live in a world of energy. Energy is the only thing that is being used by us.

Our bodies are energy systems too. The so called aura used to be considered mystical. There is nothing mystical about it. It has always been and will always be a part of our bodies. It has been "photographed" as far back as 1939! The technology, called the Kirlian method because it was discovered by Mr. and Mrs. Kirlian. This discovery was to change forever the way modern man looked at the "physical" universe. We now know, empirically, that besides a physical body made up of atoms and molecules (which are in themselves energy interactions!); All

imply the Energy that is all around us and in everything, both living and non living. By establishing a renewed link between the body and the source of energy around us, the system allows us to use our hands to allow energy to flow. By using Reiki on oneself, one is treating oneself wholistically: it works on our energy body, our emotional body and our physical body. I have personally never come across a system that is so simple and so effective in establishing harmony, in our body and our environment.

When a treatment methodology works

aging organs, we are works in constant progress. On the subatomic level moreover, we are no denser than the air around us and indistinguishable from our surrounds. Finally, since quantum physics asserts that matter and energy are interchangeable, we are not individual beings at all but merely local expressions of an infinite, universal field of energy. A smart field of energy."

Rather than stand apart pointing an accusing finger at one another because there is a difference of opinion the two



not lifeless but, has an intrinsically dynamic nature. These dynamic patterns do not exist as independent, isolated entities but as integral parts of an inseparable network of interactions. These interactions involve a ceaseless flow of pure energy.

The whole universe is thus engaged in an eternal cosmic dance of energy, whether it be a stone, a waterfall, a plant, a piece of furniture, or oneself.

When I moved from the mere knowledge of this to the "knowing" of this, life as I knew it shifted. I now continually experience awe and wonder at every thing, living and so called non-living. A piece of metal is no longer an inert lump of ore, but in actuality a vast space within which a ceaseless play of subatomic particles occurs.

living things have a counterpart body of energy. The implications of this are truly awesome. A bio-plasmic replica of each and every part of all living things exist!

While we know this by scientific discovery, the Indians, Chinese, Tibetans and others have known this for thousands of years. Acupressure, Yoga, Acupuncture are, in fact, systems that work on the premise that the human body is primarily an energy system. They knew that disease occurs first in the energy body and thereafter it would affect the physical body.

I have personally learnt and experienced the benefits of systems such as yoga and Acupressure. Another energy technology system is Reiki. Reiki is a Japanese word meaning Universal Life Force Energy. One could call it Cosmic energy, Bio Plasmic Energy, Prana, or

on the body in this way it would be considered a wholistic system: Treating one as a "whole being", not just a physical body.

Modern medicine has been responsible for eliminating some of the most horrific diseases known to man; It has been responsible for making infant mortality a thing of the past; It has been responsible for promoting more health consciousness than it is given credit for; It is still the best approach in most crisis situations. Modern medicine has been responsible for transforming the quality of life on our planet. What the medical establishment now recognizes is that it does not have all the answers.

But, physicians are beginning to recognize that the person is not just a physical body. That we all have, in addition to the physical body; an emotional body (in which we store our likes, dislikes, unhappiness, ecstasies, pains, traumas and so on); and an energy body.

An recent article in the TIME (June 24 '96), says it succinctly "Our bodies, which seem solid, are not. For one thing, we replace most of our component cells regularly; thus rather than collections of

sides could begin to meet each other in the middle and discuss the various issues in a climate of respect and compassion. Rigid, bias is the cause not only for the gaping and often acrimonious void between modern medicine and alternative therapies but also between friends because one is vegetarian and the other non-vegetarian, smokers and non-smokers, black and white, etc.

When we know that we are part of a living system of energy, when we become aware that the universe is made up of pure energy, we will exist on a higher vibration. When we recognize that existence is made of the same basic structure and is always in action, in a dynamic interplay of birth, unfolding, transformation, shifting, a core belief will have shifted. Somehow a sense of well being will prevail, opinions will be less rigid, more pliable. Our lives and our interactions with other living beings and our environment will be cause for celebration.

Cyrus Mehta is a Reiki Master living in Dubai. He has been deeply involved in wholistic systems since the seventies. For information on Reiki treatments or classes tel: 314 561.



Sheikh Hasher Maktoum, Dubai Director of Information, inspecting the Water Bird stall at Chemtex exhibition at the Dubai World Trade Centre. Also present are Cyrus Mehta of Atlan'tol and Water Bird's John Samuel.

## Effluent treatment in focus

### Atlan'tol in link with Water Bird to raise profile in region

By A Staff Reporter

#### Dubai

Legislation aimed at curbing contamination of water resources is forcing its way up the political agenda throughout the world.

The European Union has made it mandatory for companies to operate eco-friendly effluent treatment plants and placed sweeping checks on the emptying of hazardous wastes into oceans and lakes.

With local authorities following suit, effluent treatment companies are making a determined pitch to grab the spinoff opportunities.

The Belgian-based Atlan'tol has tied up with a local partner, Water Bird, to raise its commercial profile in the region.

Atlan'tol's formulations are used in the maintenance of ports and refineries and as disinfectants. Another product, the water-based oil spill dispersant

AT7, remains popular, said Cyrus Mehta, area manager for the company.

"The unique selling point of AT7 is that it is purely water based, while its competing dispersants contain varying degrees of hydrocarbons," said Mehta. This, Mehta claims, is a contributing factor in the speed of dispersion and the emulsifying oil slicks.

This factor has been attested favourably by the Environmental Protection Agency in the U.S. and a GCC-based monitoring agency.

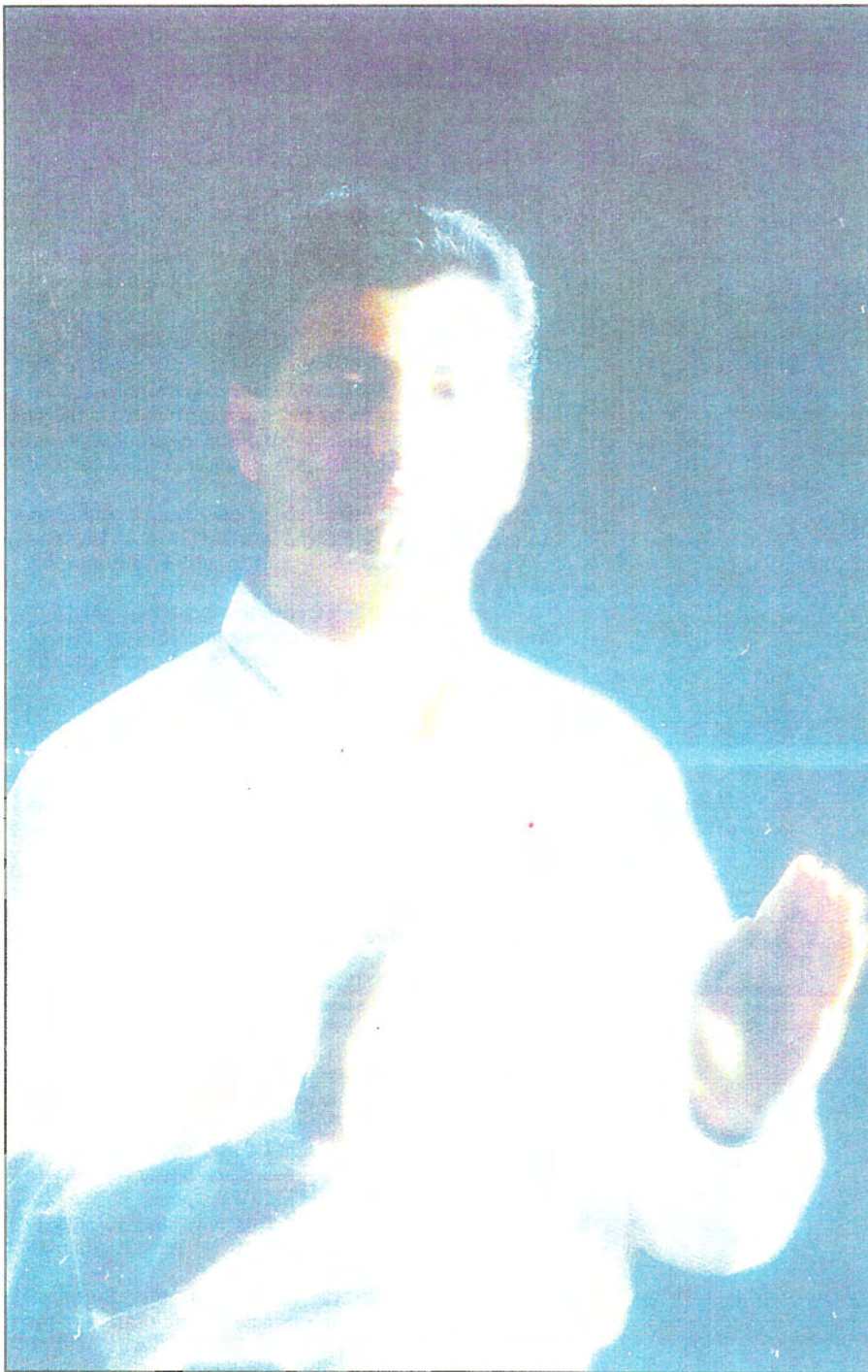
"Our non-patented formulation will leave no harmful impact on the undersea flora and fauna," added Mehta. U.S. oil conglomerate Exxon made an unsuccessful bid for the exact formulation a few years ago. AT7 allows the crude to float on the surface until biodegradation sets in, which is usually completed in around ten days.

Atlan'tol remains a tightly knit family-owned unit since formal incorporation in 1953 in Belgium. "The company has no intention to patent its products," said Mehta, adding that this provides competitors with an open invitation to work around the formulations.

The U.S. has proved to be a stable market for the firm, after helping out the U.S. Navy at one of their desalination plants at the Guantanamo base on Cuba.

The response time is an important weighing factor during oil spills and Atlan'tol has maintained sizeable stocks to meet emergencies. The company has a manufacturing capacity of over 10,000 million tonnes per annum.

By joining up with Water Bird, the company will be in direct running for major water treatment projects currently on the drawing boards of the local municipalities.



**'It's a self treatment that literally charges your batteries. A holistic, deep, physical and spiritual process that purifies you, gets rid of all your impurities, opening up the channels that are blocked so that you gain the tools to let the energy flow through you to others and back'**

**A** woman screams in the next apartment. The neighbours rush in to find her in agony. She has accidentally dropped a hot iron on her foot. One man cups his hands around her injured ankle and while the others talk and soothe, he concentrates his energies on the burn.

And when he helps her up and gets her to put her weight on the foot, there is no pain, no scar, nothing...

A miracle? No, just universal life force energy or Reiki at work. All in the mind.

So says Cyrus Mehta, an exponent of Reiki, who claims he can "heal beyond time and space," simply by tapping into his inner self, by "opening up a channel of energy" as he has done so time and time again these past eight months, and letting it flow towards you.

Ever since he discovered the mystical properties of an ancient science, practised by Buddhist monks that was fine tuned by a Japanese Reiki master from the Meiji era, Cyrus Mehta has discovered a whole new world.

"I've healed friends who've had painful arthritis. I calm my children down. I helped my wife through a very difficult pregnancy. I have even healed people who are continents away, the guy could be in America and I can treat him," he says, and recounts the story of the remarkable recovery of a business associate in Europe who had a debilitating stroke in May and was on his feet again by the end of June.

"His family asked me to help, so I asked for a photograph that would help give me a focus and for 15 minutes every day I would concentrate on him. He couldn't walk or talk after the stroke, and now he's going to restaurants. The doctors have no explanation, the family have no other explanation, in fact, there is no other explanation."

"It can work on anything. It's not just people, I can heal my stereo."

'Rei' in Japanese stands for universal, transcendental spirit, mysterious power, essence. 'Ki' is described as vital life force energy, similar to the 'chi' of Chinese acupuncture, the 'prana' of Hinduism, 'light' to the Christians, bio-plasma to scientific researchers.

Yet, it is not a religion, it holds no creed or doctrine and is instead, a method that is recorded in Tibetan scrolls and discovered by a Dr Mikao Usui and practised by him to heal the beggars in Kyoto in the 1800s.

Mehta doesn't look or behave like your run of the mill faith healer or even, for that matter like a guru. This modern day shaman wears no flowing robes, no beads or baubles, no ashes. He hands out no mind-numbing lectures on the benefits his beliefs will have on mankind.

In fact, it is an intensely personal experience and few beyond his immediate family even know of his compelling interest in the subject.

In Dubai, looking into the feasibility of setting up his own company in the technologically advanced field of petrochemicals, one foot firmly in tomorrow, he looks every bit the young mover and shaker.

# THE GENTLE MYSTIC

**He heals friends and family. Beyond time and space. In body and in spirit. Cyrus Mehta, gentle mystic, is an unusual persona. In seeking to explore the fascinating mysteries of the inner self in what he calls 'Reiki,' he is re-inventing the time worn paths trodden by enlightened Buddhist monks, in his own right...**

by Neena Gopal  
Pictures by Sandeep Naik



Cyrus Mehta: Letting the energy flow

And the appointments in his diary, the interviews with the media are on technology and nuclear energy, on the environment and pollution, a world away from what is essentially an involvement in an ancient science.

It is, on the surface, an apparent dichotomy of goals that sits easily on the gentle mystic. The furrowed brow, the hesitancy to even talk about Reiki, not so much an indication of inner doubt, more a feeling that his inner journey of self realisation will be dismissed by most as mumbo jumbo.

For Cyrus Mehta, is, like most men who delve into the metaphysical, a man who radiates calm. It has obviously taken several tortuous paths to achieve that state.

Part of that journey began in L.A. in the early '70s when as a student he says he learned to meditate, to "go into myself, get in touch with the cosmos, and this anybody can do."

But there was immense satisfaction in learning not only "how to let the energy of the cosmos flow through me," but also how to harness that energy to heal himself with what he qualifies as "a reasonable amount of success."

For instance, he could almost magically, cure himself of the common cold. He also found that while expanding the circle, and healing others, the actual act left him feeling "utterly depleted."

He moved back to India after working in the States, a management degree tucked under his belt. A short stint with Boodai, recovering oil from sludge in Kuwait, had ended with the Iraqi invasion. Followed by him taking up the reins of a business that he had set up in India that was also environmentally oriented. A safe and clean methods of harnessing nuclear energy that was curiously akin to his interest in healing, which curiously, received a major fillip when he discovered Reiki through a stray advertisement in a newspaper several years later; alerting him to the immense potential inherent in inner energy.

The ad opened the door to the actual method and technology, the nuts and bolts of healing, as mastered by the Meiji era Dr Usui.

A traditional Reiki grandmaster in Bombay, Chandran taught him the closely guarded secrets of the ancient science.

The results were almost immediate. "It changed my life. It's a tool that I have learned to use to go further, find my higher self. I'm less stressed. It's a tremendous feeling."

An attunement process, that activates 21 points in the body sets off a major burst of self consciousness that activates the 'chakras' from the crown chakra on top of the head, to the solar plexus and the heart

and then the hands from where the energy flows.

One feels a tingling, Mehta says. "Or you could feel hot or cold."

"It's a self treatment that literally charges your batteries. A holistic, deep, physical and spiritual process that purifies you, gets rid of all your impurities, opening up the channels that are blocked so that you gain the tools to let the energy flow through you to others and back.

"Unlike what I was doing before, this is an exchange of energy," he explains. "It's a two way process. It may look as if I'm giving. In fact, what you are doing is drawing on a source that I'm making available and the source is universal life force energy, it's all around us.

"Which is why there is no question of belief. It doesn't need faith, it doesn't need concentration. I could be watching television and I could be treating you."

All he has to do to make the energy flow is to "express a feeling of gratitude for everything and feel the need to want to heal."

There's no mystery. The only problem here is that "we are living in an age when  $e=mc^2$  and we still think we're living in the Newtonian age. We're in the age of quantum physics, where everything is changing, where physics and spirituality are blending together."

There is nothing physical in the world he avers. "When you break it down, everything is energy. The sofa, the photographer, you, me. There are streams of electrons in the air, we don't see it, but it's there, it's flowing, it's energy."

The importance of the so-called exchange of energy in Reiki is that people take responsibility not only for the physical but also for the spiritual.

"Giving is as important as receiving, gratitude and humility are important prerequisites." In Reiki clinics in Japan, dozens of Reiki masters pass on the unique methodology, and Cyrus is preparing to take another series of sessions that will make him a full-fledged Reiki grandmaster.

I am still unconvinced, and tell him of a broken ankle that hurts even a year after it happened. He says, give me a week, and then, "Sometimes, it isn't easy. There are certain ailments that are there because you have to learn something from it. Often, channels are blocked and it's difficult to unblock them."

It's more than a week, and I test the bone, press hard on it to see if it still hurts; go for an energetic jog. And there's nothing, not even a twinge. Universal life force energy at work? Maybe, maybe not.

And recall, Cyrus Mehta's parting shot, "what is time, the world is a magical place, nothing is impossible." Perhaps, it isn't, after all.

The gentle mystic. Continually questing, always seeking new frontiers, one foot in the technology of tomorrow and another exploring the fascinating mysteries of the inner self. In seeking to unite the two in what he calls 'Reiki,' he is marrying the old with the new and pushing the frontiers of self ever wider, every time... ■

## YOUNG TURKS

CYRUS Mehta is one of those who got lured back — lured back from America, where he went to acquire a bachelor's degree in business management. And while he could very well have stayed on in the Land of Opportunites, he decided to return to India because of a deep sense of commitment within him.

Commitment to what? To bring to India, technology that would eliminate or rather minimise human exposure to hazardous environments. And that is just what he hopes JM International, the company that he established in 1986, will one day be able to achieve.

It all began in 1971, when Cyrus, a young college student in his final year at Elphinstone College, opted to go as a volunteer to the Bangladesh border to help out in the refugee camps there. "I was there in the squalor for four weeks. I saw people die of hepatitis because of the kind of water that they were forced to drink, and this experience will remain with me for the rest of my life," says Cyrus. The appalling sights and poor conditions that he was witness to had their own impact. It was this singular experience that became the driving force for his future plans for an environment that allowed one to live without danger.

Committed as he was to his social cause, he first needed to acquire managerial skills. His was a family of entrepreneurs (his father owned the well-known Chippendale Furniture shop). After acquiring his degree in business management from America, he did pursue working in the family-business for a year in India, but soon gave up to return to the United States to take up a job in a large conglomerate. From America, he went to Kuwait to work with Boodai, another large company that was involved in recovering oil from sludge.

On the face of it, Cyrus appears to have taken his time finding his feet to follow his heart, but one has to give him credit for not having shelved his plan in the midst of all that happened in the intervening years. Even while in Kuwait on a regular job with Boodai, he set up JM International and monitored it from his base in the Far East.

Potable water was the first thing that was on his mind when he set up the company. So he tried to introduce in India what was at that time a remarkable means of acquiring good water from dregs. The product came in the form of crystals and had to be fitted into a cartilage. At that time in 1984, the product had great potential for success, but that was not to be as his first venture failed to take off on account of a lack of proper financial support. "You see, the person who promised to finance the venture let me down, and I had no means of financing the same myself," explains Cyrus.

With his first major setback behind him, Cyrus moved fulltime to India in 1990 and decided to take in hand JMI. As an environmentalist, it seems strange that his first involvement should have been with the nuclear industry, but what Cyrus was moving towards was bringing in safer and cleaner methods of harnessing a

# SLICK FORTUNE

*Wilma Braganza meets Cyrus Mehta of JM International*

vital form of energy. This is where his interest in robotics comes in. As a representative of the UK-based Ricardo Hi-tec Limited, he was able to introduce in India robots that could enter reactors to do various jobs, thus eliminating the human need for doing the same. After some other setbacks, Cyrus managed to acquire quite a few contracts.

Encouraged by his success with the robots, Cyrus decided to represent yet another American company, the well-known 3I (Industrial Innovations Inc), whose product, the Super MACS (Mobile Action Cleaning System), was quite the thing that India needed to clean up its oil-infested waters. Totally self-contained and powered so that it can be operated either on land or on sea, it is the ultimate tank-cleaning and product-recovery system available worldwide. Says Cyrus: "Until recently, public sector companies like Indian Oil Corporation simply dumped their oil-sludge. Apart from the pollution



CYRUS MEHTA

that it causes, millions of dollars can be saved by recovering oil from this sludge. There is a dire need to treat over 100,000 metric tons of sludge immediately and this figure is only for oil companies in India. A tank or pond with only 1,000 tons of sludge can contain up to 900 tons of oil which would, at current prices, be worth over 2.5 million.

While the Super MAC does seem to be ideal for India, the fact is that the package costs two million dollars (about Rs 6 crore) and that is quite a bit of money. Still Cyrus has managed to do quite a bit of plain-speaking and aggressive marketing. He meets officials in Delhi umpteen number of times, prepares feasibility studies and demonstrates the use of his product. The result is that a certain amount of consciousness has crept in, and bodies like the Tamil Nadu Pollution Board and the Indian Oil Corporation are considering to invest in the Super Mac.

Not satisfied with the product-

profile that he has gathered for JMI, Cyrus recently added another feather to his cap. JMI has now become the exclusive representative of ECO, a Belgium company that manufactures Atlantol. Its products include AT 7 Floating, which, Cyrus feels, should have been used in the treatment of the recent oil-spill off Bombay High. "I have been in Kuwait where oil spills have taken place. The right thing to do is to bring the oil to the surface and not let it sink, which is hazardous," he adds.

The years of research and hard work have finally paid off. Says 38-year-old Cyrus, "Our turnover figures speak for themselves. In 1987, our turnover was a mere Rs 44,000, and now, within a span of five years, we have aggregated Rs 2.5 crore."

*You have to be interested in something enough to make it work. That, in essence, sums up the philosophy of Cyrus Mehta. And it is this philosophy that has largely contributed to his success as an entrepreneur.*

# Going nuclear – the only alternative

By Cyrus J. Mehta

**N**UCLEAR power is mankind's best choice to meet the increasing needs for, electrical energy. Especially in a country such as ours, broad-based development depends on widely available electrical power. Peaceful use of nuclear energy can help promote unity towards a one-world context. Nuclear power after years of being rendered a pariah, is now being looked upon as a viable and safe means of large-scale power generation.

Over the last few years, much has been spoken about the 'greenhouse effect', 'acid rain', and 'Ozone depletion'. Ozone depletion is primarily due to chlorine in the stratosphere. Acid rain is primarily due to nitrogen and sulphur oxides at ground level. The greenhouse effect (global warming) is largely due to methane and carbon dioxide in the upper atmosphere.

There can be no doubt that fossil burning (coal, oil) is a major cause of the greenhouse effect and acid rain. The over-heating of our planet even by a few degrees could, like a human body with fever, create malfunction and catastrophic conditions would occur all across our planet.

Nuclear energy is virtually free from harmful emission.

We should also be clear that the earth's resources of coal and oil will disappear in a relatively short time. Therefore, there is an urgent need for developing of alternative and safe source of power. Current technologies to harness wind and solar power are limited to small applications and they have not evolved enough to produce power on a largescale. Hydro-electric power is a good source as long the required dam fits into the natural existing areas. Too much gross destruction of the natural environment takes place when a hydro-electric power station is built where no natural conditions prevail for the building of the dam.

France gets 70 per cent of its power from nuclear reactors. Belgium gets 66 per cent of its power through nuclear means. The rising Asian industrial force, South Korea, gets 53 per cent of its power needs through nuclear means. It is said that the US has stopped its nuclear power programme. The truth is that the US gets 20 per cent of its electrical power from 108 reactors and 14 more are under construction. It is something to be proud of that Indian scientists, after years of research, concluded that 500 mw capacity power stations are the most appropriate and it turns out now that in the US all upcoming power plants will be of 500 mw to 600 mw

capacities. The Candu pressurised heavy water reactor (PHWR) chosen by Indian scientists is, indeed, one of the most advanced and safe reactor designs available.

Accidents occur in industry. To consider nuclear power plants more prone to accidents is ludicrous. It is ironic that anti-nuclear environmentalists show so much feigned apprehension for workers in the nuclear industry and so little for workers in other industries. Nuclear power plant workers operate in far safer conditions than has been understood. Furthermore, the use of sophisticated automation to prevent operators from entering hazardous areas is widely used – and very effective.

The maximum exposure permitted to nuclear power plant workers is 5 rem a year, equivalent to a significant X-ray examination though much less than a full folio of X-rays. Forms of radiation other than X-rays or gamma rays use a unit of exposure known as rem. The exposure of 1 rem produces roughly the same damage to body cells as 1 rad of X-rays would do. (1 rem = 1 rad). Body repair facilities become inadequate for sudden exposures above 100 rem. Radiation sickness occurs and death is possible above 400 rem. For sudden exposure below 10 rem body repair facilities are excellent. This is why 5 rem per year is the maximum exposure allowed for a nuclear power plant worker, and why the medical profession gives X-ray examinations routinely up to about 5 rads. However, a complete medical folio of X-rays involves a total exposure of about 25 rads, which one can see is much more exposure than received by nuclear power plant personnel.

The maximum exposure that would be experienced by the public living close to a nuclear power plant would be 1/200 rem per year. And, it is important to know that this exposure is 10 per cent of what we experience from the radioactivity from the rocks, soils and materials with which our houses are constructed. This natural radioactivity background is usually 1/10 rem per year.

On the subject of radioactive waste, again most people are misinformed. Radioactive wastes which build up in 10 years are no more menacingly radioactive than the radium, and the decay products of radium contained in the fly ash produced by coal fired power plants.

Therefore, nuclear power generation seems to be the only safe alternative.

# Going nuclear — the only hope for our brave new world

Peaceful nuclear power for a world teetering on the brink of apocalypse. **Cyrus J Mehta's** article coincides with a symposium on the subject to be held in the city today.

I AM of the opinion that peaceful nuclear power generation is an idea whose time has come. It is clear that there is wide-spread misunderstanding of this source of power.

Nuclear power is mankind's best choice to meet the increasing needs for electrical energy. Especially in a country such as ours, broad-based development depends on widely available electrical power.

There can be no doubt that burning of fossil fuel to generate electricity is largely responsible for the breaking up of the ozone layer of our planet's atmosphere. This "greenhouse effect" is a global condition that must be reversed. As when the temperature of a human body rises, the overheating of our planet, even by a few degrees, would create malfunction and catastrophic conditions would occur across our planet.

The magazine can never be praised enough to nominate our Earth as "planet of the year" and draw attention to the fact that the earth itself has become an endangered species. The time has come to view the earth as a living organism. Not surprisingly, *Time* magazine, in that historic issue, states that nuclear power after years of being rendered a pariah, is now being looked upon as a viable and safe means of large-scale power generation.

## Disappear

We should also be clear that the earth's resources of coal and oil are going to disappear in a relatively short time. Are these not signs to mankind that an alternative and safe

source of power is required urgently? Current technologies to harness wind and solar power are limited to small applications and they have not evolved enough to produce power on a large scale. Hydro electric power is a good source of power as long as the required dam fits into the natural existing areas. Too much gross destruction of the natural environment takes place when a hydro electric power station is built where no natural conditions prevail for the building of the dam.

Why is it that people think the nuclear fraternity is lying to them? If it is said that due to the literacy rate in India we are getting duped, why is it that France gets 70 per cent of its power from nuclear reactors? Are the French ignorant? A small country like Belgium gets 66 per cent of its power through nuclear means. The rising Asian industrial force, South Korea, gets 53 per cent of its power needs through nuclear means. It is said that the US has stopped their nuclear power program. The truth is that the US gets 20 per cent of its electrical power from 108 reactors and 14 more are under construction. It is something to be proud of that our Indian scientists, after years of research, concluded that 500 Mega Watt capacity power stations are the most appropriate and it turns out now that in the US all upcoming power plants will be of 500 Mega Watt to 600 Mega Watt capacities. Of course, the CANDU pressurized heavy water reactor (PHWR) chosen by the Indian scientist is indeed one of the most advanced and safe reactor designs

available.

The unfortunate accident at Chernobyl has been rightly criticised. But, emphasis needs to be put on the fact that it took place due to bad design and gross operator negligence and caused 32 deaths in the worst civilian nuclear disaster ever.

Other accidents like the Three Mile Island accident took place without any injury or death. The "defence in depth" systems of containment utilised by nuclear power facilities remain unmatched in any other industry sector with respect to safe guards and safety of the operators. Accidents occur in industry. To consider nuclear power plants more prone to accidents is ludicrous and totally false. There are thousands of citizens of this country dying unknowingly from chronic respiratory diseases and heart and lung symptoms. And without adequate protection they clear our sewers, man our coal fired power plants, work in our chemical industry; exposure to hazardous areas without adequate protection runs high in all these industries. It is ironic that anti-nuclear environmentalists show so much feigned apprehension for workers in the nuclear industry and so little for workers in the other industries. Nuclear power plant workers operate in far safer conditions than has been understood. Furthermore, the use of sophisticated automation to prevent operators from entering hazardous areas is widely used — and very effectively.

The maximum exposure permitted to nuclear power plant workers is 5 rem a year, equivalent to a significant X-ray examination though much less than a full folio of X-rays. Forms of radiation other than X-rays or Gamma rays use a unit of exposure known as rem. The exposure of 1 rem produces roughly the same damage to body cells as 1 rad of X-rays would do. [1 rem = 1 rad].

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## VIEWPOINT

People are being told that persons living in the surrounding areas of a nuclear power plant would die some horrible death. This is totally false. The maximum exposure that would be experienced by the public living close to a nuclear power plant would be 1/200 rem per year. And it is important to know that this exposure is 10 per cent of what we experience from the radioactivity from the rocks, soils and materials with which our houses are constructed. This natural radioactivity background is usually 1/10 rem per year.

On the subject of radioactive waste, again most people are misinformed. Is one aware that the radioactive waste which build up in 10 years are no more menacingly radioactive than the radium, and the decay products of radium contained in the fly ash produced by coal fired power plants. The gross environmental pollution of the recent Alaska oil spill truly shows the dangers of oil.

Toxic waste dumps and sludge ponds decay our land, pollute our rivers and ultimately, destroy our health by getting into the drinking water

supply and other aspects of our food chain. In comparison, the volume of waste generated in a nuclear power plant is very small and contained within the facility itself. Processes like glass vitrification are proving quite adequate to contain the high radioactive waste. Radioactive waste is a condition which is being handled relatively safely at this time. And newer and better technologies of waste management are constantly being researched.

Truly, the waste problem of a nuclear facility, on an ecological level, has no comparison of the enormous waste and effluent problems caused by the other industries — individually and collectively.

I do not find it at all beneficial that a key agency like the Department of Atomic Energy should always be hounded by people who do not know the truth, who are not willing to investigate and find out for themselves the environmentally benign nature of nuclear power. How many people are aware that the Department of Atomic Energy has made a major contribution to Indian industry through transfer of technology. How many of us are aware that the Department of Atomic Energy has played a crucial role in the development of the required infrastructure available through our engineering giants? How many of us feel proud that while other sectors are totally dependent on foreign technology inputs, the nuclear power program of India has primarily been developed using Indian expertise? Not many countries can claim this honour.

Should anyone be willing to inform themselves about nuclear power they would find out that what is being said is clearly untrue. The Indian nuclear program is one that truly deserves the full support of all of us. Peaceful nuclear power generation remains the answer to the energy requirements for mankind.

## **Nuclear symposium at President Hotel**

**By A Staff Reporter**

The nuclear fast response group formed as a collaboration between AEA Technology (the new name for the United Kingdom Atomic Energy Authority) and SAC Taylor Hitec Ltd, UK will tackle power plant emergency and repair projects overseas. The joint venture, Nuclear Engineering Services, "bring together a wide range of technical expertise to provide a total solution in the repair and maintenance of nuclear plant and equipment."

They are represented in India by J. Mehta International (JMI) and a major nuclear symposium will be held for the Department of Atomic Energy personnel today, at the Presidential Hall, Hotel President.

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