

 *REIKI RAYS*

REIKI
The Miracle
Healing

Rinku Patel



Reiki - The Miracle Healing

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Acknowledgement

22/Dec/2014, the day I can never forget. My very first article got published on Reiki Rays on 22/Dec/2014. After a year now on this very special day I would like to give my heartfelt thanks from the bottom of my heart to Reiki Rays and Maria Diaconu and Gec Diaconu for giving me this huge platform and always encouraging me. I would also like to thank all my teachers, my family, my friends, my students, my clients, my readers and everyone I came cross who encouraged me and guided me on this healing journey.

Here I have compiled all of my articles from Reiki Rays into a single pdf as a gift to all Reiki Rays readers.

Thanking You

Rinku Patel

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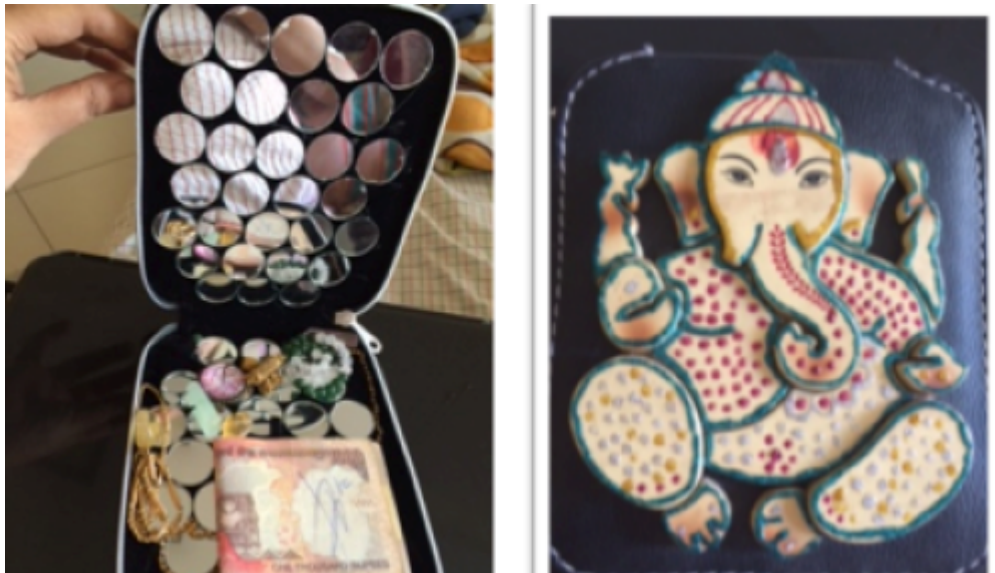
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Article 1

Magic Money Box

Money is an integral part of human life. We need money to survive. Apart from essential use of money, we need money to follow our passions and fulfil our dreams and goals. Below is a small way you can attract more money to fulfil your wishes and goals.

First and foremost thing to do is to cleanse your surroundings. Let go of “excess baggage”. Declutter your work space and home. Invoke symbols and Archangels to cleanse and purify your surroundings. Burn sage and incense sticks for purification. If possible, put this magic money box in southeast corner of your house or workplace.



My magic money box. Lord Ganesha wooden cut out on top.

To make a Magic Money Box:

1. Take a box that attracts you. It could be anything, a shoebox, small carton or a jewelry box of any size, any shape. Take time to decorate it. Put all your heart in decorating the magic box. Imagine your financial goals manifesting while you decorate your magic money box. You can use anything to decorate, wrapping paper, stones, shells, colors, glitters, whatever attracts you.

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2. Take mirrors of the size that can fit in the box. You need minimum two mirrors. Maximum no limit. When the number of mirrors in all the sides of the box are added they should be even. Mirrors can be placed on 2, 4 or 6 sides of the box facing each other in parallel.
3. Stick the mirror on the inside base of the box and on inside top of the box (Lid). If you want to add more mirrors, stick on sides too. Keep in mind that the number of mirrors has to be even numbers when added in total.
4. Take a piece of paper (green if possible), make intention slips based on finance, abundance or prosperity, stating your wishes clearly. You can also put money-affirmations. Draw symbols that you are attuned to on the back side of paper.
5. Add the things that project money in the box. Citrine, Aventurine, Cash, Jewelry, etc. Do not use fake jewelry as it does not represent real money.
6. Take a candle (green if possible) and lit it. The reason for the paper and candle being green is simply because the color green attracts and symbolizes money. Place your ready magic box beside the candle. Read out your intentions aloud or in mind. Visualize your wishes being manifested. Call upon your angels and request them to keep your money box charged and flowing with fortune. Blow the candle and thank the Angels and the Universe.
7. Give healing to the magic money box daily. Burn sage or incense stick around the area where you keep the box, so as to keep the area pure and devoid of negative vibes.
8. Once your wish is manifested, invoke symbols and angels. Thank symbols and angels and burn the slip.

Personally, I placed one affirmation only. "I love money. Money loves me and comes to me easily." Within one month of making the box, we bought two laptops (My husband was against buying even one new laptop earlier). After another month I started festive-crafting business. Next, hubby bought few gold jewelry for me and daughter. I thank my magic money box daily. I am saving more money than before.

My only advice to whoever tries this is to have patience. Don't let the waiting period bring negative thoughts. Try this method and fulfil your dreams faster.

Article 2

Body, Disease and Emotional Issues

Understanding what are the emotional blockages that cause problem to body parts and the root base of diseases.

Healing emotional baggage is the mantra to live healthy and happy life. The longer the emotional baggage is piled up, the severe the disease becomes. Diseases are the wake-up call for us to realize that enough is enough. Shed your emotional baggage. It is very important to know what emotional blockages are causing what disease. You can do aura scan or Byosen scan or any scanning technique you know to find out which chakra is out of balance and analyze the emotional blockage related to the chakra. Start healing your issues with Divine light of Reiki. Reiki helps and treats on physical, mental and emotional level. Reiki clears long-piled-up blockages and clears long built-up toxins from all levels, Emotional, Physical and Mental.

The front side of our body represents to social life, the part of you that you share with the world. Also represents love, happiness, sadness, desire and care.

The back side of our body represents private life. The part of you that is hidden from world. This side becomes a storeroom where all your hidden emotions accumulate. Unexpressed emotions piling up. It means negativity accumulating along your spine and legs.

The left side of the body represents feminine side. The right side of the body represents masculine side.

Below is a chart that will help analyze your body, disease and emotional blockages associated. Start giving divine Reiki energy to your emotional blockages to get rid of long accumulated negativity piled up in your body.

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Body/Disease	Emotional Cause
Abdominal problems	Stopping some process, Fear
Abuse	Inadequacy, Lack of self-love
Aching	Craving for love
Acne	Self-dislike
Addiction	Not facing fear, Lack of self-love
Alcoholism	Self-rejection, Guilt
Allergies	Blockage in intestine/stomach, Unable to digest issues
Alzheimer	Denial to see and accept the world as it is
Anorexia	Fear of rejection
Ankle problem	Inflexibility, Inability to accept the joys of life, Need to change direction
Anxiety	Unresolved fear of past experience
Arm problem	Capacity to hold life experiences; Right- Regret Left-Helplessness
Arthritis	Inflexibility, Feel unloved
Asthma	Stifled emotions, Past lives fears acknowledged in this life
Athlete's foot	Unable to move forward with ease
Back	Lack of support, Money issues, Unloved, Stored anger
Baldness	Tension
Bladder	Fear of letting go
Blood Pressure	Blockages in freedom, Unsolved emotional problems
Blood problem	Lack of joy
Bones	Past lives and Memories
Breast(Left)	Lack of nurture
Breast(Right)	Resistance is sharing love, Over-protection
Bronchitis	Helplessness caused by the feeling of not able to change situation happening that is close to your heart
Burns	Suppressed inner anger
Calves	Moving forward and avoiding past issues

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Cancer	Unresolved deep hurt
Cavity	Unable to accept new concepts
Chest	Relationship issues, Feel worthless, low self-esteem
Chronic Disease	Feel unsafe, Unable to change
Cold	Mental Confusion
Cold hands and feet	Lack of self-trust
Cold & flu	It symbolizes cleansing
Colon	Not accepting changes for emotional reasons
Coma	Escaping from situation or people
Constipation	Hanging on to old beliefs
Cramps/Stiffness	Unable to adjust to natural changes in life
Depression	Feel unloved-unwanted, Unrevealed anger
Digestive problem	Suppressed anger. Unable to accept certain things
Dizziness	Scattered thoughts
Ear	Denial to hear
Elbow	Inflexibility, Unable to accept new changes
Eyes	How we see the world. Not seeing things clearly knowingly or unknowingly. Not wanting to open eyes, Fear of today
Eyes (Near-sighted)	They tend to live for today; no future plan, Fear of the future
Eyes (Far-sighted)	They keep planning future that leads their thoughts to confusions
Flabs	Sadness, Holding other's or your own emotion in your body
Feet	Related to security and survival. Have you taken wrong direction in life?
Fever	Anger
Flu	Body indicating you to slow down
Fibroids	Confusion about being loved, Holding on to pain for long
Frigidity	Denial of joy. Bad feelings towards sexual pleasures
Gas	Indigestible ideas
Gum problem	Not sticking to decision, Unable to make decision
Hands	Holding on or letting go

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Headache/Hitting your head	It is a wakeup call to pay attention to the things you have been ignoring. Do not ignore your intuitions.
Head(back side) Neck base	Guilt, Unable to forgive yourself, You believe you have some mistake, harsh behavior inflicted by others or yourself
Hearing problem	Not wanting to hear what is going on around you
Heart problem	Not listening/ignoring our feelings
Heart attack	Favoring money or status, ignoring joys of life, lack of love
Hips	General support- feeling of lack of support, Fear to take a step further related to big issues
Insomnia	Fear/guilt
Joints	Inflexibility, Stubbornness regarding certain situations and your attachment to it
Kidney	Anger- Holding on to anger
Kidney Stone	Unresolved anger
Knees	Holding on to past anger, feel unsupported Inside knee- Job, Friend/Social issues Outer knee- Personal Issues: Extreme pride, stubbornness
Legs	Fear of change, fear of future, family or parental issues
Lungs/Heart	Not sharing love
Migraine	Unreleased anger, Sexual fear, Unreleased anger
Mouth	Unable to speak-up, Suppressed thoughts
Muscles	Inability to move on
Nail biting	Questioning your worth
Neck	Stubborn, Stiff, Denial to see other's point of view
Nerves	Sensitivity towards certain issues that are not acknowledged in the conscious mind
Numbness	Going dead mentally. Giving up
Osteoporosis	Feeling lack of support
Ovaries	Sensitive past issues(creativity), Guilt
Over-weight	Carrying past lives burden, Insecurity, Craving for love
Paralysis	Helplessness
Pimples	Anger outburst

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Pneumonia	Giving up
PMS	Rejection of feminine problems
Ringworms	Allowing others to affect you
Sciatica	Financial problems
Sinus	Confusion, Irritation towards one person
Slipped disc	Lack of support
Skin	anxiety
Snoring	Unable to get rid of old ideas
Stomach	Unable to digest certain issues
Stroke	Giving up on life
Stuttering	Insecurity
Swelling	Unshed tears
Teeth	Past life pain coming out to be released, indecisiveness
Throat	Unable to speak up for self, Swollen anger
Thumb	Always worrying
Thyroid	Feel humiliated, Lack of freedom
Ulcers	Feel unfulfilled
Urinal problem	Anger towards opposite sex
Varicose veins	Feel over-burdened, not liking the present situation
Vomiting	Rejection of new ideas

Article 3

Miraculous Reiki Chi Ball- Case Story

Chi Ball is my personal favorite method for healing and manifesting goals. Most of you must be aware of what Chi Ball is. A Reiki Chi Ball is one of the method for distant healing in which you make an energy ball and release it to Universe. Here is a previous article by Sunetra to guide you step by step. <http://reikirays.com/14004/reiki-chi-ball/>

Before starting this amazing and miraculous case story, I want to thank Ananya Sen for introducing and teaching this amazing method to me. Thank You Ananya.

I was with my friend and kids at home, just having fun and good time. I got a call from a client, totally distressed. Her daughter Honey missed her exam. She was preparing her submission work for college and hence slept late. When she woke up in the morning, she had unbearable headache. She thought of taking a nap but unfortunately she could not wake up on time. Honey went to her Sir and requested him to re-schedule her exam. The Sir refused bluntly. That's when my client Vinny called me. She asked me to 'do something'- "Do whatever you can but please do something".

I made a Reiki Chi Ball. Invoking symbols, Archangels and Honey's guides. While creating this energy ball, I kept a constant flow of symbols. I imagined all 4 symbols flowing constantly to Reiki Chi Ball, floating in the Chi ball. I released the Reiki Chi Ball with the simple intention that 'Honey wrote her exam today'. Nothing more, nothing less.

Within 15-20 minutes, I got a call from Vinny (client) that Honey is allowed to write her exams. According to Honey, She was sitting distraught and suddenly her Sir came and gave permission to re-plan her exam the next day. She was amazed and awe-struck with this sudden change of situation. I sent one more Reiki Chi Ball with lots symbols, to the sir (I don't know the name) with the intention to soften his heart. So, again within half an hour I got a call from Vinny, saying Honey is writing her exam today, NOW. The magic of miraculous Chi Ball working super-fast.

Meanwhile here at home, my friend and kids were all going gaga about the whole scenario and amazing Reiki Chi Ball. Reiki Chi Ball always helps me. Never failed so far. It is one

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of the most under-rated healing modality according to me. Thank You Miraculous Reiki Chi Ball for always helping me.

Article 4

Diseases and Associated Chakras

Happy and Blessed 2015 to all.

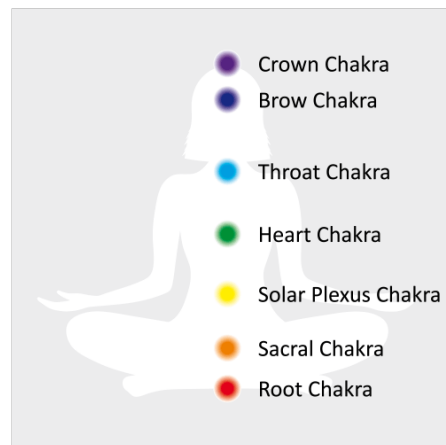
Here is an article especially written for new Reiki practitioners.

At one point in our Reiki practice, many of us were in a dilemma about which chakra to heal for certain disease/problem. When I was a newbie in Reiki, I always wondered about which chakra was to be healed for particular problem/disease. I used to browse through the internet for long hours to satisfy my queries. Many new reiki practitioners go through this same confusion.

We read about chakras, their colors, crystal healing etc, yet for new practitioners it's quite confusing as to which chakra is associated with which disease.

Recently I have gotten queries about which chakras are to be healed for certain problems.

Hence I thought of making this list with a few common problems/diseases and chakras associated with them, especially for new Reiki practitioners. I am not writing about chakras and their functions.



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<p>CROWN</p>	<p>Alzheimer, Amnesia, Bone disorders, Cancers, Depression, Dizziness, Epilepsy, Fear, Headache, Immune system, Insomnia, Learning difficulties, Migraine, Multiple Sclerosis, Multiple personality syndrome, Nervous system disorders, Neurosis, Paralysis, Parkinson's Disease, Psychosis, Right-eye problem, Schizophrenia, Senile Dementia, Tiredness, Tremor, Vomiting</p>
<p>BROW</p>	<p>Allergies, Amnesia, Anxiety, Blood circulation to head, Blindness, Brain Tumor, Cataracts, Cancers, Chronic tiredness, Crossed eyes, Deafness, Dizziness, Drugs, Dyslexia, ENT, Ear-ache, Fainting spells, Glaucoma, Growth issues, Headaches, High blood pressure, Hormonal imbalance, Insomnia, Left eye problem, Long-sight, Migraine, Nervousness, Nervous Breakdowns, Scalp problems Short-sightedness, Sinus Problems, Sty, Tension, Tension Headaches, Tiredness, Tremor, Visual effects, Vomiting</p>
<p>THROAT</p>	<p>Asthma, Bronchitis, Colds, Cough, Ear Infections, Fear, Hearing Problems, Hay fever, Hoarseness, Laryngitis, Lost Voice, Mental confusion, Mouth Ulcers, Pain in upper arm, Sore Throat, Stammer, Stiff neck, Teeth/Gums, Thyroid Problem, Tinnitus, Tonsils, Too much talking, Upper digestive track, Vomiting, Whooping cough</p>
<p>HEART</p>	<p>Allergies, Asthma, Blood circulation, Breast Cancer, Bronchitis, Chest Congestion, Circulation problems, Cough, Fatigue, Heart Diseases, High Blood pressure, Hyperventilation, Immunity, Influenza, Lungs, Nail biting, Pain in lower arms/hands, Pneumonia, Respiratory problem, Shortness of breath, Sleep disorders, Smoking, Tremor</p>
<p>SOLAR</p>	<p>Abdominal cramps, Acidity, Anorexia, Bulimia, Chronic tiredness, Diabetes, Digestive problems, Eating disorder, Fear, Food Allergies, Gastritis, Gall bladder problems, Gall stones, Heartburn, Hepatitis, Jaundice, Kidney problems, Less immunity, Liver problem,</p>

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	Pancreatitis, Peptic Ulcer, Smoking, Stomach problems, Shingles, Ulcers, Vomiting
SACRAL	Addiction to junk food, Alcohol, Backache, Bedwetting, Bladder, Creative Blocks, Cystitis, Fear, Fertility, Fibroid, Miscarriages, Fibroids, Frigidity, Hips, Impotency, Irritable Bowel, Kidney problems, Menstrual Problems, Muscle Spasms, Ovarian Cysts, Over-eating, Pre-menstrual Syndrome, Prostates Disease, Stomach problems, Testicular Disease, Uterine Fibroids, Vomiting, Womb problem
ROOT	Addictions, Addictive Behavior, Ankle problems, Anorexia, Backaches, Blood diseases, Bones, Cold feet, Constipation, Colitis, Depression, Diarrhea, Eczema, Frequent urination, Gambling, Glaucoma, Hemorrhoids, Hips, Hypertension, Impotence, Itching, Kidney stones, Knee problems, Leg cramps, Menstrual Problems, Money addiction, Migraines, Obesity, Pain at base of spine, Piles, Prostate cancer, Rectal cancer, Spine problem, Sciatica, Skin problems, Stomach problems, Swollen Ankle, Weak legs, Weight problems

Article 5

Working with Archangel Chamuel

Chamuel's name means "*He who sees God*" or "*He who seeks God*". Archangel Chamuel helps us in many ways, but one of the best characteristics is to deliver the sense of inspiration that makes us want to enhance our relationship with God. He is love and he can bring us out of the lower energies of sadness and depression. Just ask for his help and he will immediately come to start the healing process. We all have experienced butterflies in tummy at one point in our lives, that's Archangel Chamuel's way of showing he is around.

Archangel Chamuel helps us in innumerable ways. Call upon Archangel Chamuel during your Reiki session for fast healing and manifesting. Start the flow of Reiki for self-healing or clients, invoke symbols that you are attuned to and ask Archangel Chamuel to be with you, help you and guide you. Below are some of the points where you can merge Reiki and Archangel Chamuel's power:

- To have happiness and help discover love in our heart.
- To help us rejuvenate and improve strained relationships as well as help find our soul mates.
- To help us strengthen our relationships so that it becomes loving, meaningful, healthy and lasting.
 - Archangel Chamuel frequently communicates with us by giving us new ideas to improve and strengthen our relationships with our partners, family and friends.
 - To help us find new friends, help us learn how to bond, forgive each other, help us resolve misunderstandings, and restore back broken relationships.
 - To help bonding between parent-child. Many a times teenagers becomes rebel or parents are not able to cope with today's generation, call upon Archangel Chamuel to bring peace amidst your relationship and to re-strengthen the parent-child bond. Also draw CKR+SHK+CKR sandwich as add-on energy.
 - Very few people know that Archangel Chamuel is also a spiritual career counsellor. If you need guidance regarding your career, ask Archangel Chamuel to show you the right career path.

- Archangel Chamuel represents peace and calmness.
- Last but not the least, Archangel Chamuel can also help you find lost objects. Nothing is hidden from the eyes of Divine. Along with Reiki and Chamuel's power, you will find your lost object. Draw SHK and start Reiki flow. Just say simple invocation, "*Archangel Chamuel, I seem to have lost my earring (any object), please help me find it so that I can be at ease. Thank You*". He will give you some or other signal.

Invoking Archangel Chamuel

Archangel Chamuel represents the planet Earth. So perfect spot to call upon Archangel Chamuel would be in garden. If it is not possible, you can sit near potted plants. Pray simple invocation: "*Dear Archangel Chamuel, Help me expand my heart chakra and to love unconditionally. Thank You*" Alternatively you can call upon Archangel Chamuel and tell him all your problems and ask him to guide you.

Meditation with Archangel Chamuel

Light a candle (preferably pink). Hold crystal (rose quartz or fluorite) in your hand. If you are attuned to Reiki symbols, draw symbols on candle and crystal for concentration and grounding. Sit comfortably and relax. When you are totally relaxed, call upon Archangel Chamuel. Simple invocation that I personally use is "*Dear Archangel Chamuel, Please assist me in (my situation here). Heal my heart chakra and let love flow in my life. Thank you for your assistance*". Take deep breathes and relax. Let your thoughts flow. Don't try to stop them. Let go of bad or unwanted memories. Keep a watch on your thoughts or any sign from angel.

Crystal

Rose quartz and fluorites are associated with Archangel Chamuel. Rose quartz helps to open heart chakra. Heal your pain/condition with the help of Archangel Chamuel, rose quartz and fluorites (pink, green or purple). Rose quartz helps to open your heart and mind to unconditional love. Green fluorite helps to heal your heart (others too). Purple fluorite helps to connect with soul-mates. These stones can be carried with you, as a single stone or worn as a jewelry. Meditate with these stones, hold the stone in your left hand if you are a right-handed person and vice-versa.

Archangel Chamuel's associations:

Planet – Earth, Mars

Day of the week – Monday, Tuesday (debatable)

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Direction – Southeast

Element – Fire

Zodiac – Aries

Chakra – Heart

Crystal – Pink Quartz, Fluorites

Aura – Pale Green

Twin flame – Charity

Hope this article helps you connect easily with Archangel Chamuel to heal your broken heart, to find your soul-mate or to recreate magic with your partner.

Article 6

Blessed Stones

We all know the concept of Lucky Charms/Lucky Mascots. It is believed to bring good luck. It can be carried around, worn or can be placed anywhere in your home or work place. These lucky charms doesn't have to be any Feng-sui or religious based thing. When you see something that attracts you, appeals to you or makes you all excited than you will know this is IT.

I have my own way of making my lucky charm. I call it 'Blessed Stone'. All you need is a stone, your creativity and reiki. You can decorate the stone the way you want. Paint it, design it or stick stickers. You can use this 'Blessed Stone' for various purpose.

- As Reiki Bank
- As your personalized stone
- As a gift to your students and clients
- Gift to loved ones

Here is what you need to do.

- Find a stone that fits in palm. Feel it, see if it feels right. Your intuition will guide you. If the stone is white, you can be more creative.
- Wash the stone. Keep it plain or paint it with the color of your choice. Decorate it with designs or dots, whatever you want.
- You can personalize the stone by writing name or message on it. I have made a stone with my name written on it. Have made for kids with their name personalized on the stone.
- Once the stone is ready, draw reiki symbols over it and bless the stone with Reiki energy. Put in your intention along with Reiki energy. Your 'Blessed Stone' is ready.
- Carry this 'Blessed Stone' with you or place it at your sacred place.

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My 'Blessed Stone' is my Reiki Bank. Whenever I feel drained, stuck or in a fix I take out my 'Blessed Stone' and hold it in my palms to get revived. I withdraw Reiki from my 'Blessed Stone' especially when I am unwell. You can deposit Reiki energy to this 'Blessed Stone' the same way you deposit reiki to Reiki Bank.

You can personalize this 'Blessed Stone' by writing your family or friend's name and infuse it with reiki with the intention that's meant for them. Ask them to carry the stone with them as their lucky charm.

You can personalize this 'Blessed Stone' for your students and give them as a gift. Personalize it for your client and infuse with reiki with the intention to heal them. Ask them to use this 'Blessed Stone' as a Reiki Bank or as a lucky charm.

Instead of stones, you can use shells too for this same purpose. Be creative and use lots of reiki.

That's it ☺

Article 7

Angel Jar

I got this idea to make this Angel Jar from Angels. While reading angel cards for myself, I got this “*GOD BOX*” card. Somehow I ignored the message and did not make this God Box. I started getting this *GOD BOX* card whenever I used to do angel reading for myself. So one fine day, I decided to make God Box. I look around in the house but could not come up with any box that would give the feeling of perfect box. Then out of blue, a plastic jar caught my eye. That was IT. I painted and decorated the jar. Left in the balcony for the paint to dry. Later, I saw a beautiful butterfly hovering over my jar. Hence the name ‘*Angel Jar*’.

You can use any box or jar. Name it God Box, Angel Box, Angel Jar or even fairy box. Basically the concept of this ‘*Angel Jar*’ or ‘*God Box*’ is to handover/transfer all your worries to higher authorities.

- Take a Box or a Jar. Decorate it if you want to.
 - Pray and call upon God, Angels, Ascended Masters, Guides or Faeries. Tell them that you are giving away all your fears to them to deal with it.
 - On a paper write down all your worries, troubles, doubts, fears or whatever is troubling you in details. Write as if you are sharing your problem with someone.
 - Draw whatever reiki symbols you are attuned to on the back side of the paper. Give reiki to this paper with the intention that ***you are now depositing all your worries, fears and problems into this jar and you are letting your angels take care of those issues.***
 - Important → Trust that it is taken care of now.
 - Do not re-read your slips often. Read out loud after 15-20 days and burn these slips. Write fresh ones with new or old issues.

You can decorate the slips if you want to or you can keep it simple. Totally up to you. Do not hesitate to write any problem. Pen down any issue big or small. Be sure that it will be taken care of now. It is not a magic box so keep your expectations in control ☺

Article 8

Crystal Water for Healing

All crystals and gemstones have different properties and unique abilities to heal. I am not writing about crystal healing and laying of stones. Today I am writing about Healing with Crystal Water/Essence. Few days back, during wee hours, I was in deep sleep and out of nowhere I heard **Crystal Water** in my mind. I was confused as where this thought popped from. I took it as a sign from angels. So later during the day, I started looking up on Internet about it. And Bingo! I found lots many wonderful techniques for healing.

I tried simplest one to make Crystal Water. So far I have made Rose Quartz water, Citrine water and Clear Quartz water. Crystal essence or crystal water has been used for healing purpose since ages. They can be made easily and can be stored to re-use. There are many ways to make Crystal Water. Some add vodka or vinegar as preservatives. I prefer making it simpler way as I do not prefer preservatives. The crystal water made without preservatives may last up to 20 days. Make sure that you do not use just any crystal as some crystals may have toxic components. ***Study crystal properties before using them.***

Here are two ways to make Crystal Water:

- Choose the crystal or crystals according to your issue. Suppose if you want to make money essence use citrine or if you want for love you can use rose quartz.
- Ground yourself. Stay calm and relaxed. Do some prayer or meditation.
- Cleanse your crystal. Hold it in your palm. Invoke angel's help, ask your crystals for help. Draw reiki symbols and infuse the flow of Reiki. State your intention and give Reiki to your crystal for about 5-10 minutes. Hold your intention while charging your crystal with Reiki. To heal others, dedicate the symbol to someone by stating their name 3 times along with intention.
- Now here we have the 2 ways to make crystal water:
 1. Take 2 glass containers. One big and one small. Put your reiki infused crystal in small container and if possible close the container. Fill big container with spring water or filtered water. Place the small container with crystal in the big container. Take care that the container with crystal doesn't topple. Put the containers out in sunlight or moon light for 4-5 hours. Your crystal water is ready.

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2. Another one is way simpler method. Put your reiki infused crystal directly in a glass container filled with spring water or filtered water. Leave your container in sunlight or moon light for few hours. Your crystal water is ready.
3. When your crystal water is half consumed, you can add more water to it and again leave it in sunlight or moon light.
4. Additionally, you can place extra crystals pointed towards container around the container.
5. Alternatively, you let sit crystals in water for 24 hours and then use it.
6. Once every 15-20 days cleanse your container, crystals and do above process to refill and recharge.
7. Fill this water in dark colored bottle like cobalt blue or green.
8. The more crystals you put, the stronger the crystal water is.
9. Mix 5-6 drops of crystal water with drinking water to consume.
10. When consuming this water, make sure that crystals stay in container and don't drop in your glass.
11. You can carry this water to school, office or wherever you go, to keep you charged with crystal healing.
12. You can water your plants with crystal water, with 3-4 drops of crystal water added to one glass of water.
13. It is safe for pets too. Add 3-4 drops of crystal water to one bowl of water.
14. Fill in spray bottle and spray on yourself or affected person.
15. Remove negativity from home or work space by spraying crystal water.
16. Can be applied directly to skin.
17. Crystal Water is also known as: crystal elixirs, gem elixirs, gem waters, crystal tonics, gem tonics, gem essences, crystal essence and more.
18. If you decide to use more than one type of crystal, make sure the properties of crystals are same. Try not make 'crystal chaos' by adding too many.
19. Double check crystals properties before putting in water as some are **HIGHLY TOXIC**. For 'risky' stones always use Method 1.

Be innovative and make use of crystal water as much as you can ☺

Article 9

Chi Ball the Chakras

Chakra cleansing is the key to a healthy and happy life. Unbalanced or blocked chakras may create havoc on physical as well as emotional level. Every healer has their own way of chakra cleansing. Below is a method using energy ball/ chi ball for chakra cleansing. First thing I always do before activating Reiki flow is invoking Angels, Guides, Gods and ascended masters to bless me with their presence and help me with healing.

Crown Chakra

Activate Reiki and draw Reiki symbols on your palm. Start making an energy ball/chi ball. Visualize the chi ball of the color of crown chakra that is Violet. Imagine Reiki symbols floating in the violet ball. Chant symbols name thrice. State your intent to cleanse, clear and unblock your crown chakra. Say crown chakra affirmation thrice: ***I connect easily with Divine wisdom.*** Release the chi ball.

Brow Chakra

Make another chi ball. Visualize the chi ball of the color of brow chakra that is Indigo/dark blue. Imagine Reiki symbols floating in the indigo ball. Chant symbols name thrice. State your intent to cleanse, clear and unblock your brow chakra. Say brow chakra affirmation thrice: ***I fully and totally trust my intuition.*** Release the chi ball.

Throat Chakra

Make another chi ball. Visualize the chi ball of the color of throat chakra that is Blue. Imagine Reiki symbols floating in the blue ball. Chant symbols name thrice. State your intent to cleanse, clear and unblock your throat chakra. Say throat chakra affirmation thrice: ***I express myself with confidence.*** Release the chi ball.

Heart Chakra

Make another chi ball. Visualize the chi ball of the color of heart chakra that is Green. Imagine Reiki symbols floating in the green ball. Chant symbols name thrice. State your intent to cleanse, clear and unblock your heart chakra. Say heart chakra affirmation thrice: ***I love and accept myself completely.*** Release the chi ball.

Solar Plexus Chakra

Make another chi ball. Visualize the chi ball of the color of Solar Plexus chakra that is Yellow. Imagine Reiki symbols floating in the yellow ball. Chant symbols name thrice.

State your intent to cleanse, clear and unblock your solar-plexus chakra. Say solar-plexus chakra affirmation thrice: ***I manifest my desires easily.*** Release the chi ball.

Sacral Chakra

Make another chi ball. Visualize the chi ball of the color of Sacral chakra that is Orange. Imagine Reiki symbols floating in the orange ball. Chant symbols name thrice. State your intent to cleanse, clear and unblock your sacral chakra. Say sacral chakra affirmation thrice: ***I easily accept my desires and pleasures.*** Release the chi ball.

Root Chakra

Make another chi ball. Visualize the chi ball of the color of root chakra that is Red. Imagine Reiki symbols floating in the red ball. Chant symbols name thrice. State your intent to cleanse, clear and unblock your root chakra. Say root chakra affirmation thrice: ***I am safe and loved.*** Release the chi ball.

Thank your Guides and Angels.

For distant healing, take a substitute such as a doll or a soft toy. Connect HSZSN to the doll/soft toy. Do above procedure. Release chi ball on each chakra.

Quick Fix

If you are in a hurry and have no time for full procedure, just make a single chi ball, add symbols, put intention to cleanse, clear and unblock all the chakras and release the chi ball.

As I said earlier, chi ball is my personal favorite ☺

Article 10

Forgiveness Letter

Forgiving someone or oneself is an opportunity to let go of anger and pain built inside you. Built up emotions only brings unhappiness and depression. Forgiving is not forgetting. You cannot forget the incident or people that hurt you. But forgiving lets you free yourself from built up emotions of anger and hurt. Forgiving is burying all the grudges and move on with your life. Same way, if you have hurt someone, now is the time to apologize. Sometimes it so happens that writing brings out better emotions than being verbal. So go and ask for forgiveness now and forgive to move on with your life. If for some reason you can't say sorry or give forgiveness directly, here is the Reiki method. Forgiveness letter. Write different letter for different person.

1. Be alone. Switch off your phone. Lit a candle in front of you.
2. Take pen and paper. Draw CKR on 4 corners. Think of the person you want to forgive or ask forgiveness.
3. Write your letter. Describe the incident, your feelings about it, how it will make you feel after forgiving or apologizing. Pour your heart into the letter.
4. Take a light colored crayon or color pencil and draw CKR, chanting its name thrice. Imagine gliding CKR in that person's heart. Same way draw SHK and HSZSN over the letter with crayon or light colored pencil, chant its name thrice and glide symbols in his/her heart.
5. Draw another HSZSN in front of you. Connect HSZSN to the person.
6. Read out loud your letter. Burn the letter. Imagine all the resentment and anger burning along with the letter. If it's granting forgiveness letter, say ***I FORGIVE _____*** thrice. If it's an apology letter say ***I AM SORRY. PLEASE FORGIVE ME _____*** thrice.
7. Stay alone for a while. Pay attention to your thoughts. Feel the peace within you. You will surely feel light- hearted.

Following the same ritual, you can release your karma. For karma release, write ***“Dear creator, father, mother, son as one... If any of my ancestors, relatives or myself has offended you, your relatives or ancestors across any life time, we ask for your forgiveness”***.

Article 11

Case Story: Psychic Surgery on Pet

When Psychic surgery is merged with Reiki, it brings miraculous healing. Psychic surgery is non-invasive, non-surgical surgery performed to remove negativity, blockage, and drainage from energy field and body. It is safe and non-painful method. Psychic surgery can be done on animals and plants too. Here on Reiki Rays we have an infographic of Psychic Surgery technique.

I have performed Psychic Surgery many times on various people. Few days back, I performed first time on my pet. My dog PARI was unwell. I could not make out what was wrong with her. She was feeling down, not at all playful and she did not eat for the whole day. On the first day I thought it is her usual eating tantrum. On second day I got worried as she didn't even touch her breakfast and lunch. I gave her Reiki with the intention that the energy flows wherever it is needed the most. Still she did not touch her dinner. On the third day I called up her vet and he told me to wait and watch. But still, being a 'mommy' I was worried. I tried giving treats to her that she never refuses. She did not even touch her treat. I again gave her Reiki with the same intention. I was quite confused as why no change in her even after receiving healing. Generally she accepts healing very openly, never runaway and it always used to work.



I could not see her feeling so down and not at all playful. On day four, I scanned her aura with the help of **Byosen** scanning method while she was sleeping. I found disturbance around her solar-plexus chakra and sacral chakra. I had been giving her Reiki since 2 days

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and found no change in her so I started wondering how to heal her. I prayed to my angels and guides asking them how to heal my Pari. I got reply in an instant. Just one word reply. Psychic Surgery. Without giving a second thought, I performed psychic surgery on Pari. I removed all the blockages and accumulated debris from her body and energy field. Then I protected her with DKM. Within five minutes of psychic surgery, she woke up and vomitted. I and my daughter(leve 2 Reiki) both understood that this is just negativity and blockages coming out. In no time she was her playful self again and to my sheer relief she finished her food too.

Reiki helps me in numerous ways in my regular routine day to day life. Thank You Reiki ☺

Article 12

Black Tourmaline and Reiki

Black Tourmaline is one of my very favorite crystal. I have black tourmaline stones, a bracelet, a pocket stone and 3 pendants☺. It definitely shows my craze towards this stone. I have placed stones in each room, one under my wish and pendants for family. Kids are actually addicted to black tourmaline; they miss their pendant when I put the pendants out during full moon.

Every crystal lover knows that black tourmaline is the **MUST HAVE** stone for its powerful healing properties. Reiki and Crystals both have their own amazing healing energies and when both powerful healing energies combine, the outcome becomes double beneficial. The first and foremost thing to do is cleanse the crystal and infuse it with Reiki energy. We all know that crystals works with or without Reiki but crystals infused with Reiki makes the healing quicker, stronger and more powerful.

Black tourmaline is a stone of protection. It is also called as **Guarding Stone**. Infusing Reiki to black tourmaline increases its vibrations to release negativity and blockages and gives powerful shielding and grounding.

Black Tourmaline as Protecting Stone: (Do not forget to infuse with Reiki to double the benefits of the stone)

- Wearing or carrying this stone shields you from psychic attacks and psychic vampires.
- Shields you from negative vibes.
- When Black Tourmaline is placed in home or work area, it provides protective shield around you and your home space or workspace.
- Transmutes all negative energy to positive.
- Shields you from your own negative thoughts and fear.
- Stops these psychic vampires to suck off your energy; they won't be able to get a drop of your energy if Black Tourmaline is around your auric field.
- Wear a Black Tourmaline or place it in your wallet, purse, bag, and pocket, under your pillow, add in your bath or anywhere in your room. Place it beside electronic equipment. Make an elixir of this stone and spray on self or space. Just keep this stone close to your auric field.
- Rubbing Black Tourmaline also brings good luck and happiness.

Black Tourmaline as Healing and Grounding Stone:

- We all know how important grounding is for Reiki practitioners. Wearing or carrying Black Tourmaline makes you feel grounded and safe.
- Many times practitioners forget to ground themselves before healing a client. Always make a habit to wear or put Black Tourmaline near the healing space to protect you and ground you.
- Black Tourmaline is directly connected to root chakra hence it helps balancing root chakra. It also connects us to Mother Earth.
- Helps reducing stress and addiction.
- Place a Black Tourmaline on your Solar-Plexus and give Reiki to bring clarity and power.
- Meditating with Black Tourmaline brings more light to cells.
- Stimulates balance between left and right side of the brain.
- Also helps balancing work-and-play, pain-and-ease and high-and-low vibrations.
- Many times after giving healing, practitioners feel drain-out as they have absorbed client's energy. In that case, just hold Black Tourmaline in your palm and relax for a while. It deflects all unwanted energies absorbed from the client.

Black Tourmaline to absorb Electromagnetic Energy:

- We are all around electronic equipment and devices and accumulating electromagnetic energy. Black Tourmaline helps absorb electromagnetic energy.
- Give Reiki to the stone with the intention that it absorbs all electromagnetic energy. Place the stone near equipments and devices that emits electromagnetic energy.

Black Tourmaline as Manifesting Stone:

- Write your wish on a paper. Draw symbols and chant its names.
- Fold the paper and put it under Black Tourmaline.

That's it. As simple as that. Black tourmaline removes negativity attached to your wish and further shields it, hence quicker manifestation.

Black Tourmaline Grid:

Setting a grid with Black Tourmaline removes negativity off your wishes and hence makes healing and manifestation faster.

Alternatively you can place Reiki charged Black Tourmaline stones in all corners of the room if you feel people with negative energy keeps entering your room. This is best done

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at work place or office where many known or unknown people tend to enter. Black Tourmaline absorbs all the toxic and negative energies and provides a shield to your room.

So, if you don't have Black Tourmaline stone, go and order one NOW 😊

Article 13

11 Quick Aura Cleansing Techniques

Our Aura is like a magnet. It attracts all kinds of energies surrounding us. We cannot always be surrounded by good people and positive environment. It isn't always possible to avoid things that leaves negative vibes in or aura. Due to work, travel, or for whatever reason you come across and pass negative vibes too. All these negative vibes get accumulated to our aura. So it is very essential to cleanse our aura on regular basis. There are many techniques to cleanse aura like Kenyo Ku, Sweeping, and Smudging etc. Below are some simple and easy techniques to cleanse aura.

1. If you have a **bath** tub, fill the bath tub with warm water. Add some essential oil. Add Himalayan salt or sea salt. Invoke Reiki symbols and start Reiki flow. Intend that this water will clear all negativity away, cleanse your aura and fill it with light. Light small candle and burn incense stick. Step in your bath tub and relax.
2. It is a variation of the above method if you do not have bath tub. In a bucket, add essential oil and Himalayan Salt or Sea Salt. Invoke Reiki symbols and start Reiki flow with the intention to remove negativity and cleanse aura. Have a **bath** with this water.
3. Draw Reiki symbols on **shower** head and give Reiki to shower head with the intention that the water that flows out will remove all negativity and cleanse aura. Imagine water coming out of shower head a sparkling white light and covering you in divine light.
4. Draw Cho Ku Rei on the roof of your mouth with your tongue and hold your tongue there. **Breathe** deeply through your nose while counting till 6. Count till 3. Exhale through mouth counting till 6 with lips slightly pressed together. Do this 3 times. This is a real quickie to cleanse your aura.
5. Draw Reiki symbols on a **smudge stick**, hold it in your palms and give Reiki for few seconds with the intention that the smoke that comes out will remove all negative, dirt and debris from your aura. Burn the end of the smudge stick and wait till the flame is out. Now, waft all around your body from head to toe. The smoke will cleanse your aura.
6. Draw Reiki symbols on **palms** and set your intention to cleanse aura. Now with your fingers, comb through your aura from head to toe, untangling wherever you feel any tangles or heaviness in energy.

7. Soak any flower (rose, jasmine, lavender) in distilled water for couple of hours. Fill the water in **spray bottle**. Charge it with Reiki and sprinkle on your client from head to toe. Move clockwise and spray water at your client's front, back and both sides- top to bottom. They will feel extremely refreshed.

8. Take a **raw unbroken egg** and wash it. Infuse with Reiki. Say any prayer and set your intention. Sweep your aura with this egg starting from head to toe. Some prefer egg contact on skin and some prefer noncontact method. You can hold the egg for longer on certain spots if you detect dark energies. Once finished, break the egg n flush. Some prefer doing egg-reading. They can break the egg in water bowl and let it set for few hours. **DO NOT COSUME THIS EGG.**

9. Imagine **white or golden light** covering your aura, passing through your crown and out through feet, taking away all negativity and blockages.

10. Imagine **violet flame** in front of you. Step into the flame and let it cleanse your aura by removing negativity. When you feel it is done, protect yourself with CKR.

11. Give a **chi-ball** to self with the intention to keep your aura clean and chakras unblocked.

In all of the above techniques you must have noticed that having a strong intention is the main thing. Cleansing your aura is **MUST**. Cleanse your aura regularly to stay healthy and happy ☺

Article 14

Dolphin Reiki

Dolphin Reiki was created by Mark Scott. Dolphins are considered to be master healers. They are here to help us and guide us. Reiki is a life force energy; In Dolphin Reiki, life force energy comes directly from Dolphins. Dolphins have the ability to communicate on a higher spiritual level. Dolphins helps accepting and releasing negative emotions. When we hold on to pain and negative emotions, we build up emotional and physical problems for us. You don't need to be in presence of a Dolphin to be healed by them. Some even consider Dolphins equal to Ascended Masters and Archangels. Dolphins are also called *angels of the sea*.

In Dolphin Reiki, energy is transferred to someone by simply laying your hands on them or by distant healing. Dolphin Reiki heals the person as a whole: body, mind, emotion and soul. To activate Dolphin Reiki, simply state **“Dolphin Reiki”** three times and say **“Dolphins, I call upon you to be with me and help me heal _____ (person's name)”**. The person who is getting healed by Dolphin Reiki may feel joyful, playful and peaceful and may feel engulfed in loving energies. A healing session may last about 30 minutes. Dolphins know exactly where the healing should go- body, mind, emotion or soul. You can call upon Dolphins even when using other healing modalities. A Dolphin Reiki practitioner can also heal through breathing along with hand placement or directly blowing on the affected area to be healed. Activate Dolphin Reiki, inhale through nose, state your intention in mind and blow on affected area or organ through mouth. A client may be asked to use their own breathing exercise by inhaling through nose, imagining affected area is healed by Dolphin, and exhale through mouth.

Self-Healing

Place your hand on heart chakra. Activate Dolphin Reiki by saying **“Dolphin Reiki”** three times with the intention that all negativity be removed and all disease be healed.

Distant Healing

Use any distant healing method. Call upon Dolphin and connect to Dolphin Reiki stating ***“Dolphin, I ask you to bless _____ (person’s name) with your presence during healing _____ issues.*** Send healing for 15-20 minutes.

Fear Release

Sit or lie down. Take few deep breathes. Activate Dolphin Reiki and wait for a minute. You may or may not feel some soft vibrations. Mentally say, ***“Dolphin, I ask you to remove all the fear buried deep within me across all lives”.*** Let the energy flow for 15-20 minutes. Imagine your body is swept by sparkling pure white water, sweeping away all negativity, blockages and fears.

Chakras Cleansing

Sit or lie down. Take few deep breathes. Activate Dolphin Reiki and wait for a minute. You may or may not feel some soft vibrations. Bring your attention to root chakra. Mentally say, ***“Dolphin, please remove all imbalanced energies, negative vibes, fears, dust and debris buried deep within my root chakra”.*** Let the energy flow for 3-5 minutes. Imagine your body is swept by sparkling pure white water, unblocking and cleansing root chakra. Do the same procedure for all the chakras. You will feel joyful and refreshed after this session.

Benefits of Dolphin Reiki:

- Physical, mental, emotional and spiritual healing
- Greater self-love
- Greater self-acceptance
- Loving relationships
- Lesser fear
- Deep inner joy
- Peaceful mind
- Manifestation of your deepest desires and more...

For any of the above given method, you can merge other Reiki symbols too.

Article 15

18 Crystals Cleansing Techniques

Crystal healing and Reiki both are two different healing modalities and yet both go together hand in hand. When Reiki and crystals are combined for healing, the result is magnificent. Having crystals along while healing with Reiki energy is like having an extra pair of hands.

Since learning Reiki, I have developed a great liking towards. I have to strictly stop myself from purchasing any and every crystal I come across. Some crystals resonates with me so well as if they are just meant for me. Just holding some crystals in palms starts vibration in third eye. Having bought lots of crystals, next thing is to take care of them.

Cleansing crystal is the most important thing to do before a healing session, setting a grid or programming for any other use. Those who are new to crystals may start wondering why crystals need cleansing. I asked hubby to give me his crystal pendant to cleanse. He said, “*no its ok, it is not dirty ☺*”. Actually crystal tends to absorb the energies around them. To diffuse the accumulated negative energy, we need to cleanse crystals. Cleansing removes all the previous programming too. So once cleansed, charge and program your crystals.

Let us explore few crystal cleansing methods here:

Note: I would suggest using Reiki symbols and Reiki flow for every cleansing method. Reiki all the cleansing material used: salt, water, container, candle etc.

Salt Water: Add salt to water and soak crystals for few hours in salt water. Not all crystals resonate with salt and water, so check before soaking crystals.

Dry Salt: Place your crystals in a bowl of dry sea salt/rock salt/Himalayan salt. Make sure there are no left over salt particles once you are done cleansing.

Running water: Hold your crystal under a tap, stream or any form of fresh running water. Imagine all the accumulated negative energy flowing away with running water.

Earth: Place your crystals back to its original cradle. Bury your crystals in your garden, planter or backyard. Alternatively, gather some soil in a container and bury your crystal. After removing, wipe it clean and make sure no soil particles are left.

Breathe: Hold your crystal in your palm and blow forcefully on your crystal. Imagine you are blowing a white light over crystals. Keep blowing till you feel your crystal is shiny or simply blow thrice with the intention to cleanse.

Flame: Just rotate your crystal 7 times over a candle flame to cleanse it. You can even pass your crystal quickly through flame.

Moon/Sun: This is one of the simplest and safest methods. Simply leave your crystals out in sunlight or moon light. Not all crystals resonate with sunlight so please check crystal's properties before placing in sunlight.

Smudging: Use sage or incense stick to cleanse the crystal. Simply pass your crystal through sage/incense stick smoke.

Reiki only: Hold crystal in palm and draw CKR. Give Reiki with the intention to remove negative energy from the crystal.

Bell or Singing Bowl: The vibration of the bell or the singing bowl has the power to cleanse your crystals. Just play the sound of bell/singing bowl near the crystals.

Selenite: Selenite is considered as '*Universal Stone Cleaner*'. It does not need cleansing. Simply place your crystal over a selenite cluster or place selenite over your crystal. Alternatively, put all crystals in a box and program your selenite to cleanse all crystals in the box.

Beach: Going to a beach? Take your crystal along and cleanse with sea water.

Pendulum: Program your pendulum to cleanse the crystal and hold it over your crystal.

Third Eye: Direct white light on your crystals with your third eye with the set intention.

Crystal Clusters/Geode: Some crystals (citrine, carnelian, selenite) doesn't need frequent cleansing. They can be used to cleanse other crystals too. Simply place your crystals on the geode or cluster.

Plants: Lay your crystal besides your favorite flower or plant. Plants have the natural ability to transmute negative energy to positive energy.

Pyramid dome: The shape of a pyramid itself is very powerful. Place your crystals under the pyramid dome. Pyramid dome neutralizes the accumulated negative energy of crystals when placed inside the dome.

Flower essence: Soak flower petals of any flower in water for few hours. Fill this water in a spray bottle and spray on crystals.

Again, for any of the above method, cleansing done with invoking symbols and infusing Reiki will optimize cleansing, charging and programing.

Article 16

Reiki FAQ

People who are contemplating to learn Reiki or healing with Reiki have many questions regarding Reiki. Same goes with newbies. They too have lots of queries even though they have been taught. Teaching method differs from teacher to teacher. So some students have more queries whereas some are confident. I have asked some of my friends to ask me questions regarding Reiki, things they want to know as non-Reiki person. I got lots of questions. Few questions I dug from internet to include in this article so that I could answer simply in my way. I have tried to answer all the questions in simple and easy way so anyone can understand.

Reiki FAQ

Q1. What is Reiki?

The founder of Reiki is Dr. Mikao Usui. Reiki is a Japanese form of natural and spiritual healing technique administered through Life Force Energy by a Reiki channel. Reiki heals person as a whole- body, mind, emotion and soul. Reiki always works for our highest good. Reiki healing can be done in person as well as distant healing.

Q2. Who can learn Reiki?

Anyone can learn Reiki. Reiki is a very simple healing system, no special background is required. Anyone is eligible to learn Reiki regardless their age or health.

Q3. Why should I learn Reiki?

There are innumerable Benefits of Reiki. Reiki connects you to Life Force Energy so you can heal yourself and your near and dear ones too. We all know that everyone has healing capacities but once you get attuned to Reiki, the energy and healing power reaches another dimension. If you learn Reiki, first and foremost you can heal yourself. Daily self-healing helps balancing the chakras, keeps you healthy, happy and joyous and connects you to your higher self and spirit guides. Reiki keeps anxiety and stress at bay. It can harmonize relationships and heals emotional trauma. Reiki fills you with peace and serenity. You can heal your family/anyone wherever they are across globe without traveling.

Q4. How is Reiki session performed?

Reiki practitioner set the room, may put on calming music or call upon their angels and guides. Client is told to lie down on Reiki-bed and take few relaxing breaths. Practitioner may then scan the client's aura, in person or with distant healing method, to analyze the disturbances detected in the client's aura. Based on the scanning, they lay their hand few inches over the client's body and administer the flow of Reiki. Practitioner may lay hand over various part of client's body (non-contact) as per requirement. Treatment can be done through distant healing method too.

Q5. What can be treated with Reiki?

List is never ending. Listed below are few examples:

- Body, Mind, Emotion, Soul
- Any Physical illness/problems- major or minor
- Relationships-
Couples/Singles/Family/Parental/Children/Colleagues/Boss/Friends
- Emotional trauma/problems
- Past karma
- Past lives issues
- Mental issues
- Future situations
- Ancestry healing
- Stress reduction
- Anxiety
- Sleeping disorder
- Chronical disease
- Fatigue
- Pain elimination/reduction
- Balance chakras
- Space cleaning
- Remove spirit
- Ward off negativity
- Purify food and water
- Removes toxins

- Cleanse chakras and aura
- Enhance creativity
- Connect to higher self
- Removes side effects of medicines
- Natural self-heal
- Strengthen immune system
- Treats illness from root
- Enhance psychic powers

And more....

Note: ***Reiki practitioner never encourages you to stop your medical treatment.***

Q6. Is Reiki substitute for medicine?

No. Reiki is a complimentary healing system. No practitioner will ever encourage to replace medical treatment with Reiki. Reiki can be combined with medical treatment to make recovery faster. Reiki works in harmony with other healing modalities too.

Q7. How many Reiki sessions are needed for a treatment?

Sessions required totally depends on the reason of treatment and client's ability to respond to Reiki. Each individual responds differently to Reiki treatment. Some problems may need couple of sessions, some may need more and some even takes months to heal. Length of the Reiki session totally depends on root cause of the problem as Reiki heals a person as a whole: body, mind, emotions and soul. Every Reiki practitioner uses different techniques for healing hence duration of sessions may vary from practitioner to practitioner. After couple of sessions, healer and client both will get the idea about how the client is responding to Reiki.

Q8. What is Reiki attunement?

The Reiki attunement is administered by a Reiki Master Teacher to the student which gives them the ability to treat themselves as well as others. During the attunement some students feel vibrations, hot-cool sensation or some may get visions. Some may not feel anything so it doesn't mean that attunement is not done properly or something is wrong with them. With daily self-healing they can easily channel the energies.

Q9. Can I learn Reiki by watching videos or reading Reiki books?

You can follow books or videos once you have been attuned. You cannot heal anyone if you are not attuned to Reiki.

Q10. How long does the attunement last?

Once attuned, always attuned. Though there is no harm in re-attunement if anybody wants to.

Q11. How does Reiki treatment feel like?

Every Reiki experience differs from person to person, healer to healer, treatment to treatment. Some feel heat, some feel coolness, some gets visions, some falls asleep, some may get vibrations or some may break-down and cry. Again, it is not necessary that everyone feels something. Some may feel nothing. If your client feels nothing, assure him that Reiki always work no matter what. For distance healing too, client may feel any of the above or may not feel anything.

Q12. Can Reiki still flow if healer falls asleep?

Yes, if a practitioner is asleep and his hands are placed on someone and if that person needs Reiki, Reiki will start flowing.

Q13. Does Reiki practice any particular religion?

No. Reiki doesn't follow any particular religion. People from all religions and beliefs can learn Reiki and be a healer. Reiki is a simple stress reducing and healing technique that anyone can use once they are attuned to it. Reiki is called '***Spiritual healing***'; it does not encourage giving up on one's religion or change religious beliefs.

Q14. How do you know that energy is flowing?

Again, it is same as above. Some feel heat, some feel coolness, some gets visions, some falls asleep, some may get vibrations or some may break-down and cry. Again, it is not necessary that everyone feels something. Some may feel nothing. If your client feels nothing, assure him that Reiki always work no matter what. For distance healing too, client may feel any of the above or may not feel anything.

Q15. Can Reiki be merged with any other healing modalities?

Definitely **YES**. Reiki can be merged with any other modalities. Reiki energy compliments other Reiki forms, medicines or any other healing method. For example, you can give Reiki to someone who is hospitalized for faster recovery, can Reiki your medicines to reduce side-effects, charge your crystals for crystal therapy, or even can be merged with Angel Card Reading or Ho'oponopono prayer.

Q16. Is Reiki safe?

Yes, Reiki is 100% safe. It does not have any side effects. It works only for person's highest good.

Q17. Can Reiki be administered to remove negativity?

Yes, Reiki removes negativity surrounding person or any space: house, office, or any area. Practitioner detects heavy energy and can remove and cleanse the person or area.

Q18. Any particular hands positions when giving Reiki treatment?

Yes. You will be taught hands position in first degree to treat self and others. Distant healing method is taught in level two.

Q19. How to do distant healing?

You will be given distant healing symbol when you learn second degree. You then draw and invoke symbols and use the distant healing technique taught to you. You can heal anyone across globe. Reiki energies travels across space, any dimension, distance or time. You can heal your past, past lives or future too. The Reiki distant healing symbol bridges time and space.

Q20. Can plants and nature be treated with Reiki?

Yes, you can see obvious difference between regular plants and '*Reiki plants*'. Reiki can be sent to nature to reduce natural calamities impact. I always encourage giving healing to Mother Earth.

Q21. Can Reiki be given to children and pregnant ladies?

Yes again, Reiki can be given to children. Children are in fact more receptive towards Reiki energies. You can Reiki your child daily, Reiki their food, Reiki their bed and so on. Give healing to your children when they are unwell. Reiki them to sleep better. List is endless.

Reiki can be given to pregnant ladies. It is totally safe. It will balance and heal all the chakras and keep the baby healthy and safe as well.

Q22. What are the Reiki Symbols?

There are traditional Reiki symbols and non-traditional Reiki symbols. Here I will just give introduction about traditional Reiki symbols. Reiki symbols are considered sacred healing symbols that opens the door to higher energy levels, higher awareness and intuitive power, spirituality and manifestation powers. Students are introduced to Reiki symbols during their level 2 attunement. Reiki symbols help connect to Universal Energy in a more powerful way. Invoking Reiki symbols during a healing session makes the healing faster and more powerful.

There are 4 main symbols- click on the symbol names for detailed explanation

Cho Ku Rei → Power Symbol

Sei He Ki → Emotional/Mental Symbol

Hon Sha Ze Sho Nen → Distant Connection Symbol

Dai Ko Myo → Empowerment (Master symbol)

Q.23 What if I giveaway too much energy?

No, Reiki is a Divine source of energy. There is nothing like giving away too much. Though some healers feel drained out after a healing session. If that happens, the healer should make sure to ground, protect and shield themselves.

Q.24 Why is Reiki considered ‘intelligent’?

Some believe Reiki ‘intelligent’ because it is a Divine energy; some believe it to be ‘intelligent’ because it is guided by spirit guides; some believe it to be ‘intelligent’ because Reiki always flows wherever it is needed most; some consider it intelligent because Reiki heals person as a whole: body, mind, emotions, soul, and aura.

Q.25 I am not specially gifted. Can I still learn Reiki?

Anyone can be a Reiki healer. You need to be attuned to Reiki by a Reiki Master to heal self and others.

Q.26 What is the best method to draw Reiki Symbols?

I personally prefer coned fingers method. You can draw with index finger, paint brush method, with both hands, with third eye or pen-paper. You can draw symbols anywhere and everywhere.

Q.27 Can level 1 practitioner use Reiki symbols?

No. Symbols are introduced during level 2 attunement. In level one, main focus is on self-healing. You can self-heal, heal others (hands-on), protect, shield and aura cleanse.

Q.28 Why 21 days cleansing?

Each chakra takes 3 days to get cleansed. So 7 chakras take 21 days. It is called detoxification period.

Day 1, 8 and 15 cleanse Root chakra

Day 2, 9 and 16 cleanse Sacral chakra

Day 3, 10 and 17 cleanse Solar-plexus chakra

Day 4, 11 and 18 cleanse Heart chakra

Day 5, 12 and 19 cleanse Throat chakra

Day 6, 13 and 20 cleanse Brow chakra

Day 7, 14 and 21 cleanse Crown chakra

Q.29 Can Reiki heal Vaastu-Dosha?

Yes, invoking symbols and strong intentions to remove doshas (faults) and negativity heals vaastu-dosha.

Q.30 Can Reiki cause negative effect?

No, Reiki never harms or cause negative effect. It can never be used with the intent to harm or cause negative effect. Reiki always works for one's highest good.

Q.31 How long does it take to heal a disease?

It depends on what need to be healed, if the issue is small or long-standing. It may take long if the issue is chronic disease or related to past life. Also depends on how the client is resonating with the energy he is receiving from the healer.

Q.32 Does Reiki take away negativity?

Definitely yes. It removes all negativity and blockages from person's body, chakras, meridians, emotions, thoughts, and aura. You are taught shielding and grounding methods to protect yourself from negativity. There are numerous way to detect and remove negativity. Detect all types of negative energy.

Q.33 Is it possible to learn Reiki by watching videos or reading books?

No. You need Reiki attunement from a Reiki Master to initiate Reiki. You can improve and increase your knowledge by reading books or watching videos but you can not initiate Reiki without being attuned.

Q.34 Can Reiki heal ancestors?

Yes. Reiki can heal DNA, our past generations and blockages associated with ancestors.

Q.35 Is anything wrong with me? I do not feel anything during Reiki.

Nothing is wrong with you. Some feel vibrations, some feel hot-cold sensations, some get visions or some feel nothing. Do not worry. Always remember, Reiki always works whether you feel anything or not. All it needs is immense faith.

Q.36 How to know which chakra to heal?

The healing is based on physical cause as well as root cause of the disease. You heal the chakras according to physical, mental and emotional issues. Here is one of my previous article that shed more light on Disease and Associated Chakras.

Q.37 Can I charge my food and water with Reiki?

Again yes, charging your food and water with the intention to remove toxins and negativity is the key to happy and healthy life. Reiki infused food will be tastier, will cleanse your immune system, align molecules into proper pattern, infuse cells, helps with digestion and remove toxins and negativity.

Q.38 Can Reiki help me financially?

You can give Reiki to your money with intention (or affirmations), to your wallet, your bank accounts, your debit-credit cards, your tax refund forms, properties, jewelry or any money-related things. You can put intention slips with affirmations in your Reiki box. You can use Crystals to attract abundance.

Q.39 Can Reiki improve relationships?

Reiki can improve any relationship: couple's issues, parental issues, friendship, boss-employee relation or even make amends between enemies. Reiki brings harmony in relationships. It removes anger and resentment from heart and fill it will love and light. With the help of Reiki symbols, strained and stressed relationship can be mended. It will

heal the past event that was the root cause of the issue. It also clears mental blockages related to the opposite person, brings balance between mind and heart conflict and remove misunderstandings and ego.

Q.40 How long should I wait between each of the Reiki levels?

It depends from teacher to teacher. Some teachers advice the gap of only 21 days between levels; Some keeps the gap of couple of months; some keeps the gap of 2-3 months between level 1-2 and 6 months or more between 2- 3. It also depends on student, how he is resonating with the energy.

Q.41 Does healing differ from healer to healer?

The techniques used by healers may differ. Some healers merge different techniques, forms and variations of Reiki. Some merge other healing methods like Crystals, Pranic healing or Past Life therapy.

These are the most common questions asked by a newbie or a non-Reiki person. I have tried to give answers in short, without going into small details. I would end up writing a book if I go into detailed explanation ☺

Article 17

Karmic Scars

What are karmic scars? Karmic scars are lethal wounds or scars from past lives that are carried over to the next life. Karmic scars are also known as Birthmarks. Who would have thought that most birthmarks have a story to tell, a story of a past life. Birthmarks or karmic scars are usually formed at an exact place where your body had endured severe blow or injury in one of the past lives.

According to Dr. Ian Stevenson's research, if someone dies of bullet or knife wound in past life, the karmic scar or birthmark would reappear exactly at the same place. These birthmarks or karmic scars resurface as a reminder to heal those past lives events, it is a reminder that indicates there are some unfinished businesses.

There are two reasons of Karmic Scars:

1. Not enough gaps between incarnations for body to heal properly.
2. It is a bridge to reconnect with your past lives trauma to heal it completely.

To know details about your karmic scars, you can either get Past Life Regression (PLR) done or get Akashic Records read. Karmic scars could be related to past lives success, failure or love. Your karmic scar history may show you as a careless person in previous life or it may show that you were a national hero who was traumatized by enemies during a war or it may show that you got badly injured trying to save someone you love. Different karmic scar has different story to tell.

Understanding your Karmic Scars:

- A **deep red birthmark/ karmic scar** could be unhealed burn mark. The darker the red, the more healing it needs.
- A **white birthmark/ karmic scar** also shows burn injuries. White means it had been healed karmically before hence not much healing needed.
- The **even black round or oblong birthmark/ karmic scar** indicates bullet wound.
- **Scattered brown/black birthmarks/ karmic scars** indicates scattered bullet shots.

- A **red/brown cut or slight curve** means stab wound.
- **Spots inside the eye indicates eye injury**– stab or puncture. (I have this, multiple in both eyes. Did not know the meaning of this earlier ☺)
- The **patch on head** where hair doesn't grow due to some birthmark/karmic scar indicates hair had been forcibly pulled out.
- The birthmark/ karmic scar that has **darker inner side and lighter outer ring** indicates a poisoned arrow wound.
- **Botch**– Surgery without anesthesia.
- A brownish birthmark/ karmic scar that looks like a **wart** indicates leprosy patch.

Healing Karmic Scars or Birthmarks:

- **PLR or Akashic Records.** Here is a wonderful article written by Ananya Sen about Akashic Records.
- **Cut Karmic cords.** Ground yourself. Call upon Archangel Michael to help you cut all the etheric cords that no longer serves you and Archangel Raziel to heal past lives issues. Draw a big HSZSN in front of you and just 'walk-in' the symbol so that you are totally enveloped by the symbol. Connect HSZSN to all the past lives cords that no longer serves you. Now simply infuse Reiki flow with the intention to cut all the cords that no longer serve you for your highest good. Reiki is smart, it knows what needs to be done. Alternatively you can scan your body and feel ropes and cut them. Draw a big SHK in front of you and 'walk-in' the symbol. Intent that it heals all the mental and emotional issues related to your past lives. Draw big CKR and seal the session.
- **Karmic Reiki.** Use Karmic Reiki and Karmic Reiki symbols over the karmic scar with the intention to heal that particular trauma or situation.
- **Usui Reiki.** Call upon your guides and angels. Connect HSZSN with the trauma/issue related to that particular karmic scar. Draw CKR and SHK over the karmic scar and state ***“I am now releasing all the karmic ties, chains, connections and cords that holds me to the issues related to this karmic scar. I forgive everyone for whatever happened related to this karmic scar across lives and I ask for their forgiveness for same issue”***. Draw CKR over the scar and seal the session.
- **Intention slips in Reiki box/Crystal grid.** State a clear intention to heal trauma related to particular karmic scar/birthmark. Draw whatever symbols you are attuned to and place the intention slip in Reiki box or grid.

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You need to do above healing methods multiple times to heal karmic issues. There are other techniques to heal karmic scars: Violet Flames, Kundalini Reiki and more..

Article 18

Teeth and Associated Organs, Emotions and Chakras

What do people do when they have general toothache or dental issues? Non-Reiki people would take medicine or do some household remedies. Reiki healers would put their palms on jaw/cheeks and throat chakra to give healing. Do you know, each tooth has attached meridians, organs and emotions? If we understand those meridians and emotions, we can find out which chakra and organ to heal for that particular toothache.

Once you determine the chakras and organs, give Reiki to jaw, Throat chakra, and affected chakra or the organs (as per meridian). Emotions attached to the tooth show what emotions need to be healed.

Let us start with Upper teeth. Consider the front two teeth as number 8 and 9. The number 8 being the upper front right tooth and 9 being the upper front left tooth.

Upper Right starting from front number 8:-

Number	Tooth Name	Emotions	Meridians/Organs	Chakras
8 U. front	Central Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus Sacral, Root
7 U. right	Lateral Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus Sacral, Root
6 U. right	Canine	Anger, frustration, manipulation, resentment	Liver, Gall Bladder	Throat, Solar-plexus

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5 U. right	1 st Pre-molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar-plexus
4 U. right	2 nd Pre-molar	Compulsive, control freak, critical, sadness	Right breast, Large intestine, Lungs	Throat, Heart, Solar-plexus
3 U. right	1 st Molar	Anxiety, hatred, low self-esteem, obsessed	Right breast, Stomach, Pancreas	Throat, Heart, Solar-plexus, Sacral, Root
2 U. right	2 nd Molar	Anxiety, hatred, low self-esteem, obsessed	Right breast, Stomach, Pancreas	Throat, Heart, Solar-plexus, Sacral, Root
1 U. right	3 rd Molar	Lack of joy, loneliness, trapped, unloved	Endocrine, Heart, Small intestine, Sex	Throat, Heart, Solar-plexus, Sacral, Root

Upper Left: - starting from front number 9

Number	Tooth name	Emotions	Meridians/Organs	Chakras
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9 U. front	Central Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar- plexus Sacral, Root
10 U. left	Lateral Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar- plexus Sacral, Root
11 U. left	Canine	Anger, frustration, manipulation, resentment	Liver, Gall Bladder	Throat, Solar- plexus
12 U. left	1 st Pre- Molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar- plexus
13 U. left	2 nd Pre- Molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs, Left breast	Throat, Heart, Solar- plexus
14 U. left	1 st Molar	Anxiety, hatred, low self-esteem, obsessed	Stomach, Spleen, Left breast	Throat, Solar- plexus, Sacral, Root

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15 U. left	2 nd Molar	Anxiety, hatred, low self-esteem, obsessed	Stomach, Spleen, Left breast	Throat, Solar-plexus, Sacral, Root
16 U. left	3 rd Molar	Lack of joy, loneliness, trapped, unloved	Endocrine, Heart, Small intestine, Sex	Throat, Heart, Solar-plexus, Sacral, Root

Lower Right starting from front number 8:-

Number	Tooth name	Emotions	Meridians/Organs	Chakras
8 L. front	Central Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus Sacral, Root
7 L. right	Lateral Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus Sacral, Root

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6 L. right	Canine	Anger, frustration, manipulation, resentment	Liver, Gall Bladder	Throat, Solar- plexus
5 L. right	1 st Pre-Molar	Anxiety, hatred, low self-esteem, obsessed	Pancreas, Stomach, Right breast	Throat, Heart, Solar- plexus, Sacral, Root
4 L. right	2 nd Pre- Molar	Anxiety, hatred, low self-esteem, obsessed	Pancreas, Stomach, Right breast	Throat, Heart, Solar- plexus, Sacral, Root
3 L. right	1 st Molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar- plexus
2 L. right	2 nd Molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar- plexus
1 L. right	3 rd Molar	Lack of joy, loneliness, trapped, unloved	Endocrine, Heart, Small intestine, Sex	Throat, Heart, Solar- plexus,

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				Sacral, Root
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Lower Left: - starting from front number 9:-

Number	Tooth name	Emotions	Meridians/Organs	Chakras
9 L. front	Central Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus Sacral, Root
10 L. left	Lateral Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus Sacral, Root
11 L. left	Canine	Anger, frustration, manipulation, resentment	Liver, Gall Bladder	Throat, Solar-plexus
12 L. left	1 st Pre-Molar	Anxiety, hatred, low self-esteem, obsessed	Left breast, Spleen, Stomach	Throat, Heart, Solar-plexus, Sacral, Root
13 L. left	2 nd Pre-Molar	Anxiety, hatred, low self-esteem, obsessed	Left breast, Spleen, Stomach	Throat, Heart,

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				Solar-plexus, Sacral, Root
14 L. left	1 st Molar	Compulsive, control freak, critical, sadness	Lung, Large intestine	Throat, Heart, Solar-plexus
15 L. left	2 nd Molar	Compulsive, control freak, critical, sadness	Lung, Large intestine	Throat, Heart, Solar-plexus
16 L. left	3 rd Molar	Lack of joy, loneliness, trapped, unloved	Endocrine, Heart, Small intestine, Sex	Throat, Heart, Solar-plexus, Sacral, Root

Hope the above charts helps your teeth healing faster and easier ☺

Article 19

Mirror Mirror all around

How does mirror actually protect us? Mirrors reflect whatever surrounds its energy field. It reflects your image; it reflects anything that is placed in front of it. It also reflect the things that are unseen such as happiness, joy, laughter, tears, sadness.... If the mirror sees love, happiness or joy it will reflect back love, happiness or joy and if the mirror sees sadness, tears or negativity, it reflects back those emotions. Being a genuine healer, you do not want to send negative energy to anyone standing in front of the mirror. Best is to draw Reiki symbols on the mirror with the intention that negativity directed towards you transmutes and reflects positive white light. During the mirror protection method, invoke Reiki symbols with the intent to transmute negativity to positivity, in order to avoid negativity being reflected back to the person. We need to protect ourselves from psychic attacks, psychic vampires, jealousy or just random negative comments. The negativity directed towards us can create havoc with our chakras and aura causing physical, mental and emotional blockage.

Remember, psychic attacks are only possible when you leave yourself unshielded. Being a holistic healer, we all know several techniques of shielding and protecting. Let us see how mirror can help us with shielding and protection.

Imagine a cylindrical pipe shape mirror around you. You are standing inside the mirror pipe. The top is open so that you can be connected to source energy. The bottom is open to stay connected to Mother Earth for grounding. Draw Reiki symbols over mirror to optimize the shielding effect. Intent that whatever negativity is thrown towards you should reflect back as positive white light. This method works best when you are at public places or social gatherings. If doing long-distance shielding, connect HSZSN to the person and imagine him/her inside the cylindrical mirror.

- You are in front of a negative, aggressive and abusive person. What to do? Simply imagine a mirror facing him/her in front of you. Invoke Reiki symbols with the same intention as above.
- Energizing mirrors in your house with Reiki symbols brings harmony and peace.

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- Mirror to cleanse your aura- Stand in front of mirror. Stare at your reflection. Keep only happy and positive thoughts in your mind. Draw symbols that resonates with you at that time between you and mirror. Activate the flow of Reiki. Keep your hands in front of your chest palms facing mirror and keep reiki flowing with the intention to remove all negativity surrounding aura. Do this daily for 3-5 minutes. That's it. No visualization or imagination needed.
- Another use of mirror is to attract abundance. Here is the method of Magic Money Box.

It is your strong intention and Reiki that works as magic shield. State that no evil intention or negative vibes can penetrate through this mirror.

Mirrors reflect back whatever is transmitted towards it. So make sure you transmit only positivity, joy and love. Avoid crying or being sad in front of mirror, as you would be transmitting negativity. Make sure the mirrors in your house are clean and broken.

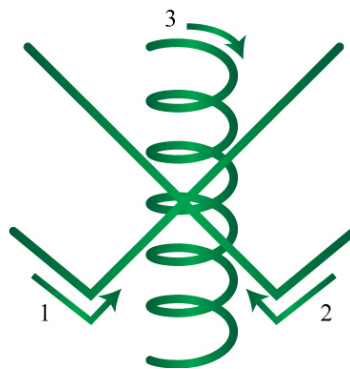
Some people have difficulty with visualizing technique. In case of that scenario, bring out your inner child. Think as a kid, be a kid. Kids have amazing visualizing power as they are always in a playful state.

Article 20

Rama Symbol

Rama symbol is one of the symbols of Karuna® Reiki. It means God or Lord Rama. To be able to use this symbol, one has to be attuned to Karuna® Reiki. This symbol has two right ticks on right side and left side. There is a spiral in the middle. The two right ticks are considered to be male and female energy. The spiral in between these two right ticks represents the bonding between male and female energy. This symbol is best visualized in Golden or Purple color.

- Rama symbol symbolizes joy and happiness.
- It creates direct link to earth energy hence helps in grounding. It helps grounding in all directions.
- It helps cleanse all the six chakras- Brow Chakra, Throat Chakra, Heart Chakra, Solar-plexus Chakra, Sacral Chakra and Root Chakra.
- It revives person's chi and create determination.
- According to some practitioners, Archangel Michael's presence has been felt when healing with Rama symbol, especially when 'For The Highest Good of All' is invoked.
- It helps clear lower chakras issues.
- This symbols can be used to manifest materialistic goals.
- Draw Rama symbol on feet chakra to open feet chakra. This will bring more energy, enhancing your healing by directly connecting to earth energy.



- Draw the symbol on crystals to cleanse and purify the crystals.
- It also harmonize upper chakras with the lower chakras.
- Draw this symbol with SHK to bring peace and harmony.

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- Brings responsibility. Heal the person with this symbol who is irresponsible to make him responsible. The Rama symbol has the energies of CKR and SHK both. It can be combined with CKR and SHK to optimize the effect of healing.
- Rama + Zonar + Halu heals lack of confidence.
- Helps remove negativity from house, office, shops or any work/play place.
- Draw the Rama symbol on walls, four corners and at the center. Give Reiki for about 3-5 minutes. It will clear-off negative energies. This symbol is very effective in removing negativity.
- It also helps with backache and emotional blockages by balancing the energies.
- Combination of Rama + Shanti + Gnosa is found effective for mental piece or unbalanced mind.
- Improves relationships- A never breaking bondage can be created if combined with SHK.
- Give Reiki with strong intention to heal relationships combining SHK and Rama.
- For distant healing, combine with Zonar or HSZSN.

Article 21

6 Psychic Protection Techniques

It is very important to protect yourself from psychic attacks when you are a Reiki healer or an energy worker. Psychic attacks are negative energies directed towards you with conscious or unconscious intentions.

Here are some quick psychic protection techniques:

- Draw a large CKR of your height in front of you in the air. Chant its name thrice and walk in to the CKR. Imagine being engulfed by the CKR, covering you from toe to head and above. Intend that no negativity or psychic attack can harm you.
- Imagine a big bubble/egg/pyramid of white/golden/purple light around you. Fill the insides of this bubble with Reiki. Ask Reiki to protect you. Intend that no negativity and evil eye effect can penetrate this bubble.
- Imagine a bubble around you with a ring of fire. Fill the bubble with Reiki energy and imagine the fire burning off all the negativity, psychic attacks and evil eyes directed towards you.
 - Make crystal water spray of black tourmaline, black obsidian or pyrite. Click Crystal Water to know how to make the spray. Spray your aura, home, work place or car with this crystal spray.
 - Call upon Archangel Michael every morning and ask him to protect you by engulfing you and your loved ones in his angel wings.
 - As soon as you wake up, imagine a zipped purple hoodie cloak covering you from toes to head and above. Intend that this cloak filter away all negativity acting as a barrier and protect your own energy.

Protect/shield yourself and your loved ones from psychic attacks for healthy and happy life ☺

Article 22

Communication with Higher-Self

Who and what is Higher-self?

Higher-self is the real you, your soul consciousness. Your Higher-self is YOU. It has no gender but you can visualize your Higher-self in any gender or any age. I always visualize mine as a female, wearing a beautiful gown, long and soft curly hair (I know too dramatic☺). Your Higher-self doesn't forget the real YOU when you incarnate. It stays with you through all the births and lives. Nobody can break this connection. Through certain techniques you can reunite or strengthen your communication with your Higher-self. Your Higher-self guides you, gives you intuitions, gives directions and is always watching over you. Higher-self communicates with you in various ways, don't ignore your intuitions or repetitive thoughts. The negative repetitive thoughts are the demons, it is your ego taking charge. Your Higher-self will never show you wrong or negative path. There are numerous ways to connect to Higher-self. Everyone has their own favorite technique.

Strong Determination

- Sit and relax. Make sure nobody disturbs you. Switch off your phones and TV.
- If you are attuned to Master Symbol DKM, meditate on it for about 10 minutes.
- If you are not attuned to Master Symbol DKM, just close your eyes and take few deep breaths.
- Draw HSZSN and chant its name three times. Connect HSZSN to your Higher-self saying ***“I want to connect to my Higher-self now”***.
- Again stay calm and take deep breaths.
- Say out loud or in mind- ***“Now I am in contact with my Higher-self. I am open to receive messages from my Higher-self. Tonight I shall have talk with my Higher-self in dream and upon waking up I shall remember the conversation I had”***.
- Concentrate on your breathing pattern while meditating for about 10 minutes.

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- Next morning you may remember the dream, bits of conversation or some change in your behavior. Even if you don't remember or feel anything, have faith that you are connected. Practice more.
- You have to do the above procedure for 7 days in a row.

Visualization

- Sit or lie down and relax. Make sure nobody disturbs you. Switch off your phones and TV.
- Draw HSZSN and chant its name three times. Connect HSZSN to your Higher-self saying ***“I want to connect to my Higher-self now”***.
- Imagine walking in the garden with your Higher-self beside you, walking along. Notice the beautiful flowers, the butterflies hovering over flowers, the chirping of birds, the bright sunny weather, a fountain, the soft breeze touching your face..... This is the most picturesque place you have ever been to. There is a lake ahead and ducks quacking. Sit on the bench near the lake and ask your Higher-self to sit with you. Talk to your Higher-self like you talk to your best friend. Ask questions or discuss. You can ask the questions that always bothered you, ask about your life-purpose or whatever that comes to your mind.
- At first, you may feel like you are just imagining Higher-self and the answers. Let it be. Don't force yourself to believe. Continue communicating and interacting with your Higher-self often. The answers you receive will be wiser and knowledgeable than usual. Have faith that whatever answer you receive is given by your Higher-self.
- This takes time and practice. So do not give up and keep practicing.

Journaling

- Open a writing software (Microsoft word) or take pen and paper. Draw HSZSN and chant its name three times. Connect HSZSN to your Higher-self saying ***“I want to connect to my Higher-self now”***.

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- Start typing/writing the question and request your Higher-self to answer. The first instinct that gut feeling you get is the answer from your Higher-self. Don't try to analyze the answers. Just continue typing/writing without analyzing your thoughts. Keep asking questions and jotting answers.
- The first few answers may be given by your ego. But as you proceed you will see the significant difference in answers. The only thing important here is to typing/writing whatever thoughts you get as these are the answers given to you as thoughts by your Higher-self.

Try any of the above technique and do let me know which technique made communication with Higher-self easier. I personally like Visualization method. Tell me yours ☺

Article 23

Life After Reiki

Few days back a random thought popped. What was my life before Reiki? Why I was not introduced to Reiki sooner?

The answer to that is, you don't choose Reiki, Reiki comes to few chosen ones at the right time.

First time I heard about Reiki, I was in U.S. After that I moved to India and I inquired about Reiki. Yet it didn't pull me enough for me to pursue it. After few years I moved to Bangalore and then I could not resist. I had to explore, pursue and learn. My life is literally divided into Pre-Reiki days and Post-Reiki days and I am sure most Reiki channel feels the same. As compared to Pre-Reiki days, Post-Reiki days are sheer blissful. Reiki changed me completely; from my life situations to my perspective towards life and everyone. The things or people I used to dislike earlier held no importance in my life. I used to break down in stressful situations, was not able to cope with difficult situations.

Post-Reiki, I am at peace with myself. The things that used to hurt earlier doesn't matter anymore. Reiki has given me much needed mental strength. It gave new self-confidence and self-love. I have extreme control over my negative thoughts now which brought positivity, happiness and abundance in every aspect of my life. This prominent change in me is liked by few and disliked by few. It does not matter if anyone doesn't like this NEW me. What matters is the inner peace I got Post-Reiki. Reiki is a pure blessing for me and I am sure everyone who practices it feels the same too.

I have asked few of my Reiki friends about how Reiki changed their life. Let us read how Reiki changed their life.

Ananya Sen (*my mentor, inspiration and friend*)

Well I don't know where to start, there are so many great and horrifying changes after Reiki! There is Rebirth after Reiki in all aspects and is rebirth easy? Definitely not, but totally worth it! If I have to pick on one thing that Reiki has brought about in me, it is my belief in myself. I used to think that other people are in control of my life, but I know now that I AM the creator of my life. Reiki makes it easy.

Darshan Bafna

Reiki has truly transformed my life beyond words. It has helped me grow in all levels of life and allowed me to access and utilize the abilities that were dormant.

Vedant Bohra

Reiki happened to me because my grandmother had faith in me and would demand Reiki from me. Surprisingly, she responded to healing sessions directed through me than anyone else. This faith of hers made me learn and delve deeper. Today, I know for sure that no matter what the circumstances are, Reiki will take care of everything. An inner stillness and peace prevails throughout. I let Reiki into every issue in my life from finance to clothes to food to relationships. I feel blessed literally all the time.

Radhika Mehta

*Well, to begin with, honestly speaking Reiki has now become my lifeline. Before Reiki I found myself lonely, was depressed due to negative thought patterns, and met few wrong people who aggravated my pain, I felt confused, hopeless, was just going with flow but didn't actually know which direction I was moving. Everything in life just seemed to be a big question mark. I really didn't know what to do and how to come out of it. Just then my Higher-self guided me to Reiki. Everything just fell into place on its own, I met the right teacher, got attuned and started doing self-healing regularly. This brought a 180 degree turn to my life. My negative thought patterns stopped completely. I started seeing things with a positive attitude. With self-healing I started feeling better day by day. I started being more hopeful, happy and cheerful which a very important factor of life is. I now had clarity in my life. The biggest blessing that Reiki brought me was that my self-worth, myself love has increased in my own eyes. I feel valued. My confidence shot up, intuitively I am guided which helps me take better decisions. I came across some awesome people who shared similar interests like me and I am still learning a lot of new things from each one of them. Those who didn't serve any purpose in my life were automatically cut off or moved back. Also from my experience I have noticed Reiki pushes you and makes things work out for you which are for your highest good. I always wanted to help others. And through Reiki, I can help them which brings happiness and contentment. And as they say **"You don't choose Reiki but Reiki chooses you"** I feel blessed to be the chosen one. Thank you Reiki 😊*

Charisma Phatak

When my elder son was 2 year old, he was detected with severe respiratory disease. He was critically ill and fever would strike him every week and was administered with heavy doses of antibiotics. He was reduced to bones. Doctors said he MIGHT outgrow this disease after he completes 5 years of age. 5 years of age? I was dumbstruck, three more years of this sickness. I was really disheartened. One night as I was putting my child to sleep, something inside me urged me to start Reiki again. I was then already a Usui Reiki master, but due to pregnancies and parenting, somehow I lost hold of Reiki meditation. My sister (a Reiki master) along with other Reiki masters helped me in giving tips for karmic Reiki healing of my son. Within 4 months of my Reiki healing, he was completed cured of this illness. He is now a happy, healthy kid.

Whenever I have any deep desires to be fulfilled, I do Reiki. Reiki has manifested almost all my desires. If some wish did not come true even through Reiki, I realize it was not in my highest or greatest good. Though I do Reiki almost every day, but anytime when I feel sick or lonely, I call upon my lifelong companion Reiki for 2 minutes, and I bounce back to life with full zest. For me, life after Reiki is like unlocking the door to unlimited happiness inside and outside me/you.

Piyusha Sinha

Life's most beautiful gift for me-Reiki. Getting attuned to Reiki has opened me up to understand a lot of things about myself, others and life in general. Somehow it's become easy to accept everything without dissecting every moment. I can actually...like really feel the energy and vibes of people, places, good energy and even extremely bad energies now. When I come in contact with something which has got very negative vibes, my head starts pounding, like it's a warning that something is really bad here. As soon as I get away from that place or object, the pounding just goes. It has saved me and my loved ones from countless difficulties. Every day of my life I'm thankful that Reiki has come to me.

Soumya Renuka

Yes, Reiki has changed my life. Earlier I had lot of negative attitude towards life. Because of that I had lost hopes and happiness in life. After I started Reiki my life started

to change. From negative to positive thinking. There is more peace, happiness, love, calmness, abundance in my life now.

Jhilmil Bhalwar

In the run of life, we get so busy to realize importance of spirituality. Like every other girl after college I got busy with my job and friends, then got married henceforth adjusting to whole new innings of my life... few years later I was blessed with 2 children... with time the tussle began, all unwanted negative thoughts blocked my mind, then peer pressure in workplace, kids daily tantrums, too many demands and expectations from my husband and so many things which led me to darkness and I became impatient, short tempered, pessimist and my behavior really affected my family, kids and friends. One night as I was sitting reviewing all events taking place in my life.. I heard a voice, it was my inner self saying ” it is a human nature to crave for love and happiness without knowing the fact that all love and happiness dwells in our soul...” soon I felt the urge to restart practice of Reiki regularly which I had discontinued several years back and soon with time all things fell back to place, I was a changed person.. my babies cries became a music to my ears, their troublesome habits made me laugh at their innocence, my nature improved, I moved away from negative crowd, I further quit my work and decided to create awareness among people about the miracles of Reiki.

Though I can say I am still not perfect, I have still lots more to learn but I must say life after Reiki changed to a very positive outlook. I have started loving myself, people around me... I feel grateful and thankful to god for giving me the best of everything in life. Thanks to the light of my life, my lifelong companion, my God- REIKI

Life After Reiki is – ‘MIRACULOUS’.

Article 24

Psychic Ability after Reiki Attunement

Everyone has some sort of psychic ability which they call intuition or gut feelings. Psychic awareness differs from person to person. Reiki can allow you to enhance your psychic awareness and removes blockages. It does not mean all Reiki practitioners have great psychic abilities. When the time is right in your spiritual journey, your psychic awareness will improve. There are three main types of psychic awareness: Clairaudience, Clairsentience and Clairvoyance.

Clairaudience– Means clear hearing

After Reiki attunement, some people start hearing messages from their Guides and Angels very clearly. Some becomes '*medium*' who hears messages from discarnate ones (who are no more alive). Some communicates with their departed loved ones. Some evolve to higher extensions and can hear Ascended Masters. This '*hearing*' may be like actual hearing or the words appears in form of thoughts. Example- when you ask yourself a question, you get the answer even before you finish the thought. Another example is, when your thoughts converse with '*YOU*' and not '*I*'. When you are self-talking, generally '*I*' is used. When your guides or higher-self conversing, you will hear '*YOU*'.

Clairsentience– Means clear sensing

After Reiki attunement, some develops awareness of sensing subtle energies. This ability increases as their experience with Reiki increases. The people who are clairsentience can detect different layers of aura and blockages which take their Reiki experience to another dimension. Some also develop the ability to sense the presence of their departed loved ones, spirits, entities, angels and guides.

Clairvoyance– Means see clearly

After Reiki attunement, some develops the ability of 'clear sight'. They can see auras, detect blockages in chakras and see impurities in energy field. This ability improves and develops more with Reiki experience as Reiki opens and balances the third eye. Some are

so extremely clairvoyant that they can get flashes of past and future. Some can also see their angels and guides or discarnate ones.

I am not saying you can definitely develop this psychic awareness once you are attuned to Reiki. As the time elapses, you will definitely see the changes in your psychic awareness, depending how much you practice Reiki. The more you bring Reiki to your life, the more increased chances of developing above psychic abilities.

Easiest Reiki method to develop and increase your psychic awareness and intuitive power is to use Reiki symbols on your third eye/brow chakra. Your brow chakra/third eye is the base of insights, inspirations and intuitions.

Method:

- Draw CKR and SHK on both palms. Those who are attuned to DKM can draw DKM too. Draw these symbols on the third eye aura as well as on the third eye.
- Hold one palm on your forehead and other at exact level on back of the head.
- Intend that Reiki flows through third eye to increase your psychic ability for your highest good. Give Reiki for few minutes.
- Do not practice this for long as you may develop headache.
- Those who have set crystal grids or Reiki box, can put the intention slip in the grid/Reiki box – Draw symbols on paper and write ***“I wish to develop and enhance my psychic awareness for my highest good”***.

Meditating on master symbol DKM also increases psychic awareness.

Article 25

Imara Reiki

What is Imara Reiki? Imara Reiki was founded by Barton Wendel and his brother Geoffrey Wendell and it was first channeled by Barton Wendel. Imara is a form of Reiki that works on immense vibrational energy level as compared to other forms of Reiki. It calls upon the spirit of Laho Chi (Lay Ho Chee) for enormous and intense healing. Imara Reiki is considered to be a sacred energy for which one has to be a Usui Reiki Master. Many refers Imara Reiki as level 5. Imara Reiki has no new symbol. Imara means “**more**” hence “**More Reiki**”.

How does Imara Reiki help?

- Imara reiki is considered to have more vibrational energy than other reiki forms.
- It becomes very easier to invoke the **Ki** once you are attuned to Imara Reiki.
- Repeating “Laho Chi” makes Ki stronger and stronger. The more you chant, the higher the vibrational energy level.
- Release childhood traumas
- Release emotional, mental and physical blockages
- No symbols needed to pass the attunement
- It works profoundly with past lives issues
- Establishes strong spiritual connection
- Heals repressed issues that you are not aware of
- Often gives flashes and visions of guides and angels
- Delivers messages from spiritual realms
- Works on physical, emotional and spiritual level

How to heal with Imara Reiki?

When invoking angels and guides, say “Laho Chi please help, Laho Chi please help me” three times. A Chinese old man may appear in your vision.

Self- Healing with Imara Reiki is simple. Say or chant “Laho Chi” minimum three times. The more you chant the higher energy level you feel. Place your hands wherever you want energy to flow. You may feel the energy flow or you may not, depends on person to person.

The energy flow will stop when you decide to stop it, your intuition will guide you when to finish the session.

Healing others- Before starting the session, silently or aloud, state the intention to heal. The healer should have a strong will and desire to heal in order to infuse Imara Reiki. Client should focus on healing and visualize the desired outcome. Ask spirit guides that the healing session be performed gracefully and at the pace that the client can handle. Say or chant “Laho Chi” (lay ho chee) and place your hands on client wherever you want energy to flow.

Distant healing- Distant healing with Imara Reiki could not get simpler. Connect with Higher-self and spirit guides of your client. Use any self-healing position over a substitute, your guides will guide you what position is best for your client. Start the energy flow with the intention that energy reaches the client for _____ issue. Visualize desired outcome.

What to expect during or after healing session with Imara Reiki?

- You may have a vision of something like a colored whirlwind or a tornado when you call for Laho Chi. The most common colors that appears are purple and green, though you may see other colors too.
- You may get a vision of a Chinese old man.
- Healer and client may sense their angels and guides around.
- Healer and client may get clear voices from higher realms

The info, messages or symbols you receive may not make sense at times, so jot down everything and try to de-code the info with relaxed mind.

Before attuning someone to Imara Reiki be certain that the person is prepared to handle the intense energy. Self-healing of 30 days is advised after Imara Reiki attunement.

Article 26

New Moon Abundance Checks/Cheques – The Reiki Way

Most of us know the concept of Abundance checks/cheques.

The concept of Abundance Check/Cheque is based on Universal Law of Attraction. When you write these Abundance checks/cheques, you are signaling Universe that you are open and ready to receive. It aligns your intentions with Universe. Practicing writing Abundance checks/cheques every month is re-affirming your intentions. Abundance checks/cheques are to be written within 24 hours of New Moon. Abundance does not necessarily mean just financial abundance- it may open doors to abundant love, abundant opportunities and other aspects.

This will work with or without Reiki but I am a total Reiki person. I infuse Reiki in literally everything I do hence I write an Abundance check the Reiki way. So here is my method of Abundance Check/Cheque-The Reiki Way. If you don't have a check book, you can draw a check.

Write your check/cheques as shown below.

1. Within 24 hours of New Moon, write a check/cheque.
2. Pay to _____ (your name)
3. Amount in words **PAID IN FULL**. Amount in a box **PAID IN FULL**.
4. Sign the cheque **THE LAW OF ABUNDANCE**.
5. Back of the cheque, Draw Reiki symbols, Midas Star and if you are attuned to Karuna Reiki, draw Vasudha symbol.
6. Connect your check/cheque with moon energy with HSZSN. Give Reiki to your check/cheque and keep the check/cheque safely.
7. I put a glass of water on the check/cheque and leave it overnight in the moon to absorb moon's divine energy. In the morning I put the check/cheque safely and drink the water.

Very easy and effective way to attract more abundance and money in your life. Try this for minimum three months and see the difference. After 3 months either you can burn your checks/cheques or keep it safe in an envelope.

Article 27

Nentatsu Ho

The meaning of **Nentatsu** ho is:

Nen – Attention, care, concern, desire, feeling, idea, sense, thought.

Tatsu – Cut off, discontinue, sever, abstain, release, transform.

Ho – Method, way, treatment.

Nentatsu Ho is an excellent technique to help you transform or release bad habits, achieve goal, remove negativity, prevail illness and reprogram your thoughts. It is also known as de-programming technique to transform your bad habits and negativity to positive intentions. Nentatsu Ho technique is basically transforming negativity and putting positive intentions in yours or your client's mind.

One of the easiest method of Nentatsu Ho is below:

1. Create an affirmation for the issue you want to work on. Make sure that your affirmation is in present tense, as if it is already manifested.
2. Either lie down or sit comfortably. Close your eyes and concentrate on your breathing. Inhale while counting 6, hold your breath counting 3, exhale counting 6, and again hold your breath counting 3 and repeat.
3. Once your mind is calm, Say "***I now begin Nentatsu Ho***".
4. Draw Reiki symbols on your palm, chanting its name thrice. Put one palm on your third eye and other at the base of the head/skull. Ask Reiki to help you with your situation. Keep repeating your affirmation in the same position for about 5 minutes.
5. Think of the issue as if goal is achieved. Imagine how you will feel when you achieve your goal.
6. Now take your palm away from third eye and place it with the other palm, at the base of the skull. Stay in this position for a minute.
7. End your session by thanking Reiki.

Article 28

Rose Healing for Relationships

Rose has profound healing properties; it heals on physical, emotional as well as psychological level. Roses are ultra-beautiful and its fragrance is divinely pure. Rose represents immortal love, hence it is the most commonly used flower on Valentine's Day.

Rose symbolizes:

- Balance
- Beauty
- Devotion
- Love
- Passion
- Sensuality
- Timelessness
- Wisdom and more...

Rose being a symbol of immortal pure love has amazing power to heal relationships. The method given below can be used to heal any relationship, be it couples, friends, parent-children...

This technique is pure visualization and I assure you, you will feel love within you when you visualize this technique.

1. Close your eyes and visualize a beautiful rose bud of the color of your choice.
2. Draw symbols on the rose bud. Infuse the rose with Reiki for 5 minutes imagining the loving and divine energy filling the rose. Imagine the rose bud blooming into a beautiful flower and sparkling with loving energy.
3. Now visualize the face of the person you want to send healing. Imagine the situation you want to heal as if it already has happened. Visualize the desired outcome.
4. Send this rose to the person and imagine him/her accepting the rose with huge smile and placing the rose in their heart.

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5. Visualize the rose disappearing into the heart and engulfing him/her with loving and divine energy, forgetting all the misunderstandings and disputes.
6. Seal the session with big Cho Ku Rei on heart chakra.

Rose colors meanings:

Red Rose: Health, Immortal Love, Sacrifice, Passion

Yellow Rose: Joy, Mature Love, Friendship and Protection against jealous partner

Pink Rose: Innocence, Healing, First Love

White Rose: Purity, Mysticism

Article 29

Tiger Reiki

There are about 300 types of Reiki system, some are commonly used whereas some are not very popular. Tiger Reiki is a powerful Reiki system that was channeled by Korey Long. Tiger Reiki is powerful not because of its name but for it symbolizes. Tigers has mythological importance in many religions across the world. Tigers are considered 'the king of the beasts' in Chinese mythology. Five tigers are sent to guard our Universe against all the chaos.

Realms protected by tigers:

- ✧ **White Tiger** – West, Autumn, Afterlife
- ✧ **Black Tiger** – North, Winter, Water
- ✧ **Red Tiger** – South, Summer, Fire
- ✧ **Blue Tiger** – East, Spring
- ✧ **Yellow Tiger** – Centre, The Sun, Chinese Emperor

Tiger Reiki helps receiver as well as the healer at body and soul level. It adds 'aggressiveness' to energy when used for healing. Point to be noted, 'aggressiveness' doesn't mean it works aggressively and harm anyone. Tiger Reiki can be used in the same way as any other Reiki system. You can use it to heal yourself as well as heal others channeling through your palms or distant healing. According to the founder, "***Tiger Reiki can work very well with other energies, as well as on its own. It does augment or enhance Reiki only in that it adds a different aspect (or dimension) in the energies.***"

There are two symbols introduced: HU and Sacred Whiskers. To heal with Tiger Reiki, your intent should be enough. Just state that '***I now activate Tiger Reiki***' or '***I now send Tiger Reiki healing to _____***'. You can infuse Tiger Reiki alone or with other Reiki system or healing modalities. You can summon tigers for regular healing sessions or when you need protection. Ask tigers to protect you from evil spirits and protect your home and loved ones. Suppose, if you are home alone and scared, call upon tiger to be with you and protect you.

Tiger Colors and Properties:

- ✘ **Black Tiger** – Calm down worries and anxieties, soothing energy
- ✘ **Blue Tiger** – Sexuality, Creativity, Fertility, New ventures
- ✘ **Brown Tiger** – Grounding energies, Security
- ✘ **Green Tiger** – Abundance, Money, Success
- ✘ **Orange Tiger** – Unconditional love, Generosity
- ✘ **Pink Tiger** – Romance, Love, Relationships
- ✘ **Purple Tiger** – Happiness, Lightening up
- ✘ **Red Tiger** – Life force energy, Good health, Courage
- ✘ **White Tiger** – Intuitions, Connect with Spirit Guides and Angels
- ✘ **Yellow Tiger** – Purity, Protection

Select a tiger of particular color as per your issue and call upon them. Alternatively you can visualize the specific color tiger and meditate. Sometimes tigers show themselves in combination of colors. That is an indication for you to concentrate more on those specific areas according to tiger color's properties.

This is just a brief introduction to Tiger Reiki. To be able to use it, you need attunement, manual with proper instruction.

Roar!!!! ☺

Article 30

VIBGYOR Flame Chakra Cleansing

This method merges Candle Healing, Color Therapy and Reiki which makes this a deep cleansing technique.

1. Call upon your guides and angels to help you with chakra cleansing.
2. Light a candle and focus on the flame. Draw whatever symbols you are attune to on your palms. Charge your palms with fiery energy of the candle keeping your focus on the flame. Hold your palms above the candle till your intuitions guides you to.
3. Still focusing and palms on flame, imagine the flame turning to VIBGYOR colors one by one. Violet-Indigo-Blue-Green-Yellow-Orange-Red.
4. Rub your palms vigorously for few seconds. Now open your palms and visualize VIBGYOR flame on your palms one by one.
5. Now take your palms to Crown Chakra, visualizing violet flame filling the entire chakra, burning all blockages, expanding and balancing the chakra. Continue the flow of Reiki for two to three minutes.
6. Next take your palms to Brow Chakra, visualizing indigo flame filling the entire chakra, burning all blockages, expanding and balancing the chakra. Continue the flow of Reiki for two to three minutes.
7. Next take your palms to Throat Chakra, visualizing blue flame filling the entire chakra, burning all blockages, expanding and balancing the chakra. Continue the flow of Reiki for two to three minutes.
8. Now take your palms to Heart Chakra, visualizing green flame filling the entire chakra, burning all blockages, expanding and balancing the chakra. Continue the flow of Reiki for two to three minutes.
9. Now take your palms to Solar-Plexus Chakra, visualizing yellow flame filling the entire chakra, burning all blockages, expanding and balancing the chakra. Continue the flow of Reiki for two to three minutes.

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10. Take your palms to Sacral Chakra, visualizing orange flame filling the entire chakra, burning all blockages, expanding and balancing the chakra. Continue the flow of Reiki for two to three minutes.
11. Take your palms to Root Chakra, visualizing red flame filling the entire chakra, burning all blockages, expanding and balancing the chakra. Continue the flow of Reiki for two to three minutes.
12. Now take your palms to Foot Chakra, visualizing brown flame filling the entire chakra, burning all blockages, expanding and balancing the chakra. Continue the flow of Reiki for two to three minutes.
13. Draw a big Cho Ku Rei in front of you and step-in. Seal yourself amidst the Cho Ku Rei.

Article 31

Unicorn Reiki

The founder of Unicorn Reiki are Jay Burrell and Heidi Gebhard Burger. ‘**Unicorn**’ is a combination of two Latin words ‘**UNUS**’ (one) and ‘**CORNU**’ (horn), means ‘**One Horned**’. Unicorn Reiki opens the door to the energies of mystical Unicorns. The Unicorn energy vibrates at a very higher level energy as compared to other power animals. Unicorn shows us how to give unconditional love and teaches us the powerful healing through their mystic horn. Unicorn Reiki is a single level course which needs an attunement from someone who is already attuned to this system.

There is only one symbol in Unicorn Reiki, “*The Etheric Horn of Unicorn*” which is to be drawn on third eye during attunement. It is very easy to use Unicorn Reiki during healing. Once you have established a connection with your Unicorn, just call upon your Unicorn to assist you in healing by transferring its powerful energy to you or your client. Draw *The Etheric Horn of Unicorn* on your palms and call upon your Unicorn guide. Place your palms on client and ask Reiki to flow wherever it is needed most. If it is a distant healing, you can use a substitute doll or teddy like other distant healing method.

You can meditate and ask your angels to establish connection with your Unicorn and show it to you. It could appear in any color- white, golden, brown, pink, purple... Alternatively, with the help of Reiki’s distant symbol, establish connection with your Unicorn and ask it to make an appearance.

Here is a Unicorn Meditation Technique to make connection with your Unicorn guide.

Unicorn Meditation

1. Sit or lie down comfortably. Concentrate on your breathing and relax.
2. Imagine you are in an enchanted forest. There are birds singing, trees swaying, cold breeze touching your face, beautifully blossomed flowers all around. There is a waterfall ahead, the water is sparkling and literally calling you. You walk near the waterfall and you see fairies dancing on the other side of mystical waterfall.
3. One of the fairies come to you and holding your hand takes you to the other side of mystical waterfall. To your amazement, you see lots many colorful Unicorns. You

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want to go near and touch them. They are so utterly gorgeous with mystic aura. You feel unconditional love around these fairies and Unicorns.

4. You close your eyes and ask fairy which one is your Unicorn guide. Fairy takes you to a Unicorn ask you to open your eyes.
5. You see a beautiful purple/pink/white/golden (as per your imagination) Unicorn in front of you. The Unicorn touches you very softly with its horn on your brow chakra. The Unicorn communicates with you through telepathy.
6. You can call upon your Unicorn guide anytime for anything now. You slowly walk back past waterfall to enchanted garden. Take few deep breaths and open your eyes.

This is just a brief introduction to Unicorn Reiki. To be able to use it, you need attunement, manual with proper instruction.

Unicorn Blessings ☺

Article 32

Magic Reiki

Elena Sarovskaya founded Magic Reiki in 2008. Magic Reiki basically deals with the energies of ghosts, black magic, spells, curses, exorcism etc. It is programmed to eliminate and heal all the negative effects of such dark energies.

There are two levels of Magic Reiki. Practical level and Master Level. Only one symbol (Pentagram) is introduced in master level, none in practical level. Magic Reiki removes all negative programs from client's informational field that is related to curse, evil eye, spells etc. It also cleanses any objects and space. It removes residues of the 'evil person' who was in the room by detecting all negative spells, evil eye implemented on person, space, any substance food or objects.

Pay extra attention to solar-plexus chakra as these is the chakra which is often attacked by psychic vampires and 'evil eyes'. Put both your palms one over above and direct the flow of Magic Reiki with the intention to purify solar plexus from all negative vibes.

Magic Reiki can be combined with other Reiki systems or healing modules. Just connect to your Higher-self and activate the flow of Magic Reiki using the Pentagram symbol. It will detect all impurities and remove them from root. You can draw the Pentagram symbol on your palms, in the air, on objects or anywhere you want to and infuse Magic Reiki flow with the set intention. Alternatively draw the symbol on the roof of your mouth and blow forcefully on the desired place/person/object with the intention to remove all negativity.

Working on a client, hold your palms parallel to each other over client's head and imagine energy streaming down from crown chakra to root chakra and to the earth, taking away all negativity. To create protection, send pentagram symbol with Magic Reiki to client's heart chakra. If your client's energy is low, send the symbol to solar-plexus chakra, sacral chakra and root chakra.

To cleanse the negative past situation, imagine the situation when your client came across the negative energy (touched something, ate something, black magic etc.). Imagine a well and draw pentagram symbol on the ground of the well. Place the affected situation over the pentagram and infuse it with Magic Reiki with the intention that all negative energy

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transfers to the well. Once you feel that energy is cleansed, seal the session with golden pentagram. Visualize the new scenario to completely end the session. You can do the same procedure to heal your karma and neutralize energies.

If there is some negative tampering performed on an object, do not touch it. Make an energy ball with Magic Reiki and pentagram symbol with the set intention and place the ball over the object. ***The Pentagram symbol can be used to delete active negative programs from the past, guides lost soul to other world and to remove Exorcism.***

This is just a brief introduction to Magic Reiki. To be able to use it, you need attunement, manual with proper instruction.

Let the Magic begin ☺

Article 33

Menstrual Periods and Reiki

Irregular periods is something most women go through during some phase in their life. Some developed this issue since their puberty started, some developed since sexual relation started, some developed after child birth or some developed due to hormonal imbalance and PCOD. At times, some issues are rooted to previous lives (karma) which cannot be easily cured as one has to learn the lessons they were supposed to.

Reiki works on higher level and balances karmic issues and heals the root cause of any disease. One cannot see immediate effect if the issue is rooted to past lives. Some issues need multiple sessions of Reiki healing, depending upon the damages and blockages in energies. Reiki corrects the imbalance chakras, making the body more receptive towards healing.

1. Before starting healing, call upon Archangel Raphael, client/your ancestors and spirit guides to help you with the healing process.
2. Sit or lie down and relax comfortably. Close your eyes and imagine Reiki shower engulfing your whole body with Divine light. Feel yourself surrounded by Divine light, angels and your ancestors.
3. Draw whatever symbols you are attuned to on palms. If you are attuned to Karuna Reiki, draw Zonar as well.
4. **For imbalanced cycle-** Put one palm on right breast and one on left breast. Give healing for about 5-7 minutes. Next, put one palm on ovaries and one on root chakra and heal for another 5-7 minutes.
5. **Bleeding-** Give healing to solar-plexus chakra, sacral chakra, root chakra and ovaries.
6. **Cramps/PMS-** Give healing to solar-plexus chakra, sacral chakra, root chakra, bladder, kidney, base of spine, ankles and feet. Also make sacral chakra sandwich by putting one palm on back sacral chakra and one on front.
7. **Menopause-** Give healing to ovaries, back and front sacral chakra, back and front solar-plexus and root chakra.

Do Reiki and Say NO to menstrual issues ☺

Article 34

Full Moon Ritual

Full moon is a powerful time to step out of an old routine, to let go and release whatever doesn't serve you. Here is a technique to help your goals. This technique works best when in groups but it can also be practiced alone.

You will need the following items:

- A big bowl full of water
- A floating candle
- Matches
- Rose petals
- Smudge sticks or incense sticks

PROCEDURE:

1. Cleanse the area you picked by lighting a smudge stick or an incense stick.
2. If it is possible, sit under the full moon. If not possible, sit in your balcony or your room, patio or verandah (the room being the last resort). Make a direct connection to the moon with distant symbol.
3. Do a grounding exercise by imagining that you are rooted firmly to the Earth.
4. Place a large bowl of water on a table directly on the ground or on a table and add the rose petals in the bowl containing water.
5. Take a floating candle and hold it between your palms. Enable the flow of reiki and say in your mind or aloud whatever you wish to release and let go.
6. Place floating candle in the bowl filled with water and petals. If you are doing a group ritual, everyone is required to place their candle in the same bowl.
7. Light the floating candle. Connect the candle to the moon energy with distant symbol and declare what you are releasing. Transfer all that you want to release to the candle. As the candle burns away, all that you wished to release is turned to light by the full moon energy.

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8. If you are conducting group session, you can hold each other's hands and form a circle while performing this ritual.

Happy Manifestation ☺

Article 35

Crystals Series Part 1/4

Crystals for Weight Loss

Are you one of those who want to lose weight but you are big foodie and no time to exercise? Or are you one of those who hardly eats anything but still gain weight? Are you the one who has a poor metabolism? Haven't we all tried diet plans, slimming pills, detoxification programs and what not? Let us make weight loss a little easier with crystals and reiki.

I am listing few crystal that will help with weight loss. First and foremost thing to do is cleanse your crystal. Draw CKR on crystal and rotate coned fingers seven times over it anti-clockwise saying CLEANSE. Next draw CKR again over your crystal and rotate coned fingers seven times over it clockwise saying PURIFY. Now draw other symbols that you are attuned to over crystal (Let your intuition guide you which symbols to draw). Program your crystal for weight loss and give reiki for about 5 minutes.

Below are some crystals which help with weight loss.

Amethyst- Reduces craving. Extremely helpful when you are trying to control appetite. Great for addictive eating disorder.

Blue Apatite- The healing properties of this stone contradicts its name. Apatite suppresses your appetite so it is a great stone to work with when you are preparing for a weight loss plan.

Bloodstone- Stimulates detoxification, helps elevate metabolism.

Carnelian- When you want to munch in-between meals, make sure you have carnelian in your palms. It helps detoxify body and improve general health.

Citrine- Eliminates what you do not need- physically or emotionally. Improves digestion.

Clear Topaz- Improves metabolism and burn more calories.

Goldstone- It helps you to hold on to your diet goals.

Iolite- Helps detoxify the liver and release fats deposited throughout the body. (Especially love-handles)

Kyanite- Wear it around throat chakra to boost your immune system. It increases will power, hence assist in resisting snacking and munching. Also used for people who are chronically over-weight.

Rose quartz- Brings self-love. It helps with emotional detoxification hence reduces eating disorder.

Seraphinite- it creates detoxification process in the body which helps with losing weight.

Sodalite- Helps balance and boost metabolism

Sunstone- Suppress hunger and improves metabolism

Tiger's eye- Improves digestion and speed up metabolism

Yellow Apatite- The vibrations of yellow apatite helps remove stagnant energies from solar plexus chakra when placed over the chakra. It removes the anger that is deep-rooted in the cells and tissues.

Supreme combo for weight loss- Apatite, Seraphinite and Sunstone

Weight Loss on physical, mental and emotional level- Apatite, Amethyst and Carnelian.

The above stones have more healing properties but I have only pointed how it helps with weight loss.

How to use these stones for weight loss:-

- Make crystal water with single stone or combination
- Carry it with you in pocket, purse or bag
- Wear it as a pendant, necklace or bracelet
- Put it under your pillow
- Meditate with the stone
- Make a crystal grid for weight loss

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- Keep a bowl of crystals beside your fridge
- While eating, hold your crystal in palm and state that your body will only accept what is needed at this time and discharge anything that is not needed.

Combination of crystals and reiki, along with nutritional diet and exercise manifests weight loss way quicker.

Article 36

Ahara Reiki

The founder of Ahara Reiki is Elizabeth “Midnightowl” Hibel. Ahara Reiki is an Ancient Egyptian energy that is mostly connected to Isis and Bast.

Ahara Reiki has 4 symbols. Ahara, Isis, Akru and Tet.

Ahara Symbol is the master symbol. It can be used especially when you need quick cleansing and healing. It is very powerful and can be used with other symbols too.

ISIS is for cleansing and energizing. The properties of this symbols very much depends on the way it is drawn. Drawing the symbol from bottom to top removes negative energies and return it to the source where it will be transmuted into positive light. Drawing the symbol top to bottom brings in Life force energy and distributes into the body of the client where it is needed most.

Akru is used for hands on as well as long distance healing.

Tet symbolizes oneness. It reminds us that we are all one and there is no separation. This symbol can be used on anything- space, body and soul.

How to work with Ahara Reiki

- Light the candle or burn the incense. Call upon your guides, angels, ascended masters and Isis and Bast. Ask them to help you to transmit pure and divine energy to yourself and through you to your client.
- You can draw symbols Ahara, Akru, Isis and Tet on palms and chant its name thrice or visualize them. State your intention in mind or aloud and place your palms on yours or client's each chakra one by one. Imagine Golden and white light radiating from your palm and healing each chakra, removing all blockages and negativities.
- Your intuition will guide you when to stop. It may usually take about 30 to 45 minutes for full chakra cleansing with Ahara Reiki Symbol.
- Thank your angels, guides, ascended masters, Isis and Bast.

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If you are in a hurry, here is the quick fix version. To heal quickly with Ahara Reiki, call upon guides and angels. Draw symbols on your palms and place it directly on the client's affected area or on the aura over affected area. You can draw all symbols or as per the issue. For long distance, you can use a substitute doll or teddy. Ahara Reiki can be merged with other reiki systems and healing modules.

This is just a brief introduction to Ahara Reiki. To be able to use it, u need attunement, manual with proper instruction.

Enjoy Ahara ☺

Article 37

Reiki Quiz for Fun

Are you tired of office work? Fed up with daily routine? Had enough of healing and meditation techniques? Want some fun during reiki group healing? Let us take this Reiki Quiz to refresh ourselves from routine and check how much we score. Please do not search the answers online. Answers are given at the end of the quiz. So let's start now. Grab a pen and paper to note down your answers. Kindly specify how many answers you scored right in the comment.

- 1. What is the meaning of Ki?**
 - (a) Spiritual Energy
 - (b) Life Force Energy
 - (c) Angelic Energy

- 2. Reiki was originated in _____ before it was rediscovered by Dr.Usui in Japan.**
 - (a) India
 - (b) Tibet
 - (c) China

- 3. Hawayo Takata taught _____ Reiki Master Students.**
 - (a) 40
 - (b) 34
 - (c) 22

- 4. Dr. Mikao Usui died because of**
 - (a) Old age
 - (b) Stroke
 - (c) Train accident

- 5. What is Denju?**
 - (a) Meditation
 - (b) Healing
 - (c) Attunement

6. What is Gokai Sansho?

- (a) Reiki principles chanted 3 times
- (b) Meditation on Reiki principles
- (c) Healing with Reiki principles

7. The power centre of the body is

- (a) Svadhishtana Chakra
- (b) Muladhara Chakra
- (c) Manipura Chakra

8. What level of reiki is Shinpiden?

- (a) 1
- (b) 2
- (c) 3

9. What level of Reiki is Shoden?

- (a) 1
- (b) 2
- (c) 3

10. Which 2 traditional reiki symbols are Japanese Kanji?

- (a) 2 & 3
- (b) 3 & 4
- (c) 1 & 3

So now done with the quiz? Let us all see how much we scored.

Answers:-

1 (b) 2 (a) 3 (c) 4 (b) 5 (c) 6 (a) 7 (c) 8 (c) 9 (a) 10 (b)

I scored only 6 right before searching for answers. Planning to make more Reiki quizzes for reiki get together with friends.

Article 38

Crystals Series Part 2/4

Crystals for Money

Why do we need money? Is our necessity for money only limited to basic needs? The need of money depends on the life-style you want to live. You need money to fulfill your dreams and achieve your goals.

Crystals have energies and powers that originates from earth. By working with 'Money Stones', you can accelerate manifesting abundance and prosperity. Let us make manifesting money a little easier with crystals and reiki.

I am listing few special crystals that will boost your ability to make money flow in your direction. First and foremost thing to do is cleanse your crystal. Draw CKR on crystal and rotate coned fingers seven times over it anti-clockwise saying CLEANSE. Next draw CKR again over your crystal and rotate coned fingers seven times over it clockwise saying PURIFY. Now draw other symbols that you are attuned to over crystal (Let your intuition guide you which symbols to draw). Program your crystal with **money affirmations** and give reiki for about 5 minutes.

Crystals for Money:-

Citrine- Citrine is known as the '**Merchant's Stone**'. It is one of the abundance stone that generates amazing and mystical qualities to attract wealth and amplify manifestation power.

Green Aventurine- This crystal is best described as stone of luck or chance. It is also referred as Money Stone. It brings fortune, money, luck, and provides more chances to increase your wealth.

Peridot- It clear blockages related to manifestations. This crystal is best if you are struggling with debt. It also has power to increase your wealth as well as health.

Malachite- This crystal attracts right people that can help you achieve more wealth and prosperity (attracts clients, improves business). It also has a tendency to protect your money.

Pyrite- It is known as 'Fool's Gold'. It will help you invest money carefully and wisely, ensuring no one can fool you. It blocks all negativity and speeds up manifestation.

Jade- Place Jade near your wallet and money jar to attract more wealth and abundance easily.

Clear quartz/Smoky quartz- These both are multiple purpose stones and are considered all-rounder. Place these crystals on few dollar notes (your currency) and leave it outside in the sunlight for few hours with the intention to bring more money.

Ruby- It is known as 'Gambler's stone'. When you are gambling, make sure to wear or carry Ruby. Keep wearing this crystal and you may even end up marrying a millionaire 😊

Sunstone- It releases and brings positive energy even during your worst financial phase.

Tiger's eye- It can even change disastrous financial situations to your benefits by giving calm and logical insights.

Moon Stone- In many part of world, people consider the moon as money magnet. Moon Stone has the energy of moon and moon is known to be associated with money.

The above stones have more healing properties but I have only pointed how it helps with money and abundance.

How to use:-

- Make crystal water with single stone or combination
- Carry it with you in pocket, purse or bag
- Wear it as a pendant, necklace or bracelet
- Put it under your pillow
- Write your abundance wish on paper with reiki symbols drawn on it and place it under the crystal
- Write your wish on paper invoking symbols and wrap it around your crystal
- Meditate with the stone
- Make a crystal grid for wealth and prosperity

Article 39

Brief Guide to Grand Master Level Symbols

I am not attaching any pictures or drawing of any symbols as they are considered sacred. Needless to say, you need attunement to use these symbols. To use this symbols-

- Mentally or say out loud the name of the symbol thrice.
- Draw in the air, on palms or anywhere
- Meditate on a symbol open/closed eyes

▪ **GM Symbol Level 5-6**

- ***Dai Cho Wa***- Means the Great Harmony
Brings great harmony into life
- ***Dai Ro Se***- Means Wisdom
Brings great wisdom
- ***Dai Fa Shu***- Means Great Separation
Separates that no more serves you

There are three chakra symbols introduced for Heart chakra, Solar Plexus chakra and Sacral chakra.

Shi Ka Sei Ki- 4th chakra symbol

Chi Ka So- 5th chakra symbol

Cho Kaku- 6th chakra symbol

GM Symbol Level 7

- ***Dai Ji Yu***- Means Great freedom
Makes you independent, connecting with Universal Life Energy
- ***Dai Kiro***- The Wisdom Symbol
Holds wisdom
- ***Kom***- Empowerment and Spiritual growth
This symbol is not taught by all masters. It depends on master to master.

GM Symbol Level 8

- ***Dai Hey Wa***- Means Great Peace
Brings inner peace

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- ***Antahakarna***- Connecting the physical body with higher self
No attunement needed for this symbol

GM Symbol Level 9

- ***Dai Fu Ku***- Means Great blessings/Happiness
Brings true happiness and blessings

GM Symbol Level 10

- ***Dai Ki Bo***- Means Great Hope
Brings hope and inspiration

GM Symbol Level 11

- ***Dai Chi Kara***- Means Great Force/Strength
Brings courage and strength to enhance spiritual path

GM Symbol Level 12

- ***Dai Ai***- Means The Great Love
Finds true love

GM Symbol Level 13

- ***Dai Hana***- Means Great Teacher
Connects to your 'internal teacher' to guide you

GM Symbol Level 14

- ***Dai Moku***- Means Great Eye
Brings awareness. Discovers and accepts true-self

GM Symbol Level 15

- ***Dai Mi Chi***- Means Great Way
Unfolds your destined path

GM Symbol Level 16

- ***Dai Kei***- Means Great Revelation
Helps you to know what will happen in your life

GM Symbol Level 17

- ***Dai Ji***- Means Great Temple
Temple of great consciousness

GM Symbol Level 18

- ***Dai Tatsu***- Means Great Wisdom
Spiritual wisdom and inner based maturity

Article 40

Gaja Reiki

The word 'Gaja' means Elephant in Sanskrit. The founder of Gaja Reiki is Eva Norein. The Gaja Reiki is based on powerful and loving energies of **The White Elephant**, **The Lotus** flower and **The Navratna** jewel. These are the three symbols introduced in Gaja Reiki. Since the beginning of time, the elephant has been known for its power and strength. The elephant is the biggest animal on earth and has long life span; hence it possesses great knowledge and wisdom. White Elephant represents purity and peace.

The White Elephant symbol has a white elephant with its trunk lifted. The lifted trunk signifies overcoming of obstacles and obstructions- emotional, physical and mental. It also represents pure unconditional love, power, passion, purity, light, happiness and love for family. You can meditate on **The Elephant Symbol** or visualize it in any difficult situation.

The Navratna symbol is also called as nine jewels of India. It is a combination of 9 jewels representing 9 planets. Wearing Navratna jewelry can cure and prevent many disease. You will be attuned to Navratna jewel as Etheric Crystal. The nine jewels and planets are-

The Sun- Stone is Ruby (Stimulates basic instinct of survival, strengthens physical and emotional healing.

The Moon- Stone is Pearl (Balances hormones as per moon phases)

Mars- Stone is Red Coral (Brings love, prosperity, peace and strength)

Mercury- Stone is Emerald (Stone of love and romance, improves intuitions

Jupiter- Stone is Yellow Sapphire (An all-rounder stone)

Venus- Stone is Diamond (Protection in extreme situation)

Saturn- Stone is Blue Sapphire (Brings determination, knowledge and wisdom)

Rahu- Stone is Hessonite (Brings self-respect and respect for others)

Ketu- Stone is Cat's eye- (This stone is for mind)

The Lotus Flower symbol- The Lotus flower symbolizes purity of heart and mind. It represents good luck, long life, good health and honor. It is also known as enhancer of spirituality. Meditating on **Lotus symbol** brings clear ideas, calms the mind and improves concentration. It cleanses, balances and strengthens the aura, aligns all the chakras which improves overall health and brings harmony. It can be visualized in any color for meditation.

How to heal-

Healing with Gaja Reiki is very simple as symbols are very powerful and they do all the work. Start by cleansing the area in any way you know or ask White Elephant to cleanse the area for you. Make your client sit in upright position. Call upon guides and angels. Place your palms over client's crown chakra. Ask Elohim for Gaja Reiki and send it to client's crown chakra through your palms. Send the Divine white light from crown chakra to root chakra filling every tissues and cells. Visualize any of the Gaja Reiki powerful symbol with the set intention to optimize the healing.

For self-healing, lie down and place your palms on crown chakra and do the above procedure.

For distant healing, write name, address and purpose of healing on a paper. Ask Elohim for Gaja Reiki and hold the paper in your palms for about 10 minutes. Once done, blow on your palms and state that *I now finish the distant healing session.*

The White Elephant symbol can be used for meditation. You can ask what is for your highest good or meditate on this symbol imagining the outcome of your issues.

The Navratna symbol can be used as ethereal crystal. Just place it anywhere in the body by pointing your finger at the area to heal the issue. It will disappear on its own once the healing is done.

Gaja Reiki can be performed on people, animals, plants and situations.

This is just a brief info of Gaja Reiki and not a manual. To be able to use Gaja Reiki, follow proper manual and attunement process.

Article 41

Bayleaf Ritual on New Moon

The New Moon and the Full Moon rituals play significant role when it comes to manifestation. I love doing moon rituals, be it planting a new seed on new moon or releasing stagnant energies on the full moon. Of late people have been asking me how to perform moon rituals when there is no visibility of the moon, in case of new moon or cloudy weather on full moon. Regardless of moon's visibility, you can connect to moon energy with Hon Sha Ze Sho Nen.

Today I will show you to merge Bayleaf spell, Moon energy and Reiki.

1. Go out in the balcony or patio. Breathe in the powerful moon energy and breathe out all the stress.
2. Once your mind is totally stress-free and calm, take a big Bayleaf and carefully write the keyword of your wish on it. You need not specify any details. E.g. - If you want money, write '**Money**', '**Prosperity**' or '**Abundance**'. If you want love, write '**Unconditional Love**', '**True Love**' or '**Soulmate**'.
3. On the back side of the Bayleaf draw Reiki symbols. Take the Bayleaf between your palms and give reiki to it for few minutes with the intention to manifest your wish.
4. Lit a tea-light candle and place it over the Bayleaf. Taka a crystal pyramid that resonates with your wish. Cleanse, purify and program it with reiki and place it on the Bayleaf. If you have tumblers (leensed and programmed), you can place it surrounding the bayleaf.
5. Leave the Bayleaf, candles and crystals outside to soak in the moon energy fully.
6. Next morning burn the Bayleaf and have faith that your manifestation has begun.

Enjoy New Moon ☺

Article 42

New Moon and Tarot

I am one of the biggest fan of moon rituals. Be it full moon or new moon, I love doing these rituals. Apart from wishes being manifested, the peaceful moments of absorbing moon energy to my every cell and the inner calmness is extremely serene.

Since I learnt tarot, I am getting addictive to tarot cards. I read and practice everything about tarot that I come across. Combining tarot and reiki has amazing outcome.

Things you will need-

Tarot cards- The Sun, The Star, Death

Candles- Preferably Yellow, White and Black. (Alternatively use white only)

3 pieces of paper and a pen.

- Gather all the needful materials and give reiki to each and everything. Invoke symbols you are attuned to.
- Put your cards in a curved line. The first card is The Sun, middle card is The Star and last card is Death.
- On a piece of paper, list at least 3 things that you are **grateful** for that has occurred within past month. E.g.- ***I am grateful for _____ or I am thankful for _____***. Light the **yellow** candle and put it above The Sun card. Read your list aloud, fold the paper and put it on top of The Sun card.
- Next, list all the **negativity** you wish to release that has occurred within the previous month. E.g.- ***I release _____ or I let go of _____ or I am released from _____***. Light the **black** candle and put it above the Death card. Read your list aloud, fold the paper and place it beneath the Death card.
- List all the hopes you have for next month. E.g.- ***I wish to _____ or I desire to _____ or I aspire to _____***. Lit **white** candle and put it

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above the Death card. Read your list aloud. Place your paper on top of The Star card.

Let the candles burn. Meditate on the things you are grateful for, the negativity you want to release and the wishes you want to manifest. You can either let the candle burn or blow out the candle when your intuition tells you to.

- Once the candles burn down or blow off-
- Tear the Death Card list. (Negativity release) and dispose it somewhere outside the house.
- Read the blessings list of The Sun Card and keep it with you or put it somewhere safely.
- Read the hope list of The Star Card regularly. Read it daily for next month.

Hope you enjoy doing this Tarot ritual on New Moon ☺

Article 43

Crystals Series Part 3/4

Crystals for Love and Relationships

Love is in the air ☺. We all want pure, unconditional and everlasting love. So let us again combine two powerful modalities, Crystals and Reiki, to attract new love or repair strained relationships. Listed are few top crystals which harmonizes relationships and helps bring true love.

First and foremost thing to do is cleanse your crystal. Draw CKR on crystal and rotate coned fingers seven times over it anti-clockwise saying CLEANSE. Next draw CKR again over your crystal and rotate coned fingers seven times over it clockwise saying PURIFY. Now draw other symbols that you are attuned to over crystal (Let your intuition guide you which symbols to draw). Program your crystal with love, relationship and harmony affirmation and give reiki for about 5 minutes.

Rose Quartz- Rose quartz tops the chart when it comes to 'love and relationships'. It is the crystal for unconditional and pure love. It wards off negativity, anger and resentment and replaces it with love. It also mends broken heart as well as heal current relationships.

Morganite- It is pink in color and known as the cousin of Aquamarine and Emerald. It connects with unconditional Universal Love and aligns the heart with Divine Plan. It attracts abundance of love, increase ability to accept love, heals broken heart and restores difficult relationships. Morganite is also known as 'Angel's Stone' as it makes communications with angels easier.

Red Tourmaline/Ruby- Red Tourmaline is also known as Rubellite because of its close resemblance to Ruby. Red Tourmaline and Ruby both works best to heal emotional wounds. It brings Universal Love and helps heal depression.

Emerald- Emeralds radiates purest form of green rays. Green is the color of heart chakra and emerald brings balance to heart chakra. Emerald is known as "The stone of successful love". It is said that gifting emerald to your loved ones bring them more closer to you as it vibrates and radiates love.

Rhodochrosite- It is a great to stone to collaborate with heart chakra. It helps those who are dealing with emotional loss. It brings comfort, positivity and promotes self-love. It also acts a bridge between two people who has drifted apart. If you wish to reconnect with someone, place rhodochrosite on their pic, say their name thrice while holding the stone and ask them to connect to you.

Malachite- It clears blockages related to love and heart. It helps healing heartache and bring new true love. It can also bring harmony to all kind of relationships. (Note- Do not put Malachite in mouth or make elixir of it)

Dioptase- It awakens heart chakra promoting love, harmony and compassion and also heals emotional pain. It helps release negative emotions related to broken heart, divorce or death. It also breaks karmic patterns by working with past lives issues.

Orange and Red Carnation- It helps rekindling passion in strained and difficult relationships. It also helps the one going through mid-life crisis, especially males☺. Also reduces possessiveness and jealousy in relationship.

Green Aventurine- It protects and clears blockages from heart chakra, bringing in the ability to attract true love and maintain harmonious relationships.

Watermelon Tourmaline- It helps to remove guilt and enhances the ability to move on and bring true love.

Peridot- It releases old negative patterns and vibrations, creating space for Universal Love.

The above stones have more healing properties but I have only pointed how it helps with love and relationships.

How to use:

- Make crystal water with single stone or combination (minus malachite)
- Carry it with you in pocket, purse or bag
- Wear it as a pendant, necklace or bracelet
- Put it under your pillow
- Write your wish on paper invoking symbols and wrap it around your crystal
- Meditate with the stone

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- Make a crystal grid for love and harmonious relationship.
- Place by your bedside or relationship corner.

Article 44

Switchwords and Reiki

Switchwords is one of the very effective healing modality. It works with our subconscious mind. The subconscious mind records and files away everything going on around you on every level, 24 hours a day 7 days a week, for future reference. As it observes similar experiences, conditions or responses associated with a word or action over and over again, the subconscious mind begins to anticipate and even look for (attract) these experiences, conditions or responses. These actions or words become Switchwords – switches for bringing about the specific experiences, conditions or responses associated with the words or actions. Switchwords bypass the conscious mind and activate switches in the subconscious mind. (info derived from www.blueiris.org) To know more about switchwords, please visit blueiris website. Basically you can sing, chant, write, charge or make an energy circle with switchwords.

Suppose, when you hear a word COUNT, your subconscious mind connects that word with money. Chanting COUNT attracts money. To find lost object, the switchword is REACH. Check out more combination of switchwords to start using it with reiki for faster benefits.

Reiki is one of the most powerful method of healing and manifesting way to achieve your goals. We all as reiki channel knows what reiki is and how powerful and magical it is. Merging Reiki with switchwords doubles the effect with very powerful outcome.

Method 1-

1. Take a piece of paper and write your/client's name
2. Draw whatever symbols you are attuned to on the paper
3. Hold the paper in your non-dominant hand
4. Enable the flow of reiki and chant the switchword of related situation minimum 28 times (can chant more)
5. Burn the paper

Method 2- (energy circle)

1. Take a piece of paper

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2. Write your/client's name and switchwords (related situation)
3. Draw a single stroke circle around it. (no energy leak from circle)
4. In the circle or on the back side of paper, draw reiki symbols
5. Put this paper somewhere without folding it and give reiki healing to it
6. You can also charge water or food by placing your water bottle or plate on this paper.

Method 3-

1. Write switchword directly on the body with pen
2. Draw reiki symbols over it (in air)
3. Give reiki healing to that part of your body

Method 4- (heal others)

1. Draw reiki symbols on your palm
2. Hold a glass filled with water with the intention to charge water with reiki
3. Chant the switchword 100 times regarding related situation holding the glass of water
4. Give the water to concerned person to drink

Method 5- (Crystal Grid)

1. Get a print of the energy circle with switchwords
2. Charge your crystal with reiki
3. Make a crystal grid over this energy circle

Method 6-

Simply chant the switch words and enable the flow of reiki. You can chant as many times as you want. Minimum should be 28 times. You can keep writing the switchwords in a book.

You can simply chant or write switchwords if you don't want to merge the two methods. Switchwords itself is a vast healing and manifesting modality, so check out switchwords online for your issue.

When writing switchwords and making energy circles, colors play important part. You can use colors according to color therapy or you can use chakra colors.

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I personally had lots of positive outcome with these combined healing modality. My 100% result is with the switchwords to find lost objects. I chant CRYSTAL REACH _____ (object name) with constant flow of reiki.

Happy healing and manifesting 😊

Article 45

The Golden Scroll Manifestation

The Golden Scroll technique is the way to manifest our dreams, goals and wishes by working with Universe. You send your wish to Universe through this Golden Scroll. This technique works by removing all negative energy and blockages attached to wish/goal and by putting positive thoughts to amplify the healing. The Golden Scroll technique is mostly done by visualization and positive imagination. This technique will not make you millionaire overnight but it will open path for you and show you new possibilities and dimensions.

Here is a step by step method:-

- Sit down comfortably. Call upon your guides and angels to help you to send The Golden Scroll to Universe.
- On a piece of paper write down your wish/goal like intention slips for reiki box. Do not make a list, single intention on single slip. Write a single wish very clearly and positively without using any negative word. Alternatively you can write down affirmation. Draw reiki symbols and give reiki to intention slip visualizing the desired outcome.
- Close your eyes and imagine a small Golden Scroll double the size of your intention slip. Imagine your written words imprinted on this Golden Scroll. Send Reiki to this Golden Scroll with the intention to carry your wish to Universe.
- Imagine passing this scroll from your crown chakra to root chakra and back from root chakra to crown chakra, passing through all the other chakras, making a golden ring which cleanse all blockages.
- Imagine the scroll coming out of your crown chakra and floating in the Universe. Imagine your guides and angels taking the golden scroll and disappearing into the Universe.
- Open your eyes and do not think about your wish now. Your wish is in the safe hand and is about to be manifested in a much better way than you ever imagined.
- Thank your angels, guides and The Universe.

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- Make different scrolls for different wish. You can choose any color for your scroll.
E.g. pink scroll for love wish or green scroll for prosperity.

Thank You Universe ☺

Article 46

Crystal Series 4/4

Healing Crystals for Pets

Crystal healing and reiki combined together brings remarkable result for human as well as for animals. Animals have an amazing ability to sense properties of crystals. They are very receptive and adaptive towards crystals and hence it is a good idea to heal them with crystals and reiki. Pets are our babies, we love them and nurture them like our own baby. So why not heal them and protect them with reiki and crystals? My dog Pari wears a clear quartz pendant, which I cleanse, charge and program with reiki for her highest good.

First and foremost thing to do is cleanse your crystal. Draw CKR on crystal and rotate coned fingers seven times over it anti-clockwise saying CLEANSE. Next draw CKR again over your crystal and rotate coned fingers seven times over it clockwise saying PURIFY. Now draw other symbols that you are attuned to over crystal (Let your intuition guide you which symbols to draw). Program your crystal for pets highest good (or particular issue) and give reiki for about 5 minutes.

Below is the list of problems and crystals for healing-

Agate- Calms and relax your pet, balances energy and chakras

Amber- Flea and ticks

Amethyst- Master healer, pain, excessive barking, can be used for everything

Bloodstone- Calms anxiousness, promotes sleep

Blue Fluorite- Allergies, bones and respiratory system

Carnelian- aging pets, allergies, arthritis, cancer, skin issues

Clear Quartz- Master Healer, can be used for everything

Citrine- Diabetes, hyperactive, intestine issues, stress, training

Coral- Bladder, emotional stability, kidney

Garnet- Reproductive organs

Green Fluorite- Blood purify lymph and respiratory system

Hematite- Bounding, grounding, muscular problems.

Jade- Abused, aggression, calms, eyes issues

Jasper- Digestion. Adding few drops of Jasper elixir to food will help with pet's digestion.

Kyanite- Align all chakras

Labradorite- Aura protection

Lapis Lazuli- Pain, respiratory issues

Moonstone- Bonding, calming, cancer, digestion

Rose Quartz- Abused pets, aggression, reduces fear and stress, wounds

Smoky Quartz- Nervous system issues

Sodalite- Calms your pet, reduces stress, training

Tiger's eye- Grounding, protection, travel

How to use crystals with pets-

- Place crystals somewhere near your pet's auric field. ***Make sure to put it out of reach.***
- Attach the crystal pendant to collar
- Spray crystal water/elixir on pet
- Massage with crystal wand if your pet permits
- Place ethereal crystal directly over the problematic area.
- Write a note invoking symbols for pet's wellbeing and wrap it around the crystal or just put it under the crystal.

Do not forget to cleanse and charge your crystals with reiki to remove accumulated unwanted/negative energies.

Article 47

Programming Reiki with Chi Ball

Have you ever been in a situation when you cannot send reiki to someone due to lack of time? Have you ever been wishing that you could send reiki daily at particular time for particular hours without actually sitting for reiki at that time? With heavy schedules, taking care of work, home, kids, family, bills and what not, we at times don't get enough time for reiki. Here is an easy method to program reiki with chi ball through which you can enable reiki to flow at particular time for particular duration.

How to program-

- Call upon your God, angels and guides to assist you to heal the person or situation.
- Make a Chi Ball. Invoke symbols and chant its name three times. Draw a big distant symbol in the chi ball and ask it to connect to particular person or the situation.
- Now state that '***For next _____ days for _____ hours, I direct reiki to heal _____ (person name or situation). You can even specify timing if needed. I direct reiki to flow and heal _____ (person or situation) for _____ days for _____ hours at _____ time.***
- Now still making the chi ball, visualize the probable outcome.
- End the session by drawing Master symbol and power symbol. (Only power symbol if you are not attuned to master symbol). Thank your God, guides and angels.

When to use-

- You can program for the clients whom you send healing daily.
- You can program self-healing.
- You can program protective shield for self and for your loved ones.
- You can program to charge your reiki box.
- You can program to charge your crystal grid.
- Heal your past or future situations
- Program to heal your pets.

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- Program to flow during healing sessions for soothing and calming ambience.
- Program before meetings, presentations, social gatherings to enable flow at - _____ time for _____ hours.

As always, Chi ball is miraculous. Never let you down ☺

Article 48

Importance of Foot Chakra

Foot Chakra is one of the most under-rated chakra amongst all the chakras we heal. We often forget to give reiki to our foot chakra while healing all the other major chakras. Foot chakra is one of the most important chakra as it helps pass the Divine Energy to Mother Earth which makes grounding powerful. Feet have roots extended into the Earth. Healthy foot chakra helps pass energy to all the chakras, as the energy is derived from Earth.

Symptoms of blocked or closed Foot Chakras:-

- Do you feel fatigue and tiredness often?
- Do you suffer from insomnia?
- Does nightmares trouble you?
- Do you feel ungrounded?
- Do you feel restless often?
- Do you feel disoriented and disconnected?
- Do you suffer from 'slow healing'?
- Do you have creativity blockage?

If you have answered any of the above YES, then your feet chakras are blocked/closed.

How healthy or open foot chakras helps?

- Speeds up healing process
- Makes grounding powerful
- Reduces tiredness and stress
- Removes blockages related to manifestation
- Heals insomnia
- Eliminates negative energies, psychic attacks, nightmares...

How to open/unblock Foot Chakras?

- Walk bare feet on grass. As easy and as simple as it gets ☺

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- Another method is- Stand bare feet on the ground. Imagine your feet chakra spinning and opening. Imagine roots coming out of your feet grounding you deeply to Mother Earth. Here is a Grounding Meditation technique. Only difference is you imagine roots coming out of your feet and both chakras spinning and opening.
- Those who are fond of crystals can use grounding crystals to open feet chakras. Some of the grounding crystals are Hematite, Black tourmaline, Dalmatian Jasper, Blue Kyanite, Red Jasper and more. Fill a tub or bucket with lukewarm water. Place some grounding crystals in the tub. Now place your feet in water tub and just play around with your crystals with your feet. That's it, so easy.
- Last but not the least, my favorite method. Give Reiki to foot chakras.

Keep your foot chakras spinning and live a healthy-happy life ☺

Article 49

Moon Water

Hello Dearies, here I am, again with a moon ritual. I know I come up with different rituals for full moon and new moon every fortnight, so it is my request to all my readers not to get confused with too many rituals. I am just giving information and guidance to my readers about various rituals. You only stick to the rituals you resonate with. You don't need to try and perform all the rituals.

As we all know, New moon is for manifestation of new things, planting new seeds and starting new projects whereas Full moon is for healing, protection, banishing of evil and releasing. Here is the method to take advantage of moon energy beyond this *manifesting and releasing* concept.

Making Moon Water

- Take a jug and fill it with distilled or spring water. Place the jug somewhere outside so that direct moon light falls on the jug. If it is not possible, you can just place it in your balcony.
- Call upon Archangel Haniel and Moon Goddess to bless your jug and water. Connect the jug to moon energy with Hon Sha Ze Sho Nen.
- Take selenite, carnelian, moonstone and clear quartz crystal. Cleanse and program to remove impurities surrounding jar and cleanse water. Place carnelian and clear quartz inside the jug. Put selenite and moonstone around the jug. Do not ever put selenite in water, it will disappear. (Skip this step if you do not have these crystals)
- Draw reiki symbols on palm and hold the jug, charging it with reiki energy with the intention to make the water void of any impurities and infuse it with reiki energy to purify it.
- Just leave the jug outside overnight and your moon water is ready.

How to use 'Moon Water'

- All the women out there is going to love this. You can wash your face with this charged Divine Moon Water. It will beautify your skin and bring the glow on your face. Try this for few months and see your face beaming like a moon.

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- You can use this Moon Water to cleanse your crystal.
- You can just drink this water
- Fill the Moon Water in spray bottle and use for cleansing the area. Sprinkle in your house or work place to remove negativity and impurities.
- Sprinkle on self and others to cleanse aura
- Add this water in your food while cooking.
- You can reiki the water with set intention to use it for any purpose.
- Add to your bath for relaxation
- Anoint money
- Water your plants
- Dip your finger in water and make circle on your third eye seven times for clarity and clairvoyance

Article 50

Full Moon/New Moon Manifestations

Full moon is about letting go and releasing what doesn't serve. This is the time to let go of anger, blockages, negativities, karmic issues e.t.c

New Moon is about bringing new things in your life. It manifests your desires about new starts or ventures.

We perform Full Moon Rituals as well as New Moon Rituals, but there are some rituals that can be performed on either full moon or new moon. As we let go of old, we make space for new.

Below is a ritual that can be performed on full moon as well as on new moon.

Full Moon and Pennies (any currency coin is also fine)

This ritual is about letting go of old and stagnant energies AND manifesting new wishes.

For this ritual you need to be somewhere in the open or in your balcony or patio.

1. Like most rituals, start by grounding yourself using whatever method you know.
2. Take a penny or a coin of your currency and let it absorb the moon's energy by placing it under moon light (regardless of the phase of moon) for about half an hour. Connect coin to moon energy using the distant symbol.
3. After half an hour, hold the coin between your palms and declare what you want to release and what new you want to bring in. Give reiki to the coin and imagine your desired outcome. Say your wish aloud to moon holding your coin.
4. Throw the penny towards the moon and say,
5. ***“All my worries and wishes
I release to you, Oh dear moon
Fill them with love and light
For the highest good of everyone involved”.***
6. Do not try to look where your coin fell or landed. Just let it be. Thank moon and reiki.

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Be sure that your old stagnant energies shall be released and new wishes shall be manifested.

Article 51

Aura Sweeping With Crystals

In one of my previous article I had given multiple ways of quick aura cleansing techniques. Here is the link if you want to refer 11 Quick Aura Cleansing Techniques. Today I will show you another way to heal your aura using crystals. Lately, most of my articles are related to crystals, I am so obsessed with crystals ☺

Select and cleanse your crystal. Draw CKR on crystal and rotate coned fingers seven times over it anti-clockwise saying CLEANSE. Next draw CKR again over your crystal and rotate coned fingers seven times over it clockwise saying PURIFY. Now draw other symbols that you are attuned to over crystal (Let your intuition guide you which symbols to draw). Program your crystal for aura healing and charge it for a minute with reiki.

Now hold your crystal in your dominant hand. Rotate the crystal in large sweeping motions around your aura for 7 times in clockwise direction. Make sure you cover your aura from above your head till toe. Best way to perform this method is to sit somewhere comfortably and continue.

The best crystals for aura healing are:-

Aura Cleanser- For general cleansing, use Lapis Lazuli or Black Tourmaline.

Aura Moods- To improve your aura mood, use Rutilated Quartz.

Aura Protection- Labradorite is the best stone for protecting your aura.

Aura Alignment- To align your aura layers, Use Citrine.

Aura Booster- To energize your aura, use Sugilite.

Aura Holes- To heal your aura holes, use Amethyst.

Auric Tears- To heal auric tears, use Green Tourmaline

Aura Repair- For general aura repair, use Carnelian.

Aura Negativity- To ward off negativity from aura, use Smoky Quartz

Aura Strengthening- To strengthening the aura, use Magnetite.

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These are just few crystals mentioned above. You can also wear and carry these stones with you for your aura protection. You can use crystal water/crystal elixirs too.

Article 52

Animal Spirit Guides

We all know we have spirit guides to assist us, they are always around us. Same way, we have animal spirit guides. Animals has great spiritual connections. Animal spirit guides are our protectors, guides, and companions. They follow instructions to guide and protect human from Creator, God and Angels. Pay attention to the animals that appear repeatedly as they appear to give you some message. Each animal has their own unique power. There is no comparison such as this animal has more power than the other one.

Do you see certain animal repeatedly in your daily life? It could be an actual animal, picture, sticker or you may notice it on TV. Pay attention to your surroundings. Notice if any animal appears in front of you repeatedly. They appear repeatedly to grab your attention to pass on the message to you. It could be an animal, bird, insect, mammal or even a reptile. Try to interpret what the animal spirit guide is trying to convey by linking that animal spirit guide's characteristics with your emotions and situations (what is currently going on in your life). You can have more than one animal spirit guide. Once you know who they are, try to build a relation with your animal spirit guide. Meditate on them and talk to them. If they are showing themselves to you, it means there is a reason. Learn how to understand their guidance. Connect to them through Reiki energies. Call upon them anytime or connect with HSZSN to call upon them. You may use Reiki energy before sleep and ask to connect to your animal spirit guide in your dream.

There are four types of animal spirit guides-

- **Messenger animal spirit guides-** They appear to warn about specific situation. They stay with you till the warning is over.
- **Journey animal spirit guides-** They appear when you have life changing decisions to make or when you travel. They will stay by your side till your journey is over, however long it takes.
- **Life animal spirit guides-** They stay with you throughout your life. They guide you, protect you and show your inner strength.

- **Shadow animal spirit guide-** These are the ones that may instill fear in you in order to test your strength. They help you fight your inner fears and stays with you till your fear is dissolved.

Below are two methods to connect with your animal spirit guides. Try whichever resonates with you.

Method #1

1. Invoke your spirit guides and angels. Ask them to help you connect to your animal spirit guide.
2. Invoke Reiki symbols and activate the flow of reiki. Place your palms on Heart Chakra or Solar Chakra. Meditate for few minutes.
3. Draw CKR and state your intention to meet your animal spirit guide. Draw SHK with the intention to make communication easier with your animal spirit guide. Draw HSZSN to connect to angelic realm and create a bridge that takes you to magical journey to meet your animal spirit guide.
4. Visualize a beautiful waterfall, colorful flowers, trees, fairies or unicorns (or whatever your imagination shows you). Feel the soft breeze, smell the fragrance of enchanted realms. Take notice of every small things.
5. Now ask your animal spirit guide to show its presence to you. Your animal spirit guide could be anything- a butterfly, a bird, any wild animal, pet animal or even reptiles, insects or mammals. It could be something really unexpected.
6. Once your animal spirit guide appears, ask them to be your companion and friend. Tell them you want to talk to them, play with them and pet them.
7. Ask how they can help you. Show gratitude to them for blessing you with their presence.
8. Thank your angels and guides for being with you.

It is ok if you cannot 'see' when you try to visualize. Not everyone can 'see'. Given a time and more practice, you surely can start visualizations.

Another method doesn't need much visualization. I succeeded while trying this method. I saw my own pet (ofcourse ☺), a wolf and a dove. Though since last 2 days, I am seeing

black ants a lot. It is trying to tell me my dreams will come true over the period of time. It is advising me to show patience.

Method #2

1. Invoke your spirit guides and angels. Ask them to help you connect to your animal spirit guide in your dreams.
2. Invoke Reiki symbols with the intention to connect to your animal spirit guide in your dream, make communication easier and remember the dream when you wake up. Program the Reiki to flow till you wake up.
3. You may see any form of your animal spirit guide. It could be a picture, animated animal or actual animal. Again, it could be an animal, bird, insect, reptile or mammal.
4. Do not panic if the animal is not the one you expected. You love dogs but your animal spirit guide could be a snake or a lion. Anything is possible. The animal spirit guides are here to protect and guide you.
5. Once they appear, pay attention to everything, their expressions, the surroundings, colors or whatever is symbolic. Talk to them and ask them if they have any message for you. Ask your angels to help you interpret.
6. Thank your angels and guides for being there with you.

You may come across the animal spirit guides other than the ones who showed their presence to you. You can call upon your animal spirit guides or any other animal guides whenever you need guidance. Like Reiki, you do not choose your animal spirit guide, they choose you. They make an appearance when the time is right.

To establish a better rapport with your animal spirit guide, ask yourself few questions-

- If you actually meet your animal spirit guide, how would you feel? What would be your reaction?
- Try to remember what was it doing, how was it acting when I make an appearance.
- What was your first reaction when your animal spirit guide appeared? What did you feel? You felt happy, excited, scared, confused..

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- Is there any connection between your life events/situations and your animal spirit guide?
- Check out characteristics of your animal spirit guide and see if you find any connection.

Find characteristics of your animal spirit guide or call upon any according to your situation and animal guide's characteristics. Invoke Reiki symbols to connect and better communication.

Article 53

The Palm Chakras

Apart from 7 major chakras, the other two important chakras are the foot chakra and the palm chakra. The palm chakras are extremely important for those who are into spiritual healing as these chakras are powerful tool for giving and receiving healing. There are 7 chakras located in palms- one in the middle of the palm, one in the wrist point and other 5 in each finger and thumb. The left hand palm chakra rotates in clockwise direction whereas right palm chakra rotates in anti-clockwise direction. It is said that left hand palm chakras helps receive energy whereas right hand palm chakras helps sending/giving energy. Actually your dominant hand sends out energy and non-dominant hand receives. The most important aspect of palm chakras is to scan aura. The people with blocked palm chakras either do not get accurate scanning result or they cannot scan at all. For every reiki healer, it is extremely important to keep their palm chakras balanced as they emit energy (hands-on) and scan aura using their palms.

Functions of Palm Chakras-

- Healing self and others
- Scan aura
- Send and receive energy
- Helps balance spiritual, mental and emotional bodies
- Enhance creativity
- Stimulates throat chakra, heart chakra and brow chakra
- Feel crystals energy

Example of how palm chakra stimulates other chakras- When we meet someone, we bring our right hand forward. We are subconsciously directing our energy to them; that's our heart chakra's response. When there is an argument or confusion, our natural instinct takes our left hand to throat chakra; indicating poor communication and blocked throat chakra. If we are excited, our natural instinct takes our hand to heart chakra. When we are depressed or outraged, our instinct takes our hand to forehead.

Balanced Palm Chakras

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- Enhance creativity
- Helps send and receive energy
- Accurate aura scan
- Manifest openness
- Allows you to give and receive unconditionally without expectation and guilt
- Ability to charge/attune objects
- Feel crystals energy

Under-active Palm Chakras

- Brings illness
- Inability to receive
- Denying to accept healing
- Refusal to heal
- Hesitate asking for help
- Miser

Over-active Palm Chakras

- Wanting to touch everything
- Itchy palms
- Rashes
- Skin peel
- Unable to let go; holding on to issues
- Shopaholic

Opening/unblocking palm chakras is very easy. Listed are few simple and easy methods.

- Draw reiki symbols on palms and cup palms together asking reiki to open palm chakras.

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- Draw symbols. Imagine a red flower blooming in the middle of the palms. As this flower blooms, your palm chakra opens.
- Ask your dowser to open and cleanse your palm chakra by holding it over chakras.
- When you wash your hands, take few grains of rock-salt and then wash.
- Practice making energy balls to activate palm chakras.

Article 54

Just for today, I will be grateful

Following Dr.Usui's reiki percept, let us all start incorporating gratitude in our daily life. Count your blessings daily instead of complaining. Earlier I wrote about Angel Jar, the concept I derived from angel card "GOD BOX". I derived the concept of "GRATITUDE JAR" from one of my previous article Angel Jar. I made my Gratitude Jar couple of months back. I showed the pic of my jar to my family and friends, everyone loved the concept as well as my jar. I did not write about it earlier as I wanted to experience the magic of gratitude jar before writing about it.

Most of you must have practiced Rhonda Brynes book "The Magic". You must have noticed how practicing gratitude plays vital role in manifestation. You must have observed the changes in your perspective towards everything that was taken for granted earlier. With Gratitude Jar, you are incorporating gratitude in your daily life, writing about all the good things happened during the day. Trust me, once you start practicing gratitude daily in your life, you start appreciating and valuing people, things and circumstances around you. You will be happier, joyful and more loving towards self as well as others. The happiness starts radiating from within you. It can also brighten the day of the people you are appreciating and thanking. Being grateful is not just saying thank you politely and mechanically. Gratefulness comes from within your heart.

Time flies and we tend to forget over the period of time all the small-small good things that made us happy. Imagine opening your Gratitude Jar after a year and recollecting all the beautiful memories of past days and showing gratitude again for those sweet moments. Following '**Just for today, I will be grateful**', let us make this Gratitude Jar in which we list and thank all the good things that happened throughout the day.

Making a Gratitude Jar- Take any jar or box. Decorate it the way you want to. That's it. Your Gratitude Jar is ready.

Putting Gratitude slips in the jar- Everyday before sleep, make a 'thank you' list of everything good that happened throughout the day. If you are thanking a person, you can use distant symbol to connect to the person. Start like *I am grateful to*

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_____ **for** _____ or **I am thankful for** _____ or **I am blessed to have** _____. Do not forget to put dates.

Give reiki to your Gratitude Jar with the intention to give you more chances to show gratitude. You are already half-way towards your happiness as soon as you decide to make this Gratitude jar.

Article 55

Plant a Wish on New Moon

Hello everyone, I am back with another new moon ritual. As we already know, new moon is for manifesting new things in life, planting a new seed, a new thought, a new start... So why don't we actually plant a wish? When you plant a wish, you synchronize your wish with all phases of moon energy. Also, by planting a wish, you get blessing from Divine Mother Earth as well.

The basic concept of planting a wish is handing over your wishes to Moon Energy, Mother Earth, Reiki and Universal Energy. Remember writing a wish list as a child and handing it over to your parents knowing that your wishes will be fulfilled when the time is right? You are doing the same thing now. You are handing your wish list to higher authorities.

Method-

- Take a piece of paper. Draw power symbol Cho Ku Rei on 4 corners of the paper, sealing the energy.
- List all your wishes. Either you can list everything on same paper or you describe your wishes in details on different papers.
- On the back side of the paper, draw the Reiki symbols that you are attuned to. If you are level one practitioner, you carry on without symbols.
- Draw symbols on palms. Hold the paper in between your palms and give Reiki to it.
- Plant this wish list directly in earth (your garden or planters). Do not worry about its condition; it may get dirty or torn or totally turn into tiny tidbits. Alternatively you can place your wish list in a ziploc or a box and then plant it.
- Ask Mother Earth to bestow her blessings and fulfil your wish. With distant symbol Hon Sha Ze Sho Nen connect moon energy to the planter and your wish list asking the Divine Moon energy to bestow light and blessings daily.
- Water the plant as usual. No need to worry about the condition of your wish list.

Have faith, manifestation has begun 😊

Article 56

Candle Ritual with a Tinge of Reiki

The fire element has the mystical power that burns all your negativity and blockages, manifests your heart's desires and keep evil eye at bay. The best way to make this mystical fiery power part of your life is through candles. When you think of fire, you think of dancing flames and when you think of dancing flames, you think of beautiful candles. Candles play vital role when it comes to rituals, healing and manifestation. It transmutes darkness to light and negativity to positivity.

How to select candle-

Selection of candle is based on multiple aspects such as size, shape and color.

Size- Select size of the candle depending on your ritual, wish or healing session. Some rituals/sessions needs candle to burn for long time whereas some are short-time rituals/sessions. Tea-light candles are often used for the rituals/sessions with duration of couple of hours.

Shape- Again, tea-light candle is handy as it is small and round and burns out within short time. Cylindrical shaped candles are best if you are planning to anoint it with essential oils.

Color- Select the candle color depending on your ritual, wish or healing session.

Red- Protection, passion, sexuality, health, willpower

Orange- Ambition, attraction, clear thinking, success, justice

Yellow- Creativity, clairvoyance, confidence, harmony

Pink- Love, passion, togetherness, friendship

Purple- Ward off evil, psychic abilities, spirituality, protection, business protection. Heal chronic disease, success, meditation

Indigo- Ward off black magic, karmic issues, spirit communication, meditation

Green- Money, fidelity, luck, abundance, marriage

Light Blue- Patience, psychic awareness, depression, opportunity

Dark Blue- Truth, fidelity, meditation, inspiration

Gold- Creativity, meditation, removes negativity, luck, fortune, intuition, power

Silver- Remove negativity, remove evil effects, increase intuition

Black- Ward off negativity and negative thoughts, removes black magic and dark forces, ending, closing of doors, truth, and protection

White- Protection, cleansing, healing, purity, communication with guides, clear vision, meditation, exorcism, clairvoyance, peace, spiritual power, connect with moon energy. Replaces any other candle color.

The Ritual/Session-

Cleanse space- Cleanse the area/room that is to be used for ritual/session. Draw power symbol on all walls and corners, burn sage or incense stick and pray to God, angels and spirit guides to bless you and your client and guide you during ritual/session.

Candle- Select the size, shape and color of the candle as per your issue. You can carve your name and reiki symbols on the candle. You can even carve your local currency symbol or any other symbol you know.

Essential Oil- Some people use essential oils and some doesn't. I strongly recommend using essential oils to anoint your candle. There are 2 ways to anoint your candle- (1) To release something (2) To bring in something

1. To release something- Draw reiki symbols on palms and put few drops of essential oils on your palm. Now take a candle and rub the essential oil starting from middle to top. Imagine all the negativity (or whatever you want to release) releasing. Now rub from middle to bottom and focus on grounding yourself. Alternatively, simply start rubbing essential oil from bottom to top of the candle.
2. To bring in something- Start rubbing from essential oil from the top of the candle to middle focusing on the goal you want to achieve. Then, start from bottom to middle again focusing on the goal. Alternatively, simply start rubbing essential oil from top to bottom of the candle.

Infusing Reiki- Hold candle between your palms. If you haven't carved symbols on candle, draw reiki symbols over the candle and let the energy flow with the set intention. State your intention thrice while infusing candle with reiki.

Light your candle- Light your candle and imagine the flames sending out your intentions to the Universe. Sit in front of the candle and looking at the flame, visualize the desired outcome of your wish. Visualize as much as you can, each and every small details.

Ending- Let the candle burn out. If you need to extinguish, do not blow it out, just pinch off the flame to extinguish. If it extinguishes on its own, do not worry, just think your guides and angels blew it out for you. Thank God, angels and guides. Thank Reiki, fire and candle.

Leftover wax- Dispose the leftover wax.

Do not keep thinking about your ritual. Have faith that you have given your issue to Universe and now manifestation has begun ☺

You can write your wishes along with reiki symbols on a paper, read out loud to flame and burn it in the same flame.

Article 57

Blessed Bucks

The concept of 'Blessed Bucks' was originated from the belief that whatever you do, returns to you ten folds. The 'Blessed Bucks' concept was originated as money spell in 1989.

How to prepare Blessed Bucks-

Take a dollar bill or any bill of your currency. Bless the money by writing *May you be blessed with health, wealth, love, happiness, joy and safety*. Reiki channels can simply hold the bill in between their palms and bless the bill with reiki saying the same invocation.

Now that your money is blessed, next thing is to place it somewhere.

Placing the bill- Place the blessed buck somewhere where in public place so it is easily visible to others. Some prefer to hide the blessed buck for the lucky one to find whereas some place it openly so that anyone can take it. You can do either way, both will work equally fine. Do not place or drop the bill on the ground.

After placing the bill- Once you place the bill in public place, just walk away. Do not stay back or look back to check who the lucky one to get the blessed buck is.

As this bill pass from hand to hand and person to person, it spreads the blessings to so many people and families.

Consider this as a seed you planted. You shall receive in 10 folds what you sow. People who practiced this has experienced sudden unexpected wealth in return, some received extra income unexpectedly, some received surprised gift or gift vouchers, whereas some came across huge fortune. There is no fix duration or amount, it varies from person to person.

Just bless the note with clean and happy heart. The best part is, those who don't know reiki can also practice 'Blessed Bucks'. Reiki channels can either just bless the bill with reiki and symbols or can write blessings on the bills.

Bless the Bucks ☺

Article 58

16 Ways To Manifest Money with Reiki

As I always say, Money is an integral part of our life. Apart from our basic needs, we need money to live the life we envisaged for ourselves and for our family. The extra income is always helpful to fulfil our desires and goals. Aren't we all always on a look for the ways to increase abundance in our life? Here are some methods to manifest more money into your life.

Reiki Box-

Reiki box is that magical and sacred box in which you put all your intention slips together and give reiki to the box. To heal your money issues, make intention slips with appropriate symbols and heal the box daily. You can write your own intention. Do not put any punctuations or commas when writing your intentions. OK, so Reiki box is magical but that doesn't mean that you put an intentions stating of being a millionaire within 10 days



Heal your Wallet/Purse-

It is easy. Just hold your wallet in your palm and give reiki with set intentions or affirmations. Those who are attuned to symbols can use symbols freely.

Heal your Cash, Cards and Bank accounts-

You can put energy ball on cash, card and bank accounts with set intentions or affirmations. Alternatively draw symbols and give reiki to cash, cards and bank accounts. Draw symbols on the cash you receive, cash you give, checks/cheques you write, your bank accounts, your stocks and shares and other investments.

Reiki Candles-

Infuse the candle with reiki and set intentions or affirmations. Let the candle burn away all your money blockages and negativities.

Distant Symbol-

Use the distant symbol to heal the past blockages and obstructions related to money. Send reiki to future situations, future finances, send positivity and remove possible blockages.

Money Crystals-

Here is the list of Money Crystals that you can use to attract abundance. Take a crystal, cleanse and program it to attract more and more money towards you. You can wear this crystals in the form of bracelets, pendants or earrings keeping it near your auric field. I make abundance bracelets and wear it. You can place the programmed crystal in your house and work place. Leave a stone in your money drawer or cash register.

Magic Money Box-

Make a box with mirrors glued inside the box. Place the things that symbolizes money inside the box (cash, real jewelry, money crystals, energy circle or switchwords). Here is the procedure to make Magic Money Box.

Crystal Grid-

Create a crystal grid, make intention slips just like you make for Reiki Box and place it on the grid. You can use 'money crystals' to attract more abundance for your grid.

Switchwords and Healing Numbers-

Chant the switchwords DIVINE FIND COUNT to attract more money. There are more switchwords and healing numbers for money, prosperity and abundance but the above ones being the easiest, I use that mostly. You can write switchwords and healing numbers on a paper, draw reiki symbols, hold the paper between palms and give reiki to it. You can make energy circles by writing your name, switchwords and healing numbers inside a circle. Make sure the circle line is not broken or over-lapped. Alternatively you can get a printout of energy circles provided on www.blueiris.org. You can place this energy circles under your pillow, stick it on the wall or charge your food and water on it by placing plate or bottle on it.

Remove Money Blockage-

Take a Black tourmaline, Black obsidian or Black Onyx. Cleanse and program it to remove negativity and blockages related to your wish and transmute it into Divine light. Infuse

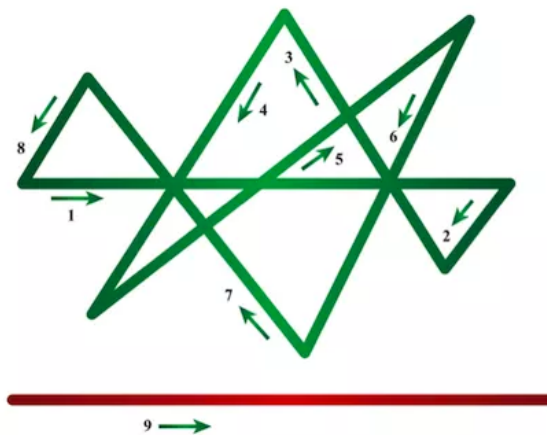
the stone with reiki. Write your wish on a piece of paper and draw symbols on back side. Put programmed stone over it. That's it.

Space Cleansing-

Cleanse your home and work space with power symbol and by placing energy ball in all corners. You can also use sage, incense sticks, rock salt or camphor lamps for space cleansing.

Symbols-

Draw reiki power symbol, emotional symbol, distant symbol, Vasudha, Midas star, money symbol or zibu prosperity symbol on a paper. Put this paper in your purse or wallet in such a way that every time you open your wallet/purse, you can see it. Think of money, prosperity and abundance whenever you see your paper. You can place this paper on cash register or anywhere in front of you.



The Midas Star – Reiki Abundance and Prosperity Symbol

Angel Cards/ Tarot Cards-

Pick cards that resonate with your money issue or abundance wish. Draw symbols over it and put it under your pillow every night.

Piggy Banks, Money Box, Bill files-

Charge your money box, piggy bank and bill files with symbols and reiki. Place programmed money crystal inside your piggy bank or money box. Place it over your bill files.

Angels-

Call upon Archangel Ariel, Archangel Raziel, Archangel Barakiel or Abundantia Angel to delete and erase all the negative effects regarding money created by your actions, beliefs and thoughts. Ask angels to connect you to right people who can further help you with your job, business and career.

Animal Spirit-

Call upon Squirrel, Frog or Crane. Carry their pictures with you, save the pictures as wallpaper or screen-savers. Squirrel, frog and crane opens money sources required by you.

Manifest Money Now ☺

Article 59

Diverting Psychic Attacks

Psychic attacks are basically negative energies or negative intentions directed towards us knowingly or unknowingly. One of my previous article 6 Psychic Protection Techniques shows how to protect oneself and others from Psychic Attacks. We try to perform grounding, protecting and shielding daily but the fact is there are days when due to lack of time or whatever reason, we fail to do grounding and shielding. To avoid any such scenario, wouldn't you love if there is something that absorbs all negativity directed towards you? Yes, we can program our crystals to diversify all negativity coming towards us to itself. The crystal will absorb all negativity and bad intentions directed towards you without letting it reach you.

Technique to diversify all the negative energy to a crystal-

1. After cleansing the crystals, hold your crystal in right hand (dominant hand). Draw reiki symbols and enable the reiki flow, fill the crystal with reiki energy. It may take about 3-5 minutes.
2. Now bring your crystal to third eye and direct a white light from third eye into the crystal. To program your crystal say, ***“From this very moment on, absorb all negativity directed towards me intentionally or unintentionally. Absorb all negativity before it comes in contact with me. Transmute all absorbed negativity to light”.***
3. Carry this crystal with you if you are going out. Keep in a room where you feel there is lots negativity oozing. Program the crystal for shops and offices as there are umpteen of people around. For shops and offices, program the crystal to diversify and absorb all negativity projected towards you and your office or shop.
4. Cleanse the crystal frequently to clear off accumulated negative energy and reprogram again for further use.

Few common protection crystals are-

Protection from evil and evil eye– eye agate, carnelian, topaz, cat's eye, pyrite, black tourmaline, malachite, turquoise and more...

Protection from negativity- Black tourmaline, black onyx, black obsidian, citrine, smoky quartz, clear quartz and more...

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Protection for children- Black tourmaline, blue agate, malachite, jade, ruby and more...

Protection during pregnancy- Black tourmaline, moonstone, malachite, jasper, ammonite, rose quartz and more...

Physical Protection- carnelian, fluorite, zircon, black tourmaline, agate, smoky quartz and more...

So, diversify all the psychic attacks coming towards you using any of the above crystal and stay healthy, wealthy, safe and happy ☺

Article 60

Release the Weight

How many of you have tried anything and everything you come across to lose weight? Have you tried exercise, joining gym, diet pills, dieting and following diet plans with no result? Let us put an affirmation along with little exercise and careful diet for few months and see the result.

This method you have to do before you leave for your college, office, shopping or anywhere else. Draw CKR on foot chakras and give reiki using the affirmation “***I release my body weight with every step I take***”. If you are going for a walk or a stroll, **do the same thing** along with chanting the affirmation whenever you can. If you are alone, you can keep chanting the affirmation whenever you walk. If you are talking with others while walking, chant whenever possible.

Give this affirmation few months and notice the difference. You must have noticed, I did not use LOSE weight or DROP weight here. I used RELEASED weight in my affirmation. The reason behind this is, as soon as you think or say LOSE, our subconscious mind tend to find it back. You lose something, of course you want it back, right? As soon as you think or say DROP, our subconscious mind tend to pick it back. You dropped something so you are going to pick it up. So when you use RELEASE, it has our full permission of let go. You are letting something go with your free will.

I request all my readers who want to lose weight to try this out. You can also carry Crystals which helps you to reduce your weight.

Recently on my 21 days trip to Europe, I carried crystals to reduce weight along with me. I just used tumbles stones and made a small pouch which I call **weight release pouch**. Every day before leaving for sight-seeing, I used to draw CKR on foot chakra along with the affirmation to release weight. While walking, I used to chant the affirmation whenever I could. After 21 days when we returned, the first reaction when my friend saw me was- Rinku, you look thinner!!! And this was minus any dieting! In fact I loved European food so dieting was the last thing on my mind.

So, don't LOSE or DROP weight, RELEASE your weight now.

Article 61

Full Moon to Restore Relationship

So, by now we all know that Full Moon rituals are for releasing blockages, stagnant energies, bad habits, let go of anger or past karmas. Amidst all these issues, we forgot that the moon symbolizes love too. Remember old movies romantic songs, where we see full moon in the background whilst actors are going all lovey-dovey? ☺ Today's article is about full moon, love and restoring and re-kindling your relationship.

Love and relationships has ups and downs. When this balance is lost, it can create havoc with our heart and peace of mind, affecting our mental, emotional as well as physical health. Many of us bury our emotions, anger and complaint about our partner and relationship without sharing it with anyone. This ritual will help you release all those buried emotions, anger and blockages.

How to take full advantage of full moon to restore relationship-

- Call upon Archangel Haniel, Moon Goddess, Invoke reiki and Universal energy and ask them to empower you with Divine Moon energy to improve your relationship.
- Take a big paper and draw power symbol on all four corners of the paper to seal the energy. Draw big emotional/mental symbol on the paper with your index finger or coned fingers. Do not forget to intone symbols name thrice.
- Now start writing everything that is bothering you about your partner and your relationship. Yes, you are allowed to vent out, cry or scream ☺. Note down all your frustrations related to your relationship.
- Next, look within yourself and write down about what you need to let go, what changes you need to bring, where you are going wrong and what you can do to improve your relationship.
- Now write down what you expect from your partner and your relationship. Write down your dreams and visions about your perfect relationship. Don't think how it will happen, it is not your look out.
- Ask Moon energy, Archangel Haniel, Goddess Moon, Reiki and Universal Energy to release stagnant energies and blockages from your relationship and fill yours and your partner's heart with unconditional love and compassion.

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- Leave the letter outside to soak in moon energy. If for some reason, you can't keep it outside, place it at windowsill or at your altar. You can place clear quartz crystal and rose quartz crystal as a paper weight on the paper.
- Next day burn the paper, thanking all the higher authorities involved.

The main point about writing this letter is to open your own eyes related to your relationship, re-evaluate your feelings and accept your own flaws. Do not worry about your partner's side, higher authorities will take care of it.

Talking about love and full moon, this is the perfect time for those who are suffering from break-ups and unrequited love to release old and stagnant energies and blockages.

To all the women out there whose husbands have seem to lost interest in them, remember that moon also symbolizes femininity. During the full moon, the power of moon energy is at its peak. So do not miss out this opportunity to re-kindle the lost flame between you and your hubby.

Sorry to all those who are looking for new love, nothing for you here ☹️

Wait till new moon for my new moon article 😊

Article 62

Healing your Inner Child

Irrespective of your current age, there is an inner child lies buried deep within you who need love, compassion and acceptance. Many children grow up with a guilt feeling by thinking whatever went wrong (as a child) was due to them. They held themselves responsible for things going wrong at home, school or with friends. Growing up with this mentality may occur into self-rejection.

Louis Hay- I am perfect, whole and complete, just as I am.

Love has the greatest healing power ever which has the ability to heal almost any emotional scar. Deepest and painful memories can be healed with the power of love. Loving and accepting your inner child will open all the blocked pathways. To bring out the wounded inner child, make him/her **trust** you. Give love and attention so that he/she starts trusting you and reach out to you. Most children grow up with **resentment** towards parents for not being given enough freedom during their childhood or teenage years. They grew up under restricted environment. Assure your inner child that his family/parents weren't bad. They were just being protective and they did what they thought was best for their child.

The children who actually had traumatized childhood needs lots of tender loving care. They are afraid to love and trust again. The inner child needs to be assured that those traumatized days are gone and gone forever. Make your inner child realize that it is ok to get angry. I don't mean its right to start screaming and be abusive, but yes, it is ok to vent out, let those tears run down your cheeks. There is nothing wrong in crying out.

Meditate on angels, fairies, mermaids and Unicorns. Somewhere deep down you are still a child. Age wise you have grown up but your inner child is still stuck somewhere when he/she had been emotionally hurt. Fairies, Angels, Mermaids, Unicorns belongs to higher realms and are known to heal children.

Talk to your inner child. Don't expect magical reply in a day but within a given time, you may start getting response. Ask your inner child about his/her sadness, assure him/her that everything is alright now and give him/her enough love. If you are a woman, however

self-reliant, independent and strong, there is still this little girl within you who needs love and pampering. If you are a man, however macho and strong, you still have that inner child within you who craves love and hugs.

How to connect with your Inner Child-

1. Call upon your guides and angels. Ask them to help you make a peaceful connection with your inner child. Ask their help in guiding you if you go wrong somewhere or get stuck. Call upon Archangel Gabriel and Mother Mary to shower your inner child with unconditional Divine love.
2. Draw a big Hon Sha Ze Sho Nen to connect with your inner child. Imagine a younger version of you in front of you. Draw big Cho Ku Rei to strengthen the connection. Draw Sei Hei Ki and glide it in your inner child's heart. Close your eyes and give reiki for 10 minutes using emotional symbol often. Fill your inner child's heart with unconditional love.
3. Try talking to your inner child. Make any conversation. You don't have to talk about any particular issue, just start talking to bridge the gap. After few days, you can make him/her talk about the grief he/she is carrying. Let him/her release whatever he/she was holding back since all these years.

If you know Kundalini Reiki (one of my fav), imagine a miniature version of younger you between your palms. Say, "heal inner child" and let the reiki flow. It is as simple as that 😊

Be there to reassure, love and pamper your inner child.

Article 63

Aura and Sensations

Before starting any healing session, it is very important for a healer to scan client's aura to determine where the blockages are and where impurities are buried or hidden. When scanning the aura, the healer may get tingling sensation on palms, cold or hotness on palms, perspiration, uneasiness etc. It is really difficult for new practitioners to understand what these sensations indicates. Listed below are some sensations a healer may feel during aura scan or during a reiki session.

Coldness- Coldness generally indicates there is a hole in the aura which is causing energy blockages. There must be physical problem in the area or some negative thought form there.

Cold wind passing- Negative thought form gets unattached and leaving the aura.

Dip in Energy- When you scan aura, you may feel energy pulling your palm closer to the affected area. This indicates lack of energy in that particular area causing imbalance to affected as well as surrounding area.

Hole in the aura- While scanning the aura, you may actually see holes like dark spots with closed eyes. Or you may feel the affected area sucking in energy magnetically. This indicates that the person requires lots of healing around that area with extra care and attention. People with hole in the aura may have addiction tendency- eating disorder, alcoholism, or any other addiction issues.

Cords- Cords feel like thick ropes attached to the person. These cords acts like leash, attaching the person to someone. This makes them energetically drained and hence makes it easier for negative energy to flow in.

Tingling/Heat/Cold- These are the most common aura sensations. It indicates impurities, blockages and imbalance around the area.

Substances- At times, when scanning the aura with closed eyes, you may see spikes, daggers, knives etc. This indicates that the affected area has past lives issues. Past lives issues are best healed with Karmic or Kundalini Reiki.

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Shadows- Sometimes during or after a reiki session, you may see a shadowy form. It is an energy form leaving your client's aura. Ensure the energy form that it is ok for it to go to light.

Don't get disheartened if you don't feel any vibration or sensation. It just needs lots of practice and your faith 😊

Article 64

Triple Layer Protection Shield

Why do we need shielding? We come across umpteen of people throughout the day who carries positive energies, negative energies or neutral energies. Shielding is needed to protect ourselves from outside negative vibes and dark energies. Protection shield repels lower energies and maintain high vibration within our auric field. The people with low energy may unconsciously absorb your energy that may make you feel totally drained and out of energy. And there are those who are envious of you and knowingly or unknowingly diverts negative energy or evil eye towards you.

Personally, shielding is something I do as soon as I wake up. My day starts with shielding myself. Before any of my family member steps out of the house, I activate protective shield around them. I protect our car and bike or any mode of transport as well. I have 2 personal favorite shielding methods and I use both method daily.

First one is extremely simple. Call upon Archangel Michael and ask him to wrap his angel wings around you and your loved ones. You will feel protected throughout the day.

Second is creating triple layer protection.

- Imagine a cocoon of big circle, pyramid or egg shape in front of you. Step inside. If shield is for long distance, imagine the person inside this cocoon.
- Imagine **White light layer** around your cocoon. Now imagine **Golden light layer** next to white light layer. Now, imagine **Violet Flame layer** next to Golden light layer. You are inside the cocoon that is protecting you with white light, golden light and violet flame. Draw CKR inside the cocoon and fill the cocoon with reiki energy. Now, **intend that this shield is impenetrable from dark and negative energies and only positivity is allowed inside. All the negativities directed towards you shall burn off or transmutes to light.**
- Program the shield by stating, **“This program can be reactivated or deleted only by myself. This shield shall last for next _____ hours. To activate the shield, I shall just intend SHIELD UP.”**

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You do not need to do the full procedure daily. Just Intend or say **SHIELD UP** and your shield will be activated. Re-new the shield every week.

Shield yourself and loves one to stay happy and healthy ☺

Article 65

Reiki in Daily Life

I come across so many reiki channels who have stopped practicing reiki since months and years. They have just given up because they felt it did not work. I fail to see how come they have not been taught that reiki always work, not necessarily the way we want to. You may not get the desired outcome because that may not be for your highest good. If you are amongst the one who have given up on reiki or not practicing anymore and if you are reading this article, I request you all to start incorporating reiki in your daily life from today and NOW.

Reiki for daily life-

- Shield yourself as soon as you wake up
- Charge your tea/water/juices/food/medicines/supplements
- Charge your bathtub, showerhead or tap before bathing
- On the way to work, reiki the traffic
- On reaching your destination, call 'parking angels'. (reiki for parking space)
- As soon as you are at your work place, send reiki to make environment positive and transmute al negativity to light.
- Reiki your files, projects or cash registers
- Reiki your phone with the intention to bring only positive and good news.
- Reiki your bank account, wallet, check books, debit/credit cards and investments.
- Shield your family and loved ones by creating a protective shield around them.
- Heal your relationship- be it with spouse, children, parent, employer, employee or any...
- Send yourself some reiki boost early in the morning if you are not a morning person or if you had a late night.
- Send reiki to future situations- meetings, conferences, social gatherings or whatever
- Reiki your workout gears
- Someone is being abusive, nasty and rude? Do not panic, send reiki to their throat chakra

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- Energize each and every room of your house
- Do self-healing while watching TV if you do not have time

These are just some basic points to re-start incorporating reiki to your daily life. There is no end to the list where you can use reiki.... Just re-start with some basic points and surf Reiki Rays for more...

Article 66

Reiki Rules

For any reiki channel, the joy and pleasure of healing others is indescribable. When our client or anyone we are healing is healed and gives positive feedback, the joy is priceless. The miracle of healing past and future is simply amazing. Amidst this joy of healing family, friends, clients and situations, we need to remember and follow some basic rules of reiki.

1. Do not develop the attitude of arrogance
2. You are not a doctor
3. Do not force reiki on anyone
4. No free reiki
5. Do not get attached to the result.
6. Be ethical

1. Do not develop the attitude of arrogance-

Remember, you are not a healer, you are just a channel. Instead of developing the arrogant attitude, always follow the attitude of gratitude. Gratitude to Universe, God, Angels, Masters and Guides for empowering you and choosing you as a channel to heal others.

2. You are not a doctor

Do not ever discourage your clients or family to consult a doctor. Always be clear with your clients about what to expect without giving false hopes. Do not diagnose. You are a channel to heal, leave diagnosing to doctor. Yes, scanning the aura to check blockages and impurities is must, so that we can heal the related organs and chakras. Though reiki can heal most disease, do not ask your clients to stop medications.

3. Do not force reiki on anyone

If someone doesn't want reiki, they say no to it then do not give them reiki. Let them decided what is best for them and what is for their highest good. If they refuse and you still give reiki, their soul and higher-self will not accept the healing. It is like someone

closing door on your face and you cannot enter. In case of emergency, you can take permission from their higher-self and soul to accept the healing.

4. No free reiki

You cannot give free reiki, unless ofcourse there is some emergency. It may end up accumulating karmic debt for both healer and the client. The circuit is only complete when you give and receive. Generally, things given for free lose its value and importance. So respect reiki and always ask for energy exchange.

5. Do not get attached to the outcome

Just give reiki with pure heart and pure intention. Do not get attached to the result. It may cause doubt in your mind and your subconscious mind starts wondering if the you will get the positive outcome or not. Best is, give reiki and have faith that it will work for highest good at the right time. You are a reiki channel, you have a power of healing but when and how is decided by the Universe.

6. Be ethical

As a healer or a teacher, follow ethics. As a healer it is your duty to be honest with your clients and not to give them false hopes. It is your duty to tell them what to expect and show the right direction. As a teacher, just do one thing- TEACH FROM HEART. Teach in such a way that your words and guidance stays with your students forever. Ditch the attitude of jealousy and competition.

Just for today, I will follow rules ☺

Article 67

All about Grounding

Grounding in simple words means being aligned to earth energy. Most Reiki Practitioners use Grounding techniques to transfer energy from earth to their body. Grounding is most essential to those who practice Reiki or other spiritual healings.

GROUNDING MEDITATION

- Relax and close your eyes.
- Connect your tongue to the roof of your mouth.
- Take three deep and relaxed breaths.
- Breathe in. As you breathe in, imagine a white light from universal energy entering your crown chakra, to your heart chakra.
- Hold your breath counting three.
- Breathe out. Release the white light from your heart chakra through your foot chakra.
- Hold your breath and count three.
- Now reverse the whole procedure. Breathe in green earth energy through your foot chakra. Hold your breath counting three.
- Breathe out. Release the green energy from your heart chakra to the universal source through your crown chakra.
- Repeat three times.

BENEFITS OF GROUNDING

- Improved health
- Being in the present moment
- Stay focused
- Less fatigue
- Reduced stress
- Fast manifestation.
- Protection when healing others

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- Keeps you rooted
- Connects you to the earth energy
- Cures insomnia
- Reduces chronic pain
- Improved blood flow
- Relieves headache
- Protection from EMF
- Reduces snoring
- Reduces anxiety
- Improved metabolism
- Hormone balance
- Better immunity
- Improved memory
- No restlessness
- Keeps psychic vampires away
- Replenish your energy
- Freshness
- Communication with Higher- Self
- Reducing fear
- Promotes calmness
- Speeds up healing
- Reduces Jetlag
- Promotes positivity
- Keeps entities away

WAYS TO BE GROUNDED

- Walk bare foot on earth
- Tree meditation
- Grounding crystals
- Reiki foot chakra

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- Sleep on the ground
- Rama symbol
- Sage/ incense stick cleansing
- Dance
- Walk/ Exercise
- Stand under shower
- Hug a tree
- Planting a seed
- Spend time in garden
- Mountain meditaion

GROUNDING CRYSTALS

- Black and blue Kyanite
- Black Tourmaline
- Black Obsidian
- Black Onyx
- Carnelian
- Smoky Quartz
- Clear Quartz
- Fire Agate
- Dalmation/ Dalmatian Jasper
- Sugilite
- Red Jasper
- Hematite
- Ruby
- Tigers Eye
- Turquoise

Stay grounded and stay blessed ☺

Article 68

New Moon Ritual for Health, Love and Money

New moon is the time of action- to start working towards your goals and wishes, to manifest perfect health and relationships, to start a new venture and finally see all these reaching to a new peak in near future. This New Moon, let us concentrate on 3 main aspects of life- Health, Love and Money.

Things you need- Pen, paper, crystals (Amethyst, Rose quartz, Green Aventurine), 3 small glass filled with water, 3 candles (optional)

Health- Take a paper and draw the power symbol CKR on all four corners to seal the energy. List down three things that you wish for your perfect health. Draw reiki symbols you are guided to on the back side of the paper. Take Amethyst and program it with your perfect wish. Fold the paper and put Amethyst over it, outside in moonlight to absorb moon energy.

Love- As above, draw CKR on 4 corners of the paper to seal the energy. List 3 things that describes your perfect partner or perfect relationship. Take a Rose Quartz and program it with your wish and place it over the folded paper beside the Health-wish.

Money- Same as above, draw CKR on 4 corners of the paper to seal the energy. List 3 things that describes your money wish. Example- I have four bedroom luxury flat in a posh area with so and so facilities. Take Citrine or Green Aventurine and program it with your wish. Put the paper and crystal next to Love-wish.

Put glasses filled with water over each folded paper. You can move your crystal to make place for glass. Leave it outside to absorb moon energy overnight. Connect all 3 sets of water-crystal-wish to moon energy with the help of HSZSN. Call upon Archangel Haniel and Moon Goddess for blessings.

Drink the water in the morning which is now charged with crystal energy, moon energy and your wish. Keep these wish chits in your reiki box and try to read it few times a day. Alternatively, carry these wishes with you everywhere and read whenever you have time.

For any moon ritual, be it full moon or new moon, wait three months for outcome.

Article 69

Attract Money

With the help of powerful intentions and law of attraction, Universe magnifies the process to manifest your desires. Add Reiki energy and Crystal energy along with Law of attraction and leave all your worries and wishes to Universal Life Force Energy. Here is one of the simplest method to attract more money:-

- Take a cash note. If possible, take a bigger denomination.
- Take Money Crystals, Hold in non-dominant hand, draw the power symbol and rotate your other hand coned fingers over it anti-clockwise and say CLEANSE CLEANSE CLEANSE. Program it with any Money Affirmation or you can use this one ***I place no limits on the amount of money I can receive.***
- Fold your cash and hold in non-dominant hand. Place crystals over it. Draw reiki symbols as well as any abundance symbols you know.
- Give reiki to this cash and crystal with money affirmation or use this- ***I place no limits on the amount of money I can receive.***
- Put this cash in an envelope or box. If you select envelope, place your crystals on top of the envelope. If you select a box, place this crystals inside the box.
- During next 3 months whenever you come across any unexpected money or anything that symbolizes money, put it in this envelope or box.

Do not keep counting. Notice the magic after 3 months ☺

I have collected quite a few notes in few days. I haven't counted yet but very happy seeing the bulge ☺

Here is another method-

This particular method is especially for needy ones. E.g. you need \$500 to pay insurance or you need \$1000 to pay mortgage.

On a piece of paper draw the power symbol on 4 corners of the paper, sealing the energy. Write your intention very clearly- ***I need \$1000 to pay mortgage*** or ***I need \$500 to pay insurance dues.*** Draw reiki and abundance symbols on back side of the paper. Give reiki to it for about 10 minutes. Carry this paper wherever you go throughout the

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day. Read your intention few times whenever you get time. At night, call upon Angels and Universal energy to manifest your needful desire. Repeat this for minimum 10 days or until manifestation.

If it is meant to be, and for your highest good, you will get your money.

Article 70

Case Study- Heal Smoking Addiction

Smoking is one of the worst and deadliest addiction a person can develop. It's a slow poison that kills a person daily bit by bit.

About three months back, a woman mailed me totally distressed about her husband's (Alex) smoking addiction. Apparently Alex was a chain smoker and it reached a point where it was affecting his health. Doctors advised him to at least reduce the smoking. But being an addict, he didn't even try. Addictions are hard to quit. I was approached by his wife to heal him, help him quit smoking. For me at that time, the biggest question was, how right is it to heal someone without his consent and knowledge? Isn't it unethical? I asked the woman to give me a day to figure out and decide. That night I meditated on the issue, asked angels and my higher-self to guide me. I was guided to take permission from Alex's higher-self and spirit guides for his highest good. With the help of distant symbol, I connected with his higher-self and spirit guide and took the consent.

I started healing him but I could feel resistance from his side. The energy wasn't flowing freely. Still, without giving up hope and faith I continued to send healing to him. After about 15-20 days, the energy flow changed from obstructive to free-flowing. He was accepting the healing without resistance. More days passed but we could not see any change except the acceptance of energy. After about 40 days of healing his health worsened. He was rushed to hospital due to severe cough and pain in chest due to congestion in chest. He was hospitalized due to chest congestion.

In terms of reiki and spiritual healing, I call it 'Negativity Release Phase'. Somehow I knew he was going to be ok and there is nothing to worry about. Apparently, this incident was an eye-opener for him. After being discharged from hospital, he decided to reduce smoking. That is when his wife told him about the reiki healing he is receiving from me. He talked to me and thanked me and assured me that he will accept healing and he will try his best to co-operate.

He started with taking only few puffs whenever he craved smoking, he would discard cigarette after few puffs. Then gradually he increased the gap between smoking times. Today after nearly three months, he smokes only once a day in the morning, or else he

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gets constipated. He and his wife are now firm believers of reiki magic. It took long but our patience, hope and faith brought amazing result.

I used multiple methods to heal him. Kundalini reiki, karmic reiki, cord cutting, psychic surgery, chakra cleansing and CKR+SHK+CKR sandwich, along with Zonar and master symbol DKM. Also, I sent reiki to his ashtray, his smoking zone, his lighter etc. There are many who would not approve of using so many techniques, but finally at the end, the result is what that matters ☺

Article 71

Different Ways to Send Distant Healing

This article is especially meant for people who have just done their second degree and don't have clear idea about how to send distant healing. Distant healing is one of the main aspect of second degree reiki. There are many ways and techniques through which distant healing can be sent. Adapt any method you feel comfortable with.

Surrogate/Proxy

This is one of the most common and everyone's favorite method to send distant healing. You can select any stuff toy, doll or pillow as a proxy for your client. This surrogated stuff represents the person who is to be healed via distant healing. Connect the proxy thing to the person with the help of distant symbol HSZSN. Now perform whatever method you need to over this proxy thing, as per the client's issue.

Pictures-

1. You can use picture of your client to connect with their energy with the distant symbol. Hold the pic between palms and state your intentions to heal and activate the flow of reiki.
2. You can also take a picture of certain time phase from your past and connect to the energy of that time and send healing to the past issue.

Crystals-

1. Connect the crystal to the person or situation with distant symbol. Hold the crystal between your palms and draw all the other symbols over it. State your intention thrice and give reiki to this crystal. You can also ask your crystal to transmit energy to the person for allocated time.
2. Alternatively, you can use crystal grid to send distant healing. Crystal grid is taught in Third Degree of Reiki but me being a crystal freak, I started using grid for manifestation since my level 2.
3. Another way is to write your intention invoking symbols and put it under the programmed crystal that resonates with your wish.
4. Picture- To heal a person, put programmed crystal over the person's pic.

Reiki Box-

You can write your intentions, draw symbols on back side of the paper and put the chit inside a reiki box. Give reiki to your reiki box daily.

Hands on paper-

Write your healing intention on paper, draw symbols and put between your palms and give reiki.

Candles-

You can carve symbols on candle or just draw over the candle. Connect the person's with the distant symbol to the candle. Hold the candle between your palms and state your intention thrice. Light the candle with the intention to keep reiki flowing to the person till the candle is burning. Extinguish the candle after desired time. You can anoint candle with essential oils too.

Journaling for past issues-

Activate reiki and invoke symbols. Connect to the past issue with distant symbol. Draw CKR and SHK on journal and start writing everything that comes to your mind about that particular incident/day/person.

Future-

Connect to HSZSN to the future event or situation. Either use visualization technique or write down your future wish. Send reiki to your intention.

Finger-

This method is generally used when you have no proxy around and you need to send immediate healing. Connect one of your finger with HSZSN to represent the person. Wrap your other palm around the finger and send healing.

Visualization-

This requires strong visualization skills. Imagine the person, send the healing as if you are actually there. Visualize the whole scene with the desired outcome.

Cupped Palms-

Imagine the miniature version of the person or place you want to send healing to between your cupped palms. Send healing invoking symbols with your set intentions.

Group Reiki-

If you are sending reiki to many people at a time, list down their names, location and issues. Connect all with distant symbol and reiki the paper that each of the listed person be filled with reiki energy for their listed issue.

Knees and Thighs-

Here we imagine that our right knee and thigh represents front part of the person and left knee and thigh represents back. Considering knee as a head point, give reiki to all affected chakras and organs invoking needed symbols, especially distant symbol to connect with the person.

Reiki for cause or calamities-

In case of sending reiki to any cause or natural calamity, connect with the place and affected or injured people. With palms near heart center and facing out, send reiki. Again, you can use any of the above methods to send healing to any cause.

Music-

Hold a CD, Mp3 or any musical player in your palm or open the video/audio of the music in front of you. Give reiki to the music with the intention that anytime this music is listened, the reiki will start flowing for that duration.

Healing Wall-

Select an empty wall. Stick all your reiki request on the wall. Give reiki to the wall with the intention to manifest the wishes stuck on that wall. Every time you pass by the wall, you will remember one or other of your wish, which helps universe manifest it faster.

Switchwords and Mantras-

Write person's name on paper, connect with distant symbol. Hold in hand and chant switchwords or mantras.

Chi Ball **or** Energy Ball-

Make a Chi ball or Energy ball, put symbols into the ball while creating, state your intention and try to visualize the desired outcome. Release the chi ball/energy ball to Universe.

There are some more methods for distant healing which needs the Master symbol DKM, so I have not mentioned those methods here. Do not much dwell on the method being right or wrong, your strong and powerful intention is what that matters.

You can send healing to people, house, offices, any work place, space, parking lots, situations, events, past, future, pets, electronic devices, Mother earth, Universe, causes, calamities, emotional problems, stress at work, past life and so on and on and on... The list is endless ☺

Article 72

Infinity Abundance Grid

Here, abundance doesn't mean only money. Abundance means anything abundantly, whatever you desire- be it money, love, protection, peace or whatever.

Money, a single word, which helps us achieve and fulfil our goals and wishes along with your hard work and luck. Money doesn't grow on tree but we can try things that attracts more money in our lives. Yes, I totally and fully agree that money is not everything in life, money cannot buy love and peace. But as the saying goes "***Better to cry in a Ferrari than under a bridge***". Again, wanting money doesn't mean you go and dupe people. Hurting anyone for monetary issues is a strict no-no. I prefer working with crystals to bring and attract more money to life.

Love, a single word, without which survival becomes impossible. Love in any form is necessity, not just amongst the partners. Love for peace and humanity, love towards elderly, love for orphans, love for animals and pets... It is a feeling that flows freely, it cannot be forced on anyone or from anyone. So, what do you do when you are in a relation and love has vanished, that old passion is gone? You can't force anyone to love you back. Here again crystal helps, to bring in love, luck and old passion back.

As I always say, crystals and reiki when combined brings magical and amazing desire. Working with crystal grid is the sure way towards manifesting your goals and desires. There are different types of grid layouts which you can work with. Today I will show you infinity abundance grid. Here by abundance, I do not mean only money. This infinity abundance grid is about Abundance of money, abundance of love, abundance of peace, depending on the crystals you use. This is a very simple and non-fancy grid which you can make easily.

For Money you need-

6 Citrine tumblers (or any money stones)

6 Clear Quartz tumblers

1 pyramid/sphere/cluster (Money stone)

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1 wand to connect and charge the crystals

For Love you need-

6 Rose Quartz Tumbles

6 Green aventurine tumbles (any love stone)

1 pyramid/sphere/cluster (love stone)

1 wand

For protection you need-

6 Black tourmaline tumbles

6 Smoky quartz (any protection stone)

1 pyramid/sphere/cluster (protection stone)

1 wand



Select crystals as per your requirement. You can use any wand to charge and connect the grid.

How to make a grid –

- Assemble all the cleansed crystals. Hold one set of crystals in palm, draw CKR over it and rotate clockwise seven times saying **purify purify purify**. Place another palm over crystals and let reiki flow for 5-10 minutes. This is the time when you put your intentions into crystals. While charging crystals with reiki, think of your

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intention, such as abundant money, abundant love, abundant protection or whatever. Do the same with all sets of crystals.

- Take an A4 size paper and draw a big infinity symbol. You can take a readymade printout too. On four corners of the paper, draw the power symbol to seal the energy.
- Place the pyramid/sphere/cluster at the center of the symbol where two lines of '8' intersects.
- Place citrine and clear quartz or rose quartz and green aventurine or black tourmaline and smoky quartz tumbles alternatively as shown in pic.
- Take a wand, rotate over pyramid thrice saying **connect connect connect**.
- Now, starting from the top middle stone, rotate wand clockwise thrice over each stone saying **connect connect connect**. (You can start with any stone, not necessarily the topmost)
- Once you complete the full infinity 'connect' cycle, bring the wand back to pyramid, rotate thrice and say **activate activate activate**.
- Now make a reiki infused chiball and place it over the grid with the intention to keep it charged for next 7 days. Place a chiball every week. In between, if needed, cleanse your crystals and reset your grid.

And I am sorry, the grid pic is not tidy. My Pari(dog) stepped on it while I was arranging it. She too loves crystals ☺

Article 73

Full Moon, Tarot and Relationship

Hello dearies, I am back with another moon ritual, yet again to improve and re-kindle your relationship with your partner. This time we will be adding Tarot cards and candle to our ritual.

Tarot cards you need-

The Moon, The Lovers and 10 of Cups.

The Moon- The actual interpretation of the card always depends on the issue, the layout, adjoining cards and the querent. Going by the keywords meaning, The Moon card indicates secrets, insecurity, fear and betrayal in a relationship. I have chosen this card for the ritual to let go of all these issues from a relationship.

The Lovers- The Lovers card indicates unity and unconditional and pure love in a relationship. This card is chosen to bring unity, love and strong bonding in a relationship.

10 of Cups- The 10 of Cups card symbolizes harmony, happiness, marriage and family bonding.

Ritual-

- Draw Reiki symbols on your palms. Hold these 3 cards between your palms, draw reiki symbols and give reiki to this cards with the intention to rekindle your relationship. Place these cards outside in moon energy or at your altar.
- Take a post-it and list down keywords for what you need to release and let go from your relation. Draw reiki symbols at the back side of the paper. Fold the post-it and place it over Moon card.
- Next, take another post-it and make a list of everything you admire in your partner. Think of everything that made you fall in love with your partner. End with thanking your partner for the listed qualities. Place this post-it on The Lovers card beside The Moon card.

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- For the 10 of Cups card, write down everything that you want in your perfect relationship that can make your family happy and complete. Place it over the 10 of Cups beside The Lovers card.
- Lit 3 candles and place it just above these 3 cards.
- Connect these cards to moon energy with distant symbol. Ask moon energy to release all blockages from your relationship and fill it with Divine pure love.
- Next day burn The Moon card post-it. For next few days, carry The Lovers and the 10 of Cups post-it with you, read it whenever you can.

Divine Blessings for you and your family ☺

Article 74

Interview with Rinku Patel

1. How did Reiki find you?

I first heard about Reiki in 2007 when I was staying in U.S. One day I called one of my friend and she didn't answer my call that time. Later, she called back and said she was little busy as she was healing her mother-in-law. I got confused that how come I don't know that her family has arrived from India. She then said she was healing her mother through distant healing. That's it. I was so amazed and intrigued by the magical way to heal your loved ones across country through distant healing. My friend gave me vague idea about what Reiki is and how it works.

Days and years passed, I forgot about Reiki. We moved back to India (Chennai) and in Chennai I again started inquiring about Reiki. I was intrigued and fascinated but not enough to learn.

Then we shifted to another city in India (Bangalore) and my life changed. I now somehow wanted to know more about Reiki. It was like I was magnetically pulled towards Reiki after shifting to Bangalore. I searched Internet and gathered info. I got attuned to Reiki after shifting to Bangalore and since then there is no looking back. Reiki came to me in 2012 but it was knocking my door since 2007.

2. What is your favorite symbol and why?

My favorite symbol is the Master Symbol ***Dai Ko Myo***. It is all-in-one symbol. Dai Ko Myo is the grand mixture of all the other symbols; collaborating all qualities into one. The energy change within and around me after getting attuned to Master Symbol was tremendous. There are times when I invoke only Dai Ko Myo for certain issues, especially if I am running around or really stuck. During my recent trip to Europe, invoking Dai Ko Myo has helped me catch flights, trains, find locations and more...

Actually, all the symbols have their own importance, be it ***Cho Ku Rei***, ***Sei He Ki*** or ***Hon Sha Ze Sho Nen***. I generally invoke all 4 symbols in everything, but if I am really stuck, using Dai Ko Myo alone has proven to be total successful too.

3. What do you think about Angels, Crystals?

None of my sessions starts without calling Angels. Angels are always around us and always there to guide and protect us, we just need to ask their help. There isn't a single day when I don't talk to Angels. I don't get 'Talking' replies from Angels but nevertheless I share my worries, happiness and issues that are troubling me. I have made Angel Jar and Gratitude Jar through which I give away my worries to Angels and thank them too.

Crystals are my passion. I am obsessed with crystals. Crystals have amazing healing qualities and when they are merged with Reiki, the healing effect is amplified. I wear crystals, place crystals in all rooms, in my Reiki Box, Money Box, carry them in purse, use for chakra balance and healing, meditate with them, make crystal grids and more and more... 😊

4. What do you think of distant attunements? Do they work?

Yes, distant attunements absolutely work. It is equally powerful as hands-on attunements. I have been attuned to couple of Reiki systems via distant attunements and it works awesome.

5. Can you share one of your most amazing Reiki experience?

It is really difficult to pick any one experience. Though there is one very special experience. There was this old lady who had paralysis on one side of the body. I was contacted by a family member to heal her general health, he was a little doubtful about Reiki so we decided to start with just 21 days of healing and see how she is adjusting and adapting to energy. By the end of 21 days (few days before 21 days), I got mail from the family member stating that lady is able to move now and can even stand. Frankly, I did not expect this result so fast with such speedy recovery. I assumed healing will happen slowly. But this was just amazing. Now that lady is walking slowly with the help of a cane.

6. How do you see Reiki 50 years from now?

I see more awareness towards Reiki and spiritual healing. More and more people are opting and moving towards Reiki. I have seen faith and trust amongst teenagers towards Reiki healing and these teenagers and next generations will bring more awareness worldwide.

7. If you could give just one piece of advice to a new practitioner, what would it be?

Don't give up. I have seen so many people who has given-up. The most common reason is, they did not get any result, and hence they felt that Reiki is not working. My one advice to new practitioners is to have complete faith and trust on Reiki. Reiki works for your highest good. At times, it may not give you desired outcome because it wasn't meant to be or that was not for your highest good. Have faith and practice Reiki.

Article 75

The Soul Star Chakra

This chakra is located 6 inches above the crown chakra, above our physical body is also known as **The Soul Star Chakra**. Its width is about 6 inches and may vary up to 2 feet in some people. It is the point from where Divine love and spiritual energy enters the body; hence it is also called **the seat of the soul**. The Soul Star Chakra is all about letting go and allowing Divine light to fill your life. It represents Divine love, spiritual selflessness, spiritual compassion and Divine unity. It is also connected with the origin of ascension and enlightenment. The Soul Star Chakra is the point where we connect to our higher-self. All the karmic residues are stored in The Soul Star Chakra which you have stacked up since many life times. These karmic residues creates the blockages that withhold you from manifesting your desires in this life time. Due to these karmic residues, you face lots of troubles and hardship in this life.

When The Soul Star Chakra is active and open, it links to other transcendental chakras located above your head.

Activating and healing The Soul Star Chakra

Connect Archangel Zadkiel, Archangel Mariel and Archangel Butyalil with distant symbol HSZSN to activate your Soul Star Chakra. Ask them to transmit their Divine love and blessings upon you, your higher-self and your soul. Archangel Butyalil is the Universal Angel who is in control of the cosmic energies. The angels in charge of The Soul Star Chakra are Archangel Zadkiel and Archangel Mariel. Meditating and calling upon these three archangels help activate your Soul Star Chakra. **Imagine Archangel Butyalil, Archangel Zadkiel and Archangel Mariel holding an orb with pure white, magenta and violet light, transmitting the Divine rays to your Soul Star Chakra, removing the karmic residues stored there.**

The Soul Star Chakra is represented by white color and white rays. The crystals used to activate Soul Star Chakras are mostly white in color or the ones that represents upper chakras of physical body.

Crystals- Clear quartz, Amethyst, Selenite, Snowflake Obsidian, Celestite, Spirit amethyst, Blue kyanite and ofcourse many more....

Using Crystals- Cleanse and program your crystals to activate your Soul Star Chakra. Meditating holding these crystals may speed up activation of your Soul Star Chakra. You can also put programmed crystals under the pillow or carry these crystals around your auric field. Meditate chanting the following affirmations from the book ***Rainbow Bridge II*** -

I AM THE SOUL

I AM THE DIVINE LIGHT

I AM WILL

I AM FIXED DESIGN

You can program your crystals with the above affirmations too.

Reiki- Call upon Archangel Zadkiel and Mariel to help you activate and open your Soul Star Chakra. Draw HSZSN and connect it to the Soul Star Chakra. Draw DKM above your crown chakra, where Soul Star Chakra is located. Draw all the symbols on your palms and activate the flow of Reiki. Sit and Relax, placing your palms on your thighs facing up. Let the reiki flow to Soul Star Chakra with the intention to remove karmic residues, activate and fill with light. You can chat the above affirmation while sending reiki to the chakra.

Note- None of the above method is just one-time process. It takes time to establish connection with The Soul Star Chakra.

Article 76

Computer Vision Syndrome and Reiki

Computer Vision Syndrome, most commonly known as CVS, is caused by prolonged period of staring at computer display. This prolonged exposure to computer screen causes discomfort leading to a cascade of reaction to eyes, retina, cornea and all the related nerves.

How do you know if you are suffering from Computer Vision Syndrome?

If anyone is spending more than 2 hours in front of computer screen daily, they are prone to experience CVS to some extent. CVS can occur in any age group though adults are more prone to get affected by it.

Most common signs of CVS-

Neck and shoulder pain

Double vision

Blurred vision

Pain in eyes

Tired eyes

Headaches

Loss of focus

Increased stress level

How to avoid CVS?

Keep yourself grounded-

Daily practice grounding exercise. Give Reiki to your base chakra and foot chakras to keep you grounded.

Reiki-

Reiki your third eye, temples, root chakra and foot chakra.

Protective Shield-

Create a protective shield around you and keep it activated for as long as you are in front of computer screen. You can use Triple Layer Protective Shield too. Alternatively, Create an impenetrable imaginary shield between you and computer screen.

Prayers and Mantras

Recite prayers or mantras that keeps you protected from damage.

Crystals-

Crystals which are meant to protect from EMF can be used for CVS too. Place the crystals beside your screen or between you and your screen to keep you protected from CVS as well as EMF. Best option is keeping CVS/EMF protection crystals around your auric field by wearing it or carrying in a bag or pocket.

Crystals to protect from CVS and EMF are- Black Tourmaline, Sodalite, Amazonite, Hematite, Malachite, Tiger's eye plus Green aventurine combined, Citrine, Amethyst, Lapis Lazuli, Moonstone and more.

Also, Take frequent breaks to stretch and look away from your computer screen, sit 24 inches away from screen, keep font size appropriate for comfortable view, lubricate your eyes with artificial tears and if possible, take a day off from computer screen.

Article 77

6 Ways to Cleanse Your Angel/Tarot Cards Deck

This article is especially for angel/tarot cards lover, who just started exploring the world of cards. There are some decks that are close to your heart and you have special bonding with those decks. But has it happened that suddenly you start feeling detachment and lack of bonding with those deck? Has your cards started showing inaccurate reading? Suddenly you feel no connection? If any of these is yes, then your cards needs cleansing. As we know, everything around us is energy and energy gets stagnated over the period of time.

When should you cleanse your deck?

- You feel disconnected
- You don't get accurate result like before
- Anybody touches your deck
- You spill something on deck
- Touched with dirty hands
- Bought second hand deck
- Your cards fell on floor
- You haven't used your cards over a period of time
- Done reading for a negative client
- And more...

How to cleanse your deck?

Different people use different method. Here are six methods to guide you to cleanse your deck.

1. **Reiki-** Draw the power symbol CKR on both the palms. Spread out the cards and draw CKR on cards. Rub your palms for 10 seconds and then pile your cards making sure you touch each and every card. Hold the pile between your palms and give reiki with the intention to remove stagnant and negative energy. Draw SHK to reconnect with your card.

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- 2. White Light Shuffling-** Shuffle your cards with the intention to remove stagnant and negative energy from it. While shuffling beam white light into your cards to transmit Divine Energy.
- 3. Sage/Incense-** Burn sage/incense stick. Hold your deck above it to let the smoke pass through it. Rotate your deck to cleanse all sides.
- 4. Pendulum-** Simply hold your pendulum above the deck asking the pendulum to cleanse it and bring in Divine light.
- 5. Crystals-** Cleanse and program your crystal to remove negative energy from your deck. Place the crystals over the deck or around the deck.
- 6. Moonlight/Sunlight-** Spread the cards and leave it outside in the sunlight or moon light. You can use crystals as paper weight if needed.

Your deck is now ready for the readings ☺

Article 78

Moon Basket

I have been writing about Moon rituals since so long now that my readers would already be knowing the basic concept of New Moon and Full Moon. Let me just repeat once again for those who don't know about it. New Moon Ritual is for manifesting new thing in life, planting a new seed, starting a new project or a new venture or take your relationships to a new level. Whereas Full Moon Ritual is to release old beliefs, negativity, karmic patterns, blockages, stagnant energies, suppressed anger or emotions.

This New Moon ritual is not my tried and tested one. This method is something everyone in the house can do, especially children (who can write). I and kids are super-excited to start this 'new project' that we have names '**Moon Basket**'. Join us, let us all make our Mon Basket together.

Method-

1. Take any basket or a box. If you are attuned to the master symbol, draw the symbol over the base of the basket. Those who are not attuned to the master symbol can draw the other 3 symbols, and those who are not attuned to any symbol can continue without symbols.
2. Call upon Archangel Haniel and Moon Goddess to bless your basket and wishes. Connect the basket with moon energy using distant symbol.
3. Pray to Archangel Haniel, Moon Goddess, reiki, moon energy and Universal energy to charge the basket with Divine Energy to manifest whatever wishes that are places inside anytime- for the highest good of the person. Ask them to shower your basket with Divine light till next new moon.
4. Place the basket outside somewhere to bask in the energy bestowed. If you can't place it outside, you can place it at a window sill or at your altar. Now you can add your wishes in the basket or you can start adding from the next day, it is up to you.
5. Write your wish and draw symbols. Ask your children and family members to write their own wishes. It does not matter if they can't draw symbols. Put your wishes in the basket. Throughout the month you can keep adding wishes to this basket any time.

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6. To make it more fun, pick a crystal that resonates with your wish and put in the basket. Let children select their own crystal as their intuition guides them.
7. On next new moon go through your wishes, remove the already manifested ones and leave other in the basket. Keep the basket outside again and call upon higher energies to bless your basket.

Additionally, you can put the basket outside on Full Moon night too, to bask in the moon glory. Keep adding more wishes throughout the month.

Basic concept is to charge the basket with moon energy so that you can add wishes to that moon-energy-filled-basket throughout the month.

Article 79

Psychic Attacks and Crystals

Previously I had written about Crystal Series which included Crystals for Money, Crystals for Weight Loss, Crystals for Relationships and Crystals for Pets. I don't know how I missed one of the most important category- crystals to protect from psychic attacks.

Psychic attacks occurs when negative and evil energies are directed towards you with deliberate or undeliberate intentions. It is extremely important to protect ourselves and our loved ones from psychic attacks, psychic vampires and all sort of evil eyes.

What are the symptoms of being psychically attacked?

- Irritation all the time
- Frequent mood swings
- Anger for no reason
- Sudden fatigue
- Sudden nightmares
- Lack of focus and concentration
- Easily influenced by others
- Feels threatened
- Stays in fear
- Falls sick frequently
- Less immunity than before
- Sudden change in character
- Lack of clarity in the thinking
- Sudden energy loss
- Sudden depression
- Hallucination
- Obsessive negative thoughts
- Hearing weird voices
- Ongoing bad luck
- Crying for no reason

- Paranoia
- Sudden goosebumps for no reason
- Restlessness
- Bruises on body parts after sleeping
- And more.....

One of my previous articles provides 6 Psychic Protection Techniques. Today, I will list few common crystals that protect your physical as well as auric body from psychic attacks. These stones has other healing properties too ofcourse.

Amethyst-

Amethyst is an all-purpose stone. As a protection stone, it protects against witchcraft, dark energies, black magic and evil eyes. It is also considered one of the best stone to carry during travelling.

Bloodstone-

Protects against entities and all forms of harmful spirits and provides total psychic protection.

Black Tourmaline-

Very powerful stone against psychic attacks and ward off dark and negative energies. It is one of the stone that can also transmutes negative energies to light.

Black Obsidian/ Black Onyx

Psychic defense; Blocks negative influences

Carnelian-

Protects from injuries, ward off harmful spirits, and blocks other's attempts to read your thoughts.

Jasper-

Returns negative energy backs to its origin.

Tigers eye-

Protect against unwanted energy forms (negative thoughts and spirits)

Clear Quartz-

Transmutes negative to positive

Black Kyanite-

Destroys negativity and attacks coming towards you.

Lapis Lazuli-

Creates protective shield, returns psychic attacks to sender.

Fluorite-

Acts as a guard against psychic attacks

Peridot-

Powerful shield against dark energies and all kind of psychic forces.

Grey Jasper-

Powerful protection stone in general, strong protection against black magic.

Mica-

Protects against anger and eliminates negative personality trait.

These are just few common crystals listed above. There are ofcourse many more crystals that works against psychic attacks.

How to use-

- Make crystal water with single stone or combination (Note: check crystals properties before putting in water. Some crystals are toxic)
- Spray crystal water on your aura
- Carry it with you in pocket, purse or bag.
- Wear it as a pendant, necklace or bracelet.
- Put it under your pillow.

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- Write your wish on paper invoking symbols and wrap it around your crystal.
- Meditate with the stone.
- Make a crystal grid for protection
- Place anywhere in the house or work place

Stay safe and protected ☺

Article 80

Psychic Cloak

Psychic attacks are negative and dark energies directed towards you by someone known or unknown, intentionally or unintentionally. This negative vibrations can harm your entire being- be it emotional, physical, spiritual or auric field. Suddenly things starts going wrong and you end up confused as what is actually happening and going wrong!

There are many ways to protect yourself from psychic attacks. One of my previous article is about 6 psychic protection techniques. This article is especially for the protection for special issues- like you have to do a presentation or you are going to propose your partner 😊

For general daily shield, imagine wearing a black zipped up cloak with a hood which cover you from toes to head and above. Imagine the power symbol CKR printed on your cloak as a design. As soon as you wake up in the morning, first thing you do is- imagine wearing this cloak hoodie, zip it up and intend that **this cloak acts as a barrier and protects your energy filtering all negativity coming towards you.**

You can imagine chakra color cloaks as per your scheduled day. Suppose you have to make a very important presentation which needs flawless speech. Imagine wearing a blue cloak, as blue color represents throat chakra color. That will provide extra protection to your throat chakra in case of any negative energy being diverted towards you.

Same way, if you are going for a date or going to propose your partner, you can imagine wearing either green cloak or a pink cloak. (Green is the color of heart chakra)

If you feel ungrounded, imagine wearing a red cloak or if you are fearful or scared about something, imagine wearing a yellow cloak.

This chakra color cloaks provide extra protection to the particular chakras, with set intentions. Do not forget to state your intention when wearing this cloak. You can imagine any symbols on your cloak as per your requirements.

Those who don't know reiki or those who are reiki level one can imagine a plain cloak without any symbol. This method will hardly take few seconds of your time, so do not forget to put on your desired color cloak daily 😊

Article 81

Smoky Quartz and Reiki

Smoky quartz is one of the very powerful stone which is also called “**Stone of power**”. Smoky quartz has vast healing properties such as grounding, protection, attracts prosperity, psychic protection, EMF protection, mood changer and more... Personally, I consider Smoky Quartz as very under-rated stone, it is literally an all-purpose stone which has multiple amazing healing properties.

Crystal can work with or without reiki, but since we know reiki I suggest everyone to reiki your stones before you start using it. Stagnant energies gets accumulated and hence it is very essential to keep our crystals cleansed and charged.

Smoky Quartz as grounding and protection stone-

Smoky Quartz is associated with root chakra as well as Earth Star Chakra. It helps energy flow through Root Chakra to Earth Star Chakra and ground you to Mother Earth. Carrying Smoky Quartz with you along with other protection stones can create a powerful shield against psychic attacks. It has the ability to remove any form of negativity and can also transmute it into positive. It also cleanse, protect and shield your aura and astral bodies by neutralizing negative energies. You can place Smoky Quartz under your Reiki bed to make your client grounded. Alternatively they can hold Smoky Quartz before you start the healing session.

Smoky Quartz for Prosperity-

Root chakra represents basic survival which includes food, clothes and shelter; and for this we need money. If your finances are into mess or sluggish, it indicates your root chakra is blocked. Smoky Quartz, being associated with root chakra, can enhance manifesting basic, personal as well as business goals. This stone is known to make wishes come true by bringing in good luck, abundance and prosperity. It also helps manage finances and use money effectively. Give reiki to your Smoky Quartz with the intention to remove blockages related to money and place it in your money box or cash drawer. Carry it with you always to keep your Root Chakra and Earth Star Chakra active.

Smoky Quartz – Emotional Level

On emotional level, Smoky Quartz is wonderful for the people who has mood swings often. It removes all negative thoughts and emotions and relieves depression. It can also cut out negative emotions such as jealousy, hatred, anger and greed and transform it into positivity. It brings certain calmness and serenity. Smoky Quartz when used with heart chakra stone can be extremely helpful for people who are coping with grief and loss. It can eliminate suicidal tendencies. Just charge your stone with reiki and carry with you.

Smoky Quartz- Physical Level-

Smoky Quartz on physical level, can be used to treat lower chakras issues such as abdomen, cramps, pancreas, kidneys and reproductive system. It also helps relieve water retention in the body. It can heal relieve headaches, leg pain and hip pain, just put it under your pillow or your pocket. It also strengthens your back and spine.

Smoky Quartz- Mental level

Smoky Quartz also enhances power, stamina, confidence and self-esteem. It gives a sense of security as it is associated with root chakra. It also eliminates worries, stress, hypertension, nightmares and insomnia. Put the cleansed, charged and programmed stone under pillow for any of these issues, alternatively you can wear it too.

Smoky Quartz as a Meditation Stone-

Using Smoky Quartz during meditation enable you to create grounding link between physical self and higher-self. This stone is also known to stimulate Kundalini. It grounds you deeply to the earth and raises your vibrations. When you hold it while meditation, you can easily move between alpha and beta state.

Smoky Quartz and Fengshui-

According to fengshui, Smoky Quartz provides best protection when placed near the front door. You can use a smoky quartz cluster or tumbles along with other protection stones.

Some more advantages-

- It is considered healers favorite stone
- Brings protection against EMF- place beside gadgets or keep near your auric field.
- When placed around 4 corners of the bed, it can help with marital communication problem.

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- Zodiac- Capricorn

Note- Make sure to use cleansed, reiki-charged and programmed crystals.

Article 82

Distant Healing With Crystals

Hello Dearies, here I am, back with my favorite topic Crystals ☺

We are not unknown to amazing beauty and healing properties of crystals. Most of us are habituated with crystal grids for distant healing and manifestation. Not many are aware that even single stone can be programmed to use for distant healing. Though crystal grid is more favorable as there are pencils placed that directs energy towards the main middle stone. Anyways, let me guide you how a crystal can be programmed to send distant healing without any grid.

Method 1-

Pick a cleansed crystal that resonates with your issue. Hold it in non-dominant palm and draw HSZSN intoning its name thrice. Now connect the crystal to the person or the situation. Draw CKR and SHK and give reiki to the crystal with your intention for about 10 minutes. Place the crystal somewhere safe or carry with you always. Yes, it is that very simple. Suppose, you want to manifest a wish which doesn't include any person or particular situation, draw all the symbols on your stone and give reiki visualizing or imagining your wish coming true.

Method 2-

Pick a cleansed crystal. Take it half an inch away from your third eye. Ask source energy to fill you with divine white light. Beam white light into crystal from your third eye. Draw symbols with this white light with your third eye on the crystal. State your intention and hold your thought for 68 seconds, visualizing the outcome. Place the crystal somewhere safe or carry with you. **Hold the thought for just 17 seconds and Law of Attraction kicks in. Hold a thought for 68 seconds and things move; manifestation has begun- Abraham Hicks.**

Method 3-

Write your intention on a piece of paper, draw symbols and fold the chit. Place a cleansed and programmed crystal over it. That's it!

Try not to pick very tiny tumbles. U can use multiple stones for single issue if they are tiny tumbles.

Some common issues and related crystals. These are in no means only crystals related to issues, there are many more crystals. Also, crystals has multiple healing properties so each can be used for different issues too.

Stress/Worry- Amethyst, Clear Quartz, Garnet, Citrine, Smoky Quartz, Carnelian, selenite

Money/Career- Citrine, Green Aventurine, Tigers Eye, Pyrite, Sunstone, Smoky quartz, Jade, Moonstone, Carnelian

Heart/Emotions- Rose Quartz, Green Aventurine, Moonstone, Ruby

Weight loss- Tigers Eye, Gold Quartz, Yellow Aventurine, Apatite, Bloodstone, Citrine, Kyanite, Amethyst

Grounding- Red Jasper, Smoky Quartz, Camel Agate, Hematite, Kyanite, Black Tourmaline, Black Obsidian, Bloodstone, Carnelian

Protection- Black Tourmaline, Black Obsidian, Tigers Eye, Grey Jasper, Mica Agate, Selenite, Kyanite

Listed above are just basic issues and basic easily available crystals. Pick any as per your issue and program it for use.

Article 83

Carnelian and Reiki

Here again I am back with another of my favorite crystal, Carnelian. Carnelian is a stone that is orangish to reddish to brownish in color and most famous for its bold energy. Carnelian represents boldness, motivation, warmth, Joy, endurance and courage. It emits the feeling of joy and love and also strengthens will-power. Also known for its grounding and protective abilities, this stone has become one of the most loved crystals amongst crystal lovers. Fill your carnelian with reiki energy and see its effect amplifying. Like any other crystals, carnelian works with or without reiki, but combining it with reiki optimize the effect and makes the healing faster.

Carnelian as Money Stone-

Carnelian is also known to attract abundance, prosperity and luck. It releases undue stress and pressure at workplace, providing determination, courage and strength. When used with Citrine or any other money stone, it amplifies the flow of abundance. It also aid bring greater success in career. If you have any financial or work-related wish, jot it down on paper, draw reiki symbols and abundance symbols and place it beneath carnelian stones.

Carnelian as Protection/Grounding stone-

Carnelian is known to guard house and work place from theft, fire or any accidents. To protect your aura from bad vibrations, place reiki infused carnelian near your aura. It protects wearer from jealousy, anger, fear and self-destructive tendencies. Meditation with carnelian helps you feel grounded and connected to Mother Gaia.

Carnelian- Physical level

Carnelian can be used for both sacral chakra and root chakra depending on its color. It heals the issues related to sacral chakra. Place it on your sacral chakra and give reiki to open and heal your chakra. Using it on sacral chakra can improve your sex life. It is linked with fertility and child bearing. It helps reproductive organs of the body and stimulates sexual energy. Women with menstrual problems should wear or carry carnelian, and if it is charged with reiki and intention, the healing is faster. It also help heal impotency in men. It stimulates metabolism and help restore motivation. It specially works with the

issues like fertility, sexual problems, gall-bladder, rheumatism, kidney problems, lower back problems and cell repairing.

Carnelian- Mental level

Have a look at carnelian, keep gazing, what do you feel? I bet most of you will feel joy and happiness. Keeping carnelian near you soothes your over-active mind. People who have lot of work-stress or needs motivation should have this stone all the time with them. When you feel de-motivated, take a carnelian, infuse with reiki and hold in palm or keep in pocket to boost you up. It helps heal depression, trauma, stress, emotional wounds and sorrow from physical as well as auric field. It opens up the creative blockages as well as increases creativity.

Carnelian as Emotional/Relation Stone-

It can re-ignite the lost passion between husband and wife or partners. It extradite jealousy, anger, resentment and over-possessiveness from relationships, bringing harmony and balance back to relationships. It helps overcome abuse of any sort and it builds self-trust within you. Also, it helps people facing mid-life crisis. If you are angry, hold carnelian in your palm, activate reiki and see your anger vanishing in no time.

More about Carnelian-

Helps overcome shyness

Energy booster and stabilizer

Doesn't need cleansing, it also has the ability to cleanse the crystals placed around it.

Improves memory

Energy booster

Note- charge and program your crystals with reiki to get faster and optimized effect.

Article 84

Citrine and Reiki

After writing about few of my favorite crystals Black Tourmaline, Smoky Quartz and Carnelian, I am back with another of my favorite crystal CITRINE. It is everyone's hot favorite crystal for its super-awesome multiple healing properties.

Citrine is called 'The Merchant's Stone' for its properties to attract more money as well as maintain it. The color of citrine varies from palest yellow to yellow to golden to honey. If you gaze at it, you will start feeling joyous and happy as it also radiates joy and happiness. It carries the energies of sun as well as radiates warmth and comforting energies. It is also considered amongst the best stones for protection. It brings money, opportunities, radiates joy and happiness and protects you and surroundings- what else do we need? ☺

Citrine for physical issues-

Citrine is the stone for solar-plexus chakra but it also resonates with sacral chakra and root chakra. It also resonates with third eye chakra and provides mental clarity, clear vision and heightens intuition. On physical level, it supports endocrine system and increases stamina. It also increases metabolism, eventually leading to weight loss. Citrine keeps nails and hair healthy, helps rejuvenate skin, supports pancreas, spleens and digestive system, eliminates nightmares, eliminates kidney, liver and bladder issues, helps in menstrual and menopause problems, cures insomnia, heals hormonal imbalances, strengthens muscles, reduce diabetes, removes toxins, cure addictions and heals other issues related to solar-plexus chakra.

How to use-

Take cleansed Citrine and charge it with reiki with the intention to heal any of the above issue. Lie down and place on solar-plexus chakra. Leave it for 20 minutes. Do this for 21 days minimum or as required. You can also wear it or carry it with you in tumbled form. You can make Citrine water/elixir with intention and consume it.

Citrine as money stone-

Citrine is best known as 'The Merchant's Stone', 'The Money Stone' and 'The Abundance Stone'. It is a stone to attract prosperity, success and all good things in life. It is the best stone used for manifestation as it draws the things you wished for towards you acting like an invisible magnet. Citrine has tremendous power of attraction and hence it is also used for 7 laws of attraction.

Citrine is not only meant for the ones who need money, it keeps greediness and materialism at bay for already wealthy people.

Spend time with your citrine, imagine what you desire holding your crystal and it shall manifest in reality in a better way than you ever imagined. The 7 Law of attraction says, if you desire anything, you have to imagine and visualize it. Citrine is used here as it has the properties to boost your visualization and imagination power.

How to use as money stone- Charge your citrine with Reiki and

- Wear it
- Keep tumbles with you- in purse, wallet, pocket or bag
- Put inside your money box
- Put inside cash drawer
- Put near cash register
- Write a wish and put under the stone
- Place in a wealth corner of your house or office
- Make an infinity grid
- Use as a main stone in crystal grid
- Place over checkbook or with credit/debit cards
- Piece of citrine in purse also reduce excess money spending
- You can make Citrine water/elixir with intention and consume it.
- Put programmed citrine under pillow.

Citrine as family and emotional stone-

Citrine can also solve family as well as team conflicts. It helps understand the circumstances and situation around you. Carrying a citrine with you also attracts joy, happiness and love around you. It keeps other's jealousy and envy at bay and guard you

against people who may break your heart. Family conflicts are reduced when any form of citrine is placed in the house. It also heals heartache and depression for its joyous properties. Office politics and negativity from co-workers is eliminated.

How to use-

- Charge your citrine with reiki to radiate joy and happiness. Wear it or place cluster, tumbles or sphere in every room and office. You can make Citrine water/elixir with intention and consume it or spray. Put programmed citrine under pillow.

Citrine as protection stone-

Citrine does not need cleansing as it does not accumulate any negative energies; though I recommend cleansing it to be on a safer side.

- Citrine not only removes physical blockages, it also removes and heal etheric and auric blockages.
- It removes blockages that hinders with your manifestation.
- It transmutes negativity to positivity making your surrounding protected.
- It can keep ghost and spirits away when placed at a place where direct light comes through window or glass. (Do not put directly in sun though)
- People who are prone to psychic attacks or outside energies, should wear or carry citrine to protect their aura.
- It protects health, wealth, auric health, space and relationships.

How to use for protection- Charge your citrine with Reiki and

- Put in all four corners of the house or office
- Wear it
- Carry with you in purse, pocket or bag
- Make protection grid
- Make citrine water/ citrine elixir and spray on self, house and work place.
- Put programmed citrine under pillow.

Other advantages of Citrine-

- Eliminates self-destructive thoughts
- Relieves anger
- Balance mood swings

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- Helps in concentration
- Boost self-confidence
- Boost memory
- Enhance creativity
- Brings mental clarity
- Gives ability to take right decision and action
- Promotes success
- Bring abundance in all aspects of life
- Increase willpower

I have placed citrine in my magic money box, my moneybox, in a bowl full of tumblers, in moon basket, in my purse and added few beads in bracelet.

Article 85

The Earth Star Chakra

Apart from 7 main chakras, there are many other chakras that plays a vital role in our life and wellbeing. Some are located on physical level where as some are transpersonal. Earlier I had written about 2 minor but very important chakras- The Foot Chakra and The Palm Chakras. Another important chakra is The Soul Star Chakra, today I shall give brief information about **The Earth Star Chakra**.

The Earth Star Chakra, also known as Subpersonal chakra and Super Root, is connected to foot chakra. It is located at the bottom of the feet approximately about 12-18 below the feet. The Earth Star Chakra is the grounding point of the whole chakra system. It is said this chakra is the keeper of karmic cycles and past lives.

The Earth Star Chakra connects us to earthly energies as well as Universal energies. This chakra is brown to black in color or aqua due to large amount of water in the earth. With our life revolving around computers and gadgets, rushing from one place to another, it causes into being ungrounded. When your Earth Star Chakra is active, it helps you stay grounded even with the hectic and busy life we live.

The active Earth Star Chakra is blessing for all the energy workers as it releases the negative energies that may have been picked from others. The balances Earth Star Chakra secures your soul by connecting your etheric body to physical world. It connects you with Divine Mother Earth and aligns you with magnetic core of the earth. The active Earth Star Chakra also helps discharge negative and impure energy to earth as well as draw divine and pure energy from earth, that makes you grounded all the time.

Activate Earth Star Chakra-

The Earth Star Chakra is located 12-18 inches below foot chakra, which is the chakra of Oneness and is connected to the wide horizon of ALL THAT IS. To activate the Earth Star Chakra, on a regular basis, do Tree Meditation. The only difference is when you imagine your roots spreading and connecting to Mother Earth, extend those roots 12-18 inches deep till the Earth Star Chakra. Imagine that you are firmly rooted and connected to the Earth Star Chakra, making unbreakable connection to Mother Gaia.

Activate the Earth Star Chakra with crystals-

Call upon Archangel Sandalphon who is involved with whole of our existence on Earth. Ask him to keep you firmly rooted to Mother Earth and to activate your Earth Star Chakra for your highest good. Take any of the Earth Star Chakra crystal, hold it in your palm and relax. Perform Tree Meditation, visualizing roots connecting to the crystal you are holding at the core of the earth. Make your roots firmly connected to the crystal that is buried down the earth.

Crystals- Black Kyanite, Black Obsidian, Black Tourmaline, Smoky Quartz, Chiastolite, Rainbow Quartz, Hematite, Dalmatian Jasper, Fire Agate, Red Jasper... These are just amongst the few crystals that can be used for the Earth Star Chakra.

Balanced Earth Star Chakra-

- Connects to inner peace
- Seeing the wider perspective of all situations
- Feel secured
- Feel grounded and protected
- Peace of mind
- Healthy physical health as well as etheric health
- Divine connection with Mother Gaia
- Work for greater cause
- Brings more closer to the sacred energy of Mother Earth

Unbalanced Earth Star Chakra-

- Blood circulation problem
- Instability in life
- Lack of balance in various aspects of life
- Eating disorder
- Problems related to leg, knees, hips and ankles
- Hallucination
- Ungrounded
- Constant unknown fear or phobia

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- Lack of spirituality

Keep your roots firmly and deeply grounded to the core of the earth.

Article 86

New Moon and Candle Ritual

Hello Dear ones, Time for us to put out thoughts in action, time to stop thinking and planning. This is the time to take a step towards manifesting your desires and goals. Yes! Its New Moon time again, time to bring and manifest new things in your life. During last full moon we threw (released) out old clutter to make space to manifest new things in life.

Today's new moon ritual is the same as the last full moon and candle ritual but with little add-ons. All you need is a candle and as add-ons you can add essential oils, crystals, pictures, flowers or things that symbolizes what you wish to manifest.

- Ground yourself properly with whatever grounding method you know.
- As usual, call upon Archangel Haniel, Mood Goddess, spirit guides and angels. Ask them to bless you and help you manifest the new things in life.
- Take a candle and anoint it with essential oil (essential oil is optional). Draw reiki symbols and charge your candle with your intention to manifest your wish.
- If you have pictures that symbolizes your wish, place is below the candle. If you are using crystals or any other thing as symbolism, place it beside the candle.
- Lit the candle and connect it with moon energy with the distant symbol. Let it burn fully. It is ok if it blows off on its own. As it burn, imagine or visualize your wish coming true. Imagine your desired outcome.

Trust that your wish is taken care for. As the candle the burns, your wish is reaching Universe.

Candles and Colors- Info derived from my previous article Candle Ritual with a Tinge of Reiki

- **Color** – Select the candle color depending on the blockage you want to release-
- **Red** –passion, sexuality, health, willpower
- **Orange** – Ambition, attraction, clear thinking, success, justice
- **Yellow** – Creativity, clairvoyance, confidence, harmony
- **Pink** – Love, passion, togetherness, friendship

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- **Purple** – Ward off evil, psychic abilities, spirituality, protection, business protection. Heal chronic disease, success, meditation
- **Indigo** – Ward off black magic, karmic issues, spirit communication, meditation
- **Green** – Money, fidelity, luck, abundance, marriage
- **Light Blue** – Patience, psychic awareness, depression, opportunity
- **Dark Blue** – Truth, fidelity, meditation, inspiration
- **Gold** – Creativity, meditation, removes negativity, luck, fortune, intuition, power
- **Silver** – Remove negativity, remove evil effects, increase intuition
- **Black** – Ward off negativity and negative thoughts, removes black magic and dark forces, ending, closing of doors, truth, protection
- **White** – Protection, cleansing, healing, purity, communication with guides, clear vision, meditation, exorcism, clairvoyance, peace, spiritual power, connect with moon energy. Replaces any other candle color.

Article 87

Happy Birthday Dr.Usui

Today is 15th August, birthdate of the founder of Reiki, our very own Dr. Mikao Usui. He was born on August 15, 1865.

On this day, I would like to thank Dr. Usui from the bottom of my heart for introducing Reiki, one of the most powerful healing modality to the world. Over the years Reiki has helped and healed umpteen of people, have changed umpteen of lives for betterment and saved umpteen of lives.

On personal level, Reiki has changed me totally. My outlook and perspective towards life changed, my ability to handle certain difficult issues changed, the things that used to bother me since dozen of years now doesn't matter anymore, my relationship with everyone improved, made me more positive, my migraine and Pcod healed and last but not least, Reiki Rays, one of the best website related to reiki gave me a chance to be part of their team as an author... list is endless.

My deepest and heartfelt thanks to Dr. Usui and Reiki. On this extremely special day, let us all send blessings and love to Dr.Usui's soul. HAPPY BIRTHDAY DR.USUI, WE LOVE YOU!!!!

This day 15th August is very special for all the Indians as it is our Independence Day. HAPPY INDEPENDENCE DAY.

Last but not the least, a very special day for me and my family too, as today is our Pari's (My cocker-spaniel dog) third birthday. HAPPY BIRTHDAY PARI. LOVE YA SWEETIE.

All in all a very special day for Reiki Community, double special day for Indians and Triple special day for me ☺

Article 88

Reiki and Angel/Tarot Cards

Since learning angel and tarot cards, I have become highly addicted to them. I love doing angel/tarot reading for family and friends. And it gives me so much more confidence when I get positive feedback from them ☺

Here is the method I have adapted invoking reiki with angel/tarot cards.

- Prepare your altar or the place where you are going to conduct your angel/tarot card reading session. Burn sage or incense. Lit a candle. Put Black Tourmaline, Black Obsidian or Black Onyx to absorb any negative energy around your altar or reading space Put Angels statues for blessings.
- Take a big plate and draw the Master Symbol DKM over it. If you are not attuned to DKM, you can draw 2nd Degree symbols.
- Spread the cards on the plate, making sure that you touch each and every card to infuse your energy to the card.
- Draw the Power Symbol CKR on the card to remove stagnant energies and clear the energies that are not for yours/client's highest good.
- Pile the cards. Draw the emotional/mental symbol SHK over cards with the intention to make you detach from the message you desire. It is very important to detach yourself from the desired message to get the accurate reading.
- Draw the distant symbol HSZSN and connect to Angels. Ask Angels to help you and guide to give accurate cards and interpret its meaning.
- Cut and shuffle your deck. Ask your question while shuffling. If any card pops out, it's a special message from Angels. Shuffle till your intuition guides you to stop.
- Pace cards as per your desired layout and do the reading. Ask angels to give you more insight in case you get stuck.
- Thank Angels, Crystals and Reiki at the end of your session.

Different people uses different method. Above one is the method that best resonates with me.

Article 89

Pyramid and Mirror Shield

Since ancient times mirrors and pyramids have been used as a 'shielding tools'. One of my previous articles shows protection with mirror. Today, I shall show a technique which invokes pyramids, mirrors and reiki for protection. To be honest, this is not my personal shielding method, I was discussing shielding with a friend and she told me about this method. I have her full permission to share this method with my Reiki Rays readers. It is one of the easiest and simplest method I have come across.

- Imagine a purple pyramid in front of you. Step in or imagine a person you want to shield inside this pyramid. If you are attuned to master symbol DKM, draw it. Those who are not attuned to DKM, draw the power symbol CKR and SHK and fill the inside of the pyramid with reiki energy.
- Now imagine placing mirrors on the all outer sides of pyramid. Intend that it allows only positive energy inside and all the negative energy directed towards you is returned to the sender in the form of Divine light.
- That's it ☺ As simple as it gets.

This method creates double protection making the shield stronger and impenetrable. We have been using purple pyramid shielding method and mirror protection separately. Now, try the above method merging 2 powerful shielding and protecting tools.

With any shielding technique, I program it with 'SHIELD UP'. I perform the full shielding method and state "***This protection shield instantly activates as soon as I say or think SHIELD UP***". There are times even after shielding and protecting, we get affected by psychic attacks, our energy level decreases and we feel drained. During such moments, the programmed shield is extremely helpful and fast, especially if you are surrounded by others.

Article 90

Emotions, Behaviors and Related Chakras

After writing about Body, Disease and Emotions and Disease and Associated Chakras, I started more and more queries about the emotions, behavior and related chakras. Hence I thought to write about it to make healing easier for my readers. It is very necessary to know which chakra is affected by what emotions and behavioral patterns before starting reiki session. Listed below are chakras and related emotional and behavioral issues.

CHAKRAS	EMOTIONS AND BEHAVIOR
ROOT	Addictions, blame game, burdened, can't get convinced, distrust, discourage, fearful, fear of past/future, feel numb, financial insecurity, greedy, guilt, grief, hypocrisy, inability to accept changes, long carried hatred, instability, insecurity, materialistic, nervous, no integrity, old resentment, past anger, rage, sexual pressure, tension, unable to let go of old ideas, unbalanced life, ungrounded
SACRAL	Anger, anger towards partner, addiction, blame others, belief that sex is bad, clingy, can't move on, control freak, creativity blockage, distrust, depression, denial of own needs, expect worst, fear of parent, feel ashamed, feel numb, feel victimized, feel embarrassed, frustration, guilt, impatient, introvert, infidelity, lack of motivation, nervous, no self-support, no self-confidence, obsessive behavior, old beliefs, over-eating, rejecting particular gender, sexual overdrive, tension, uptight, unspoken bitterness, unexpressed emotions, unworthiness, vindictive towards ex
SOLAR PLEXUS	Anxiety, anger, aggressive, bitterness, blame others, careless towards self and others, chronic issues, control issues, doesn't stand up for what is right, denial of self-power, dwell on past, dread, dominating, egoistic, feel doomed, fear, fear of rejection, feel

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	powerless, felt unloved as a child, indecisive, keep justifying, low self-esteem, low self, confidence, passive, self-criticize, suppressed feelings, unresolved issues, unable to make decisions, unexpressed emotions-love, fear, anger
HEART	Block love, block happiness and joy, commitment issues, cold and distant, despair, depression, hatred, feel stifled, fear, desperation, difficulty in giving and receiving, feel everyone is 'using' them, grief, lack of compassion, heartbreak, hopelessness, lack of self-love, lack of love, sadness, selfish love, self-pity, suppressed emotions, suppressed tears, trust denial, unexpressed-sorrow, love, anger
THROAT	Abusive, addiction, bad listener, can't say yes/no, confusion, criticism, fear of speech, communication problem, feel 'unable to do according to wish', feel like you can't control the situation, hatred towards authority, humiliation, introvert, incapable of saying what is in mind and heart, judgmental, not speaking truth, no will-power, think 'what others will think', self-dislike, self-denial, shy, suppressed emotions and anger, suppressed creativity, talking too much, too quiet, unable to speak up, unable to ask what you need, unable to put your point of view, want to hit someone
THIRD-EYE	Aloofness, anger, dislike towards someone, doesn't want to accept truth, doesn't want to look into own life, doesn't want to see what is going on with friends and family, difficulty in planning long term future, feel rejected, hallucination, irritation, lack of happiness, rigid thinking, scattered thoughts, self-unworthiness, self-criticism, self-centered, stubborn, stifled thinking, superstitious, unresolved emotional issues, un-forgiveness, unable to cope, won't learn from experience

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CROWN	Believes in old beliefs like unforgivable sins, being over-intellectual all the time, depression, energy blockage, emotional imbalance, feeling lost, inability to trust life-values, lack of self-understanding, lack of faith, lack of inspiration, lesser wisdom, overly spiritual, prejudiced towards world, rigid thinking, spiritual hatred, selfish, ungrounded, unable to accept new ideas, unable to receive universal power unethical
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Heal your emotions to heal your physical problems as well. ☺

Article 91

Different Ways to Use Intention Slips

What are the Intention slips?

Basically intention slip is just one of the tool to send your wishes to Universe and to make your dreams manifest faster with the Divine Blessings. You are not new to intention slips if you a Reiki practitioner or a spiritual healer. It makes healing easier and faster and is amplified when we use reiki symbols on it.

How to make intention slips?

Keep it as simple as possible. No need to be formal and go for fancy words or big-big affirmations. Write your wish on a paper in clear words or use any simple affirmation related to your wish. On the back side of the paper, draw reiki symbols that you are attuned to. If you are not a reiki practitioner or level one practitioner, continue without symbols. You can also use the symbols of any other healing modality.

Once your intention slip is ready, there are multiple ways to use it. Different ways to use intention slips-

1. Between palms-

Draw reiki symbols on your palms. Hold the intention slip between palms and give reiki to it for 15-20 minutes with the intention to manifest it for your highest good. If you are not attuned to symbols, continue without symbols.

2. Reiki box/Reiki pouch-

Create a Reiki Box or a Reiki pouch to put your wishes. You can add multiple intention slips. Draw symbols on palms and hold your box/pouch between your palms and give reiki to it with the intention to heal all wishes inside the box/pouch for highest good of everyone involved. You can add crystals too to your box/pouch. I personally use a Reiki Pouch as it soft and I can carry it anywhere in my purse without making my purse bulgy.

3. Crystals-

Take a medium-large size crystal that resonates with the wish you have written. Infuse your crystal with reiki with the set intention. Put this crystal on top of your intention slip.

4. Crystal Grid-

Arrange your Crystal grid. A regular crystal grid needs one main stone such as pyramid, sphere or a cluster and also requires 6 pencils. Put your intention slips under the main stone of the grid and connect the grid as shown here. Give reiki to your grid. You can also use multiple intention slips.

5. New Moon/Full Moon-

Unlike other methods, this you can do only on fortnights or of course on waning or waxing moon phases as per your wish. Make your intention slips based on the moon phase, if it is a new moon you can make wish to attract new things and if it is a full moon you can make a wish to let go and release the things that no longer serve you. Connect to moon energy and read aloud (or in mind) your wishes to moon energy. Leave it up to moon and Universe to fulfil it.

6. Dear Angels/Universe/God-

Write down all your wish addressed to God, Universe or Angels. Connect the intention slip to these higher authorities with distant symbol and read it out. Burn the intention slip and forget about it.

7. With Tarot-

You can do this on New Moon or Full Moon. Pick a tarot card that resonates with your intention slip. Connect the card and wish to moon energy and leave it outside in balcony or at your altar. In the morning, burn the slip.

8. Chi-ball-

Place your intention slip at your altar and place a chi-ball over it daily with the intention to heal and charge the slip.

9. Flash cards-

Another beautiful method well explained here.

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There are no restrictions with reiki, there is no right or wrong when you make your slip. Remember, the more restrictions you make, the more restrictions are created for your wish to manifest.

Article 92

Green Aventurine and Reiki

"We don't own crystals, we are just keepers, until they find you and you become their keeper". - Source unknown

After writing about Black Tourmaline, Smoky quartz, Carnelian and Citrine now I am inspired to write about another of my favorite stone **Green Aventurine**. Green Aventurine is considered the luckiest crystal amongst all, especially when it comes to prosperity, wealth, career opportunity or any other finance related issues. Due to its 'lucky' properties, it is considered as the '**Stone of Opportunity**'. Another beauty of this stone is, it is related to heart chakra and hence resonates with anything related to heart- be it emotional or physical. This is amongst the most sought after stone as it relates to heart issues, wealth and opportunities. The color of Green Aventurine may vary from light green to dark green.

Green Aventurine as a Stone of Opportunity/ Money stone

Green Aventurine actually releases stagnant patterns and blockages and creates space for new opportunities to come in. It is also known as 'The Gamblers Stone' for its inane ability to attract luck and opportunities your way. It brings abundance, prosperity and attract more financial opportunities your way. Carry Green Aventurine with you during interview to improve the chances of success. Combining Green Aventurine with Citrine can bloom your dead business from dooming to blooming.

Usage-

- Put in reiki box along with the intention slip
- Make crystal water
- Keep in bags or pockets
- Carry with you during interviews
- Write your wish and put under this stone
- Make a crystal grid for your issue using Green Aventurine pyramid, pencils or tumblers.
- Place in cash drawer and money box

- Wear
- Place near your cash counter or work place
- Just display at your workplace and let it radiate its energy
- Keep beside bedside or under pillow

Green Aventurine for Children-

Green Aventurine can improve physical growth of toddlers and teenagers. When placed near a pre-maturely born baby, it can help in stimulating baby's growth. It also boosts intelligence and memory and also calm down hyper-active children.

Usage

- Keep in bags or pockets
- Keep under pillow
- Wear
- Place at study table
- Make crystal water and consume
- Wear

Green Aventurine for physical issues-

Green Aventurine is related to heart chakra so it can help with physical issues related to heart. It activates the heart chakra, keep it balanced and rotating. It removes blockages from heart chakra and keeps the chakra healthy. It acts extremely gently without causing any turbulences to the user. It can also help with issues like-

- Cardiac conditions
- Helps with fertility as it is related to Cupra- The fertility Goddess
- Blood pressure
- Lungs issues
- Cholesterol issues
- Skin issues
- Allergies
- Migraines
- Recover from surgery faster

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- Assists in healing any illness faster
- Act as anti-inflammatory
- Stimulates metabolism
- Boost immune system
- Act as detoxifier
- and more...

Usage

- Put in reiki box along with the intention slip to heal issue
- Make crystal water
- Place on heart chakra and leave for 20 minutes
- Write your wish and put under this stone
- Make a crystal grid for your issue using Green Aventurine pyramid, pencils or tumbles.
- Keep beside bedside or under pillow
- Just place in the room and let it radiate its energy
- Keep in bags or pockets
- Wear

Green Aventurine for Emotions

- Keeping Green Aventurine with you bring inner peace and harmony within yourself.
- It reduces the stress of daily life, preventing frustration and crankiness.
- It even calms anger, irritability and anxiety.
- Fights against depression and keeps you joyous.
- It also promotes empathy and compassion
- Makes you emotionally stronger

It also makes you emotionally stronger and helps heal emotional wounds. It is amongst the best stone to improve relationships that are stressed and strained. It releases unhealthy energies from relations transmuting it to love. It helps the ones who are control-freak by aiding them to let go.

Usage- Same as above

Green Aventurine for EMF

Green Aventurine also protects and absorbs EMF if placed near your auric field or between you and gadget or near the gadget. It will also protect you from pollution if it is near your auric field. When taped to mobile phones, it protects against radiation.

Green Aventurine as Spirituality stone

Green Aventurine releases the negativity, balances yin and yang energies, let go of the attachments with old energies and promotes love, happiness and harmony. Meditating with Green Aventurine can settle negative emotions and thoughts and helps handle life changing situations.

Green Aventurine is related to Archangel Raphael. It also honors the Goddess who is known for unconditional love- Kwan Yin. It also relates to Cupra- The fertility Goddess.

Miscellaneous uses-

- Brings optimism
- Enhance creativity
- Sooth quick temper
- Improves couple's relationships
- Enhance homeopathy remedies when placed near medicines
- Relieves stammer

Combination stones-

Green Aventurine + Rose Quartz (any pink crystal) =Harmony, Love, Joy

Green Aventurine + Citrine= Wealth, Prosperity, Luck

Green Aventurine + Moldavite= Strong partnership in relations

Green Aventurine + Black Tourmaline= Protects against heart break

Green Aventurine + Moonstone= Enhanced sexuality

Green Aventurine + Carnelian= Fertility

As you can see, this is one amazing and MUST HAVE stone. If you don't have one, go and grab now 😊

Article 93

Solar Eclipse and Moon Rituals

Today is Solar Eclipse, a very right time to put your thoughts into actions and wishes to manifestations. Eclipses are the time when the moon energy is extremely intense and its effect is long-lasting. Solar Eclipses happens during new moon and Lunar Eclipses during full moon, so you can think of the ritual depending on the Eclipse.

By now we all know that new moon represents new beginnings so think and list down all the aspects in your life that needs renewal. Example- Propose your partner, bring new love, fixing your strained relations, starting a new venture etc.

One of the simplest and easiest way is:-

- Take a piece of paper and list down all you want to manifest.
- Draw reiki symbols on the back side of paper.
- Sit comfortably, call upon Archangel Haniel and Goddess Diana to bless you and help you manifest your desires.
- Connect to moon energy with distant symbol. Read out a single wish. And meditate on it. Imagine the whole scenario, desired outcome, your reaction upon fulfilled wishes and your loved ones reaction. Just imagine as if it is already happening NOW.
- Repeat the process with all your wishes. End the session by thanking Goddess Diana, Archangel Haniel, Reiki and Moon energy.

Apart from this method, you can perform any other method that you know. I have written few articles on New Moon Rituals, attaching a link of that here for your easy reference.

- [New Moon abundance Check- The Reiki Way](#)
- [Bayleaf Ritual on New Moon](#)
- [New Moon and Tarot](#)
- [Moon Water](#)
- [New Moon and Full Moon Manifestation](#)
- [Plant a Wish on New Moon](#)
- [New Moon Ritual for Health, Love and Money](#)

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- Moon Basket
- New Moon and Candle Ritual

Best is to make Moon Water during eclipses as the energy is highly intense and long-lasting. Take full advantage of this Solar Eclipses to bring in new joy and happiness in your life ☺

Article 94

Crystals and Chakras

Crystals have been used for healing since ancient times. Each crystal has their own multiple healing properties which helps harmonize mind, body and soul. I am a crystal obsessed and crystal freak person, I simply love being around crystals. Crystals can be used for chakra healing, simply pick a crystal that resonates with the affected chakra, cleanse it, program and charge it with reiki and it is ready for use. It is so simple. Now many people face the question, which crystal to pick for which chakra. Listed below are some crystals that can be used for particular chakras.

CHAKRAS	CRYSTALS
EARTH STAR	Black Kyanite, Black Tourmaline, Black Obsidian, Dalmatian Jasper, Red Jasper, Granite, Red Jasper, Smoky Quartz
ROOT	Red Jasper, Granite, Bloodstone, hematite, Smoky Quartz, Black Tourmaline, Black Obsidian, Grey Jasper, Red Tigers eye, Snowflake Obsidian
SACRAL	Carnelian, Orange Calcite, Orange Kyanite, Moonstone, Fluorite, Sunstone
SOLAR-PLEXUS	Tigers eye, Citrine, Gold quartz, Yellow aventurine, Pyrite, Amber, Camel agate
HEART	Rose quartz, Pink tourmaline, Green aventurine, Emerald, Malachite, Jade, Peridot
HIGHER HEART	Aqua Amazonite, Green tourmaline, Malachite, Rose Quartz, Pink Tourmaline, Emerald

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THROAT	Blue Kyanite, Turquoise, Lapis lazuli, Blue lace agate, Sodalite, Amazonite
THIRD EYE	Amethyst, Kyanite, Lolite, Selenite, Lapis lazuli, Sapphire, Sodalite, Rainbow moonstone, Sugilite
CROWN	Amethyst, Howlite, Clear Quartz, Selenite, Sugilite, White Calcite
SOUL STAR	Clear Quartz, Selenite, Angel aura quartz, Blue Kyanite, , Labradorite

Use the above listed stones for chakra healing and issues related to particular chakras. Place the stones on particular chakras and give reiki, wear the stones, carry the programmed stones with you, keep in your house or work place, keep at altar... The list is endless.

Note- The above listed crystals are just amongst the many crystals that can be used for the particular chakras. Each stone can be used for multiple issues as per their properties. Example- Green Aventurine is a heart chakra stone but it is also considered money and luck stone, Tigers eye is considered Solar plexus stone but also can be used for money and protection.

Article 95

Candle Ritual for Full Moon

Hello Dear ones,

Seeing my fortnight moon rituals obsession, recently one of my friend asked me- **“What is with you and moon obsession? Were you a wolf in past life or what?”**☺

Well, here I am back again with another Full Moon ritual. Again let me give a brief info about what full moon rituals stand for. Full moon rituals are mostly performed to release old and stagnant energies, let go of past issues, anger and accumulated negativities and blockages.

Today’s ritual is one of the easiest moon ritual I have written. All you need is a candle, your intention and reiki. You can use essential oils to anoint your candle but that is optional. Today we will just burn candles to remove and release blockages and negativities related to whatever issue is troubling.

- Take a candle of the color that resonates with the issue you want to work on. You can use multiple candles for different issues. Candle colors and associated issues are mentioned below.
- If you want to use essential oil, anoint your candle with essential oil. Take few deep breathes holding the candle in palms, draw reiki symbols you are attuned to and think of the issue or the blockage you want to release. Charge your candle with reiki with your intention to release your blockage regarding love/money/good luck etc.
- Call upon Archangel Haniel and Moon Goddess and ask them to help you with your issue. Connect your reiki charged candle to Moon energy with the distant symbol. Lit the candle.
- Now focus on the flame. Visualize all the blockages related to your issues released to Universe. Visualize your desired outcome, if you can’t visualize you can just imagine or think about the desired outcome.
- Let the candle burn away your blockages. Do not blow the candle. Let it burn as long as it can. Do not worry if it blows off on its own.

Trust that you are free of all the blockages and stagnant energies. See, it is as simple as that. Charge your candle with intention to release blockage and let it burn. That's it.

Candles and Colors- Info derived from my previous article Candle Ritual with a Tinge of Reiki

Color – Select the candle color depending on the blockage you want to release-

- **Red** –passion, sexuality, health, willpower
- **Orange** – Ambition, attraction, clear thinking, success, justice
- **Yellow** – Creativity, clairvoyance, confidence, harmony
- **Pink** – Love, passion, togetherness, friendship
- **Purple** – Ward off evil, psychic abilities, spirituality, protection, business protection. Heal chronic disease, success, meditation
- **Indigo** – Ward off black magic, karmic issues, spirit communication, meditation
- **Green** – Money, fidelity, luck, abundance, marriage
- **Light Blue** – Patience, psychic awareness, depression, opportunity
- **Dark Blue** – Truth, fidelity, meditation, inspiration
- **Gold** – Creativity, meditation, removes negativity, luck, fortune, intuition, power
- **Silver** – Remove negativity, remove evil effects, increase intuition
- **Black** – Ward off negativity and negative thoughts, removes black magic and dark forces, ending, closing of doors, truth, protection
- **White** – Protection, cleansing, healing, purity, communication with guides, clear vision, meditation, exorcism, clairvoyance, peace, spiritual power, connect with moon energy. Replaces any other candle color.

Love and Light ☺ Enjoy...

Article 96

Different ways of Cord Cutting

What are etheric cords?

In simple terms, etheric cords are those unseen ropes/cords that attach you to another human or objects in the form of addiction. These cords are most often fear based cords or negative attachment we develop with another person or object. When you cut these cords, it does not mean you are abandoning, ditching or detaching from the person. These cords could be developed between family members, friends, colleagues, your ex or any acquaintances. For example, you have a friend who is very needy and clingy but good at heart. He drains you off your energy whenever you are with him because he is sucking in your energy unknowingly. When you cord the cord, you are not abandoning your friend, you just cut the negative cords that has developed. Another example is, your etheric cords attached with your ex. You have parted but the other person is not moving on or is bothering or harassing you. Do cord cutting with such relations for betterment of both of you. Professionals like healers, doctors, teachers etc. tend to form etheric cords more than others.

Different ways to cut the cords-

Archangel Michael-

Sit and relax. Take few deep breaths. Either connect to Archangel Michael with distant symbol or simply call Archangel Michael. Ask him to cut all etheric cords that drains you off your energy and serves you no more. If you have a stale relationship or fear-based relation, ask him to cut all cords related to the person and the issue. Archangel Michael will cut the cord as well as heal you and the other person.

Reiki-

Scan your chakras and locate the cords. Connect to the person or the object with distant symbol and imagine him in front of you. Imagine the cords between you and the other person. Talk to the person, ask them to forgive you if knowingly or unknowingly you have hurt them. Bless them with happy life. Imagine a scissor in your hand and cut the cords attached to your chakras as well as the opposite person/object. Dispose the cord by

burning it in violet flame. Draw the power symbol over your chakra as well as on the other person and heal the person. Instead of cutting the cord, you can imagine pulling the cords out.

Crystal Wand-

Take a cleansed wand and program it for cord cutting and charge it with reiki energy. Now starting from crown chakra, sweep wand down towards each chakra slowly imagining it is cutting the cords wherever it is attached. Do this 3 times. Imagine person in front of you and from top to bottom sweep down his chakras imagining cutting all cords. Now take another wand or cleanse this wand and program it to heal the area with light. Starting from crown, sweep the wand down filling each chakra with light.

Pendulum-

Cleanse the pendulum and charge it with reiki. Ask pendulum if it is ready to do cord cutting for you. Most probably it will swing to YES. Invoke angels, guides and Universal energy to help you cut etheric cords that drains you off your energy and doesn't serve you anymore. Ask pendulum to start cord cutting. Most probably it will swing in two different directions- once while cutting and once while healing.

Higher-self

Meditate and connect to higher-self. Now connect to the higher-self of the person with whom you wish to cut the cord. Talk to their higher-self and ask them to forgive you if knowingly or unknowingly you have hurt them. Cut or pull out the cords from your aura and imagine them pulling out their cords. Send violet light to the person and heal yourself as well. Dispose the cords in violet flame.

Note- Cutting or pulling cords doesn't mean break-up or detachment.

Article 97

22 Innovative Ways To Heal With Antahkarana Symbol

Antahkarana is an ancient healing symbol which does not need any attunement neither does it belong to any particular reiki system. Merging this powerful symbol with Reiki brings profound outcome. It is known to be the bridge between the physical self and higher self. For more information, refer to Ananya Sen's beautiful article about Antahkarana symbol. Listed below are some ways to use Antahkarana symbol for healing purpose.

- Simply sticking or placing Antahkarana in any room is enough to create an illness free and healthy atmosphere.
- It is most effective in fighting any illness
- Any object or anything placed between 2 Antahkarana symbols will be cleared of all negativities.
- Male and female Antahkarana symbols neutralizes any kind of energy.
- Crystals can be cleansed by placing them between 2 Antahkarana symbols.
- Place Antahkarana symbol under bed or mattress to promote better sleep.
- Place Antahkarana symbol on chakras to balance chakras.
- Charge your food and water to purify by placing it on Antahkarana. It acts as a detoxifier.
- Place near electronic gadgets to reduce EMF effect.
- Meditation with Antahkarana symbol gives inner clarity, improves immunity and establish stronger connection with spiritual realms.
- If you are going through unbearable heartache, placing a Cosmic Cross symbol helps release the pain.
- Sticking or placing it anywhere in room neutralizes negative energy as well as transmute it to positive energy.
- Dispels negative effects from medicines when placed beneath medicines or in first aid box.

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- During reiki sessions, place symbol directly face down on chakras or organs and give reiki by placing palms few inches above it. It amplifies reiki healing.
- Keep symbol on or under working desk to keep negativity and psychic attacks off from colleagues.
- Make a sandwich of 2 Antahkarana symbols and your/client's pic/name for faster and optimize healing.
- A printed cloth of Antahkarana symbol is helpful in healing as you can easily place it on client.
- If you feel blockage in any chakra, you can opt for square Antahkarana symbol and give reiki.
- Sit on any Antahkarana symbol to ground yourself
- Take a printout of the symbol and use it as a crystal grid base.
- Just keeping it near your aura can bring positive effects on aura and chakras.
- Put along with your angel/tarot deck to cleanse the decks.

Ever since I have put Antahkarana symbol in my crystal box, I notice the crystals getting cleansed and charged faster- Piyusha Sinha

There are 4 versions of Antahkarana Symbol- Male, Female, Cosmic Cross and Squares.

Male- Direct, intense and penetrating energy. Use when you need fast healing.

Female- Nurturing and gentle energy. It is not as intense as Male Antahkarana energy. You can use this for subtle and relaxed healing.

Cosmic Cross- Opens heart chakra to positive energy and accept love.

Squares- Removes negativity, blockages and stagnant energies. Helps energy flow freely. It is advisable to ground yourself with Male Antahkarana symbol after using square symbol.

My personal use- I had terrible back pain and I was on bed rest. I used to tape Antahkarana symbol on my back. My son and hubby carries the symbol in wallet even though they don't know anything about it. They just know that it is for their good and they are happy to carry it. I always have it in my purse too ☺

Article 98

Treating PCOD/PCOS with Reiki

What is PCOS or PCOD?

PCOS means Polycystic Ovarian Syndrome and PCOD is Polycystic Ovarian Disease. Both terms signifies the same meaning. PCOS/PCOD is a hormonal disorder seen amongst the women that belongs to fertility age group. In PCOS/PCOD, the ovaries may be bigger than average and it also means there are multiple cysts developed on ovaries. It may develop any time during fertile age.

What are the symptoms of PCOS/PCOD?

The most common symptoms of PCOS/PCOD are-

- Irregular menstrual cycle
- No periods
- Excessive acne
- Body hair growth like men (men- under chin, on breasts etc)
- Excess body hair growth
- Mood swings
- Fertility issues
- Heavy bleeding
- Obesity
- Sudden weight gain
- Thinning hair on scalp
- Skin problems

Common risk factor related to PCOS/PCOD

- Infertility
- Risk of diabetes
- Obesity
- Heart and blood vessel problem

How to heal PCOS/PCOD?

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- Call upon Archangel Gabriel, who is known to help with the issues of fertility. Call upon Archangel Raphael to heal your PCOS/PCOD with his Divine Green light. Call upon Archangel Michael to cut all etheric cords related to this issue.
- Now Draw Reiki symbols on both palms. If you are attuned to Karuna reiki symbol, draw Zonar and Rama Symbol as well.
- Give reiki to Sacral chakra and Root chakra for about 15-20 minutes daily. Also heal ovaries, womb and uterus. Use this Louis Hay's affirmation while giving healing- ***"Miracles happen everyday! I go within to dissolve the thought pattern that created [PCOS]. I now accept a Divine healing. And so it is!"***
- Healing duration may vary from person to person. If you know Karmic Reiki, I suggest performing Karmic reiki to remove impurities and blockages from within.
- Perform psychic surgery to and remove cysts, heal ovaries and uterus and fill the hollow area with Divine light.
- Thank Your Angels and Reiki for the healing.

You can add crystals to your healing. You can add Moon stone, Tigers eye and Carnelian to your healing. PCOS is related to sacral chakra and moonstone is known to balance hormones, helps with issues of fertility and regulates menstrual cycle. Carnelian helps with menstrual cycle and improves ovaries h

ealth. Tigers eye helps to maintain weight.

Those who know Kundalini Reiki can cup their palms together, invoke kundalini reiki and simply say 'Heal PCOS' or 'Heal Ovaries'.

Heal yourself now of PCOS/PCOD. I suffered from PCOS/PCOD for about 6-7 years and then reiki happened and now I am cured ☺ The healing did not happen overnight. I took healing from my teacher Ananya as well as I healed my sacral and affected organs. Being a crystal freak, needless to say, I used crystals too ☺

Article 99

Bury Your Blockages

Have you done everything you come across to bring peace, love and tranquility in life but to no avail? Have you tried all kind of abundance and prosperity rituals but got no result? Chances are, there are some blockages related to your goals and desires that is not letting you manifest your dreams. It is like a big boulder blocking a smooth and straight road, you just need to move that big boulder. That are many ways to remove blockages that hinders with manifesting it. One of them is burying your blockage. There are two ways to do it- bury in earth or bury under rock/Epsom/Himalayan salt.

Bury in Earth-

Why bury in earth? The concept is putting your total trust in Mother Earth to remove all negativity and blockage related to your wish. It is quite similar to my article plant a wish. But here we are not going to write anything or wanting new things in life. This is solely to remove blockages related to your wish. You can perform this method on Full Moon too.

Method-

- Think of what are the blockages that needs to be released- love, marriage, money, happiness, career, travel etc. Now pick one object that resonates with your wish. It could be a crystal, statuette, show piece or anything.
- Draw reiki symbols on it and connect it with the energies of Earth and Universe.
- Hold it between palms and give reiki to it. Ask Mother Earth and Universe to remove all blockage resonating and symbolizing the object. Ask that all blockages related to _____ issue be removed for your highest good and best intentions. State your intention clearly.
- Bury the object in garden or in any plant.

Have faith that your issue has been taken care of.

Bury in Salt-

Since ancient times, salt have been used to remove negativity. Here we will bury the symbolizing object in the salt to remove negativities related to your wish.

Method-

- Take a big bowl filled with rock/Epsom/Himalayan salt.
- Same as above, pick an object resonating with your wish, connect with Universe and give reiki while stating your intention clearly.
- Bury the object under salt in the bowl. Leave the bowl somewhere it won't be disturbed.
- That's it.

Have faith that all the negativity shall be removed now.

Article 100

Angelic Elixirs

The home-made method of Angelic Elixirs contains the energy of Archangels/Angels, crystals and Reiki. The Angelic Elixir available in market may differ from the one I make as I prefer simple and easy method. Today I will show you my way of making Angelic Elixirs and uses of it. Suppose you need to make elixir for protection, we use Archangel Michael pic/card/prayer and crystals associated with Archangel Michael and protection crystals.

Below is the chart of angel, their energies and crystals associated. In no ways Archangel's energies are limited to the listed chart. They can do almost anything, help with anything and everything, listed are the energies they are mostly associated with. Crystals listed are associated with Archangels as well as with the issues.

Archangel's Energies	Archangels'Name	Crystals Associated
Protection, Fear, Cord cutting	Archangel Michael	Sugilite, Amethyst, Clear Quartz, Black Tourmaline or any Protection stone.
Healing, Space clearing, Spirit Release	Archangel Raphael	Emerald, Malachite, Green Tourmaline, Spirit Quartz
Nurture, Fertility, Writing, Emotional care	Archangel Gabriel	Citrine, Moonstone, Carnelian, Rose quartz
Love, relationships, Career, Life Purpose	Archangel Chamuel	Fluorite, Rose quartz,
Past Life, Psychic Abilities	Archangel Raziel	Clear Quartz, Amber, Amethyst, Labradorite
Abundance, Healing Hearts, Manifestation, Animals help	Archangel Ariel	Rose Quartz, Green Aventurine, Jade
Enhance Psychic Abilities	Archangel Auriel	Labradorite, Amethyst, Sodalite, Sugilite

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Transition, Comforts the dying, Grief	Archangel Azrael	Yellow Calcite, Smoky Quartz, Rose Quartz
Develop Intuition	Archangel Cassiel	Lapis Lazuli, Moonstone, Sodalite, Selenite
Moon energy, Psychic Abilities, Clairvoyance	Archangel Haniel	Moonstone, Sodalite, Selenite
Helps artistic projects, Enhance spiritual connection	Archangel Jophiel	Pink Tourmaline, Carnelian, Citrine
Raise Vibrations, Education, Children's issues	Archangel Metatron	Watermelon Tourmaline
Love and Relationships	Archangel Muriel	Rose quartz, Aventurine, Ruby
Grounding, Connect to Mother Earth, Assists with Music, Answering prayers	Archangel Sandalphon	Turquoise, Red Jasper, Smoky quartz, Clear QUARTZ
Release Negative Karma	Archangel Seraphiel	Rutilated quartz, Spirit quartz
Helps students, environmental issues, nature, wisdom	Archangel Uriel	Amber, Citrine, Tree Agate, Purple Fluorite
Purify aura, compassion, forgiveness	Archangel Zadkiel	Lapis Lazuli, Labradorite, Amethyst

The Making of Angelic Elixirs-

- Decide which archangel you want to work with as per your issues.
- Pick Angel Card, Angel Picture or simply write your prayer to the Archangel you want to work with.
- Draw Reiki Symbols over the card/deck/written paper.

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- Place water filled glass or bottle over it. Place selected crystals around your bottle. You can add few drops of essential oils if you are not going to consume it orally.
- With the help of distant symbol, connect to the Archangel. Draw symbols on glass/water and give reiki with the intention to charge the water with angelic and crystals energies.
- Leave it at your altar, sunlight or moon light for few hours. It is ready.

Usage-

- Fill this water in dark colored bottle like cobalt blue or green.
- Mix 5-6 drops of Angelic Elixir with drinking water to consume.
- You can carry this Angelic Elixir to school, office or wherever you go, to keep you charged with angels and crystals energies.
- You can water your plants with angelic elixir, with 3-4 drops of elixir added to one glass of water.
- It is safe for pets too. Add 3-4 drops of Angelic Elixir to one bowl of water.
- Fill in spray bottle and spray on yourself or affected person.
- Remove negativity from home or work space by spraying Angelic Elixir.
- Can be applied directly to skin.

Note- Above angel's roles and crystals energies are no ways limited to as mentioned in the article.

Article 101

Crystal Programming

What is crystal programming?

When you program a crystal, you are actually storing your intention and your energy in that crystal. Your crystal can be programmed for any intention and wish, just make sure that the crystal's properties resonates with your wish. When I say you can program your crystal for any intention, I do not mean that you can program it to harm others. It will not work because like reiki crystals also can be used for person's highest good only.

Why do we need to program the crystal?

Crystals have their own healing properties which works regardless of them being programmed or not. By programming, you are putting your intention into the crystal which is then carried to Universe resulting the outcome in magnificent way. Select that crystal that resonates with your wish. When I place my bowl of assorted tumbles on my altar, I intent that ***May these crystals spread their energy according to their all healing properties to heal me and my family on all levels and for our highest good. May it absorbs all impure energies and transmute it to light.*** If I am programming single stone for specific intention or for grid, then I program crystal for that specific intention.

Will the programmed intention stay forever?

These is quite a debatable question. According to some, crystals need programming every month or they lose the programming. Whereas including me, some says that once crystal is programmed it can hold the intention till years and years or till you de-program it.

How to program the crystal?

Before programming any crystal, make sure that the crystal is cleansed of any impure energies and de-programmed of past energies and intentions. There are multiple ways to cleanse crystals. For optimized result, we can draw reiki symbols on crystals and charge the crystal with reiki when programming.

Different ways to program crystals-

- 1. Chanting the intention-** Hold your cleansed crystal in your right palm, draw reiki symbols over it with third eye. State the intention aloud if possible, alternatively you can whisper or say in mind. Keep chanting your intention and stay focused, keeping all your attention and intention to crystal. Suppose you need love, keep chanting 'Bring Love'. Keep that thought on hold for minimum 68 seconds. Repeat the process holding the crystal in left hand.



- 2. Reiki charged-** Hold a cleansed crystal in non-dominant hand, draw symbols and put dominant palm over the crystal and reiki the crystal with your intention. Again, keep the thought for 68 seconds to make the manifestation faster.
- 3. Third eye-** Take a cleansed crystal, hold it over your third eye, not touching the third eye. Beam white light from your third eye into the crystal. If you know reiki, beam the power symbol and the master symbol into the crystal with third eye. Think about your wish, imagine transferring your wish from your mind to the crystal. Envisage the desired outcome and place the crystal at your altar.
- 4. Tumbles together-** If there are many crystals for *general use*, place all crystals together, draw symbols on it and give reiki with the intention- ***May these crystals spread their energy according to their all healing***

properties to heal me and my family on all levels and for our highest good. May it absorb all impure energies and transmute it to light.

- 5. Visualization-** Hold crystal in your palms. Think about your wish, visualize it being fulfilled. Stay focused and keep visualize about your wish and desired outcome, about your reaction to it and how you would feel about it. Keep visualizing the full scenario.
- 6. Breathe intention into crystal-** Hold your crystal, be in meditative state and stay focused on your wish. As above, visualize the desired outcome. Take your crystal near mouth and blow with force on your crystal transferring your wish to crystal.

See you soon Crystal Crazies ☺

Article 102

Lapis Lazuli and Reiki

Lapis Lazuli is one of the most attractive and irresistible stone, even if you don't know its properties, you cannot ignore it once you have set your eyes on it. The color of Lapis Lazuli is Royal Blue with the gold flecks of Pyrite in it. This stone is considered to be a lawyers', writers' and inventors' best friend. Lapis Lazuli is considered to be the 'Stone of Communication'.

Lapis Lazuli as the protection stone-

As a protection stone, Lapis Lazuli can protect us from psychic attacks and psychic vampires by keeping them at bay. It keeps negative energy away from the person as well as the surroundings. It also protects us from our own negative thoughts by providing clear thinking.

Lapis Lazuli for Throat Chakra-

Lapis Lazuli resonates with throat chakra for its vibrant blue color. It opens throat chakra and aids in communication. Your learning process becomes faster if you keep this stone near your aura. Suppose you have to give a speech in public and you are nervous or having lack of confidence to speak publicly, simply carry lapis lazuli with you to aid with communication and speech.

Lapis lazuli also helps endocrine and thyroid glands. It also helps with problems related to ears and nose. For eye infection, take a warm lapis lazuli heated in warm water and rub over the eye softly. You can also use lapis lazuli elixir for eye bath.

Lapis lazuli encourages and promotes truth and honesty. Program and carry lapis lazuli to save you from liars.

Place a cleansed and reiki charged lapis lazuli on your throat chakra while lying down and relax for a while. You can give reiki to your throat chakra by hovering your palms above crystal.

Lapis Lazuli for emotions-

Lapis lazuli brings out the suppressed emotions on surface and helps you deal with the facts related to that emotion. It helps reduce and control the anger. It also aids for putting your point of view in front of others. It helps release frustration caused by suppressed emotions. Also aids overcome issues like trauma, abuse, rape, depression, grief or loss. Also, it promotes love and fidelity in a relationship.

You can either wear cleansed and programmed crystal or carry around with you or you can place it in a bowl in any room. Always used cleansed crystals and if you know reiki, charge the crystal with reiki and program with set intention.

Lapis Lazuli for Third Eye-

Lapis lazuli can be used to stimulate third eye as well as pineal gland. It enhances psychic abilities and gives clear perspective and visions. Lapis lazuli helps to adapt new ideas and thoughts, gives clear picture and opens the door to visions and dreams. It heightens intuitions and provides wider vision and perspective. It also brings out inner truth and inner power.

Place a cleansed crystal on your third eye and relax for a while. Give reiki to your third eye by placing your palms over the stone.

Lapis Lazuli as Spirituality stone-

Lapis lazuli is one of the oldest stones that is used by healers and holy workers for healing, wisdom, enhance psychic abilities or inner visions. It is a must have stone for spiritual growth and improves spiritual health. It maintains connection between physical and celestial planes that results in strong spiritual connection.

Lapis Lazuli for meditation-

Meditation with lapis lazuli opens the door to unknown knowledge. It can lead to past life recall as well. Meditating with lapis lazuli helps you connect to your Guardian Angel and spirit guides.

Meditate with this stone to manifest your wish faster as it has strong manifesting energies. Hold lapis lazuli in your palm, enable the flow of reiki and set your intention to fulfil your wish. Place the stone safely or carry around with you.

Lapis Lazuli for physical issues-

Lapis lazuli helps heal- fever, epilepsies, dementia, nightmares, strengthen eye sight, fainting spells, miscarriage of child, balance thyroid, vertigo problems, migraines, reduce anxiety, sinus, nervous system, speech problems, autism, bone problems, TB, sleep problems, DNA damage, PMS, bone marrow, lowers BP, sore throat and more....

Lapis Lazuli for mental issues-

It relieves stress and brings mental clarity. It strengthens and boost your thinking abilities. It can calm the restless mind and clear confusions. It also increases your concentration and hence its best used amongst students. It also aids bring confidence and overcomes shyness. Helps clarify thoughts in chaotic or stressed situations.

Miscellaneous use-

- Release stress
- Improves intellectual level
- Enhance memory
- Promotes honesty
- Associated with Sagittarians
- Helps with career and life purpose
- Balance male-female side of your personality
- Helps with automate writing
- Enhance creativity and more...

Note- It is always advisable to use cleansed crystals. If you know reiki, charge your crystals with reiki to optimize the healing and manifesting results.

Article 103

Healing with Affirmations

What are affirmations?

Affirmations are positive sentences which works on and affect our conscious and subconscious mind. Repeating the affirmations along with visualization makes the manifestation way faster. Add a dash of reiki with affirmations and visualization and the result is profound.

It is very important to think positive and be positive in order to achieve your desired goal. But if you are going through a rough phase, it is obvious that you may get negative thoughts now and then. That's ok. We are human, not super human. Just don't let these negative thoughts overpower your belief and faith on positivity.

How to heal with affirmations?

There is no complicated long technique. Just believe and stay positive. There are number of ways to heal with affirmations.

1. Chant

Simply chant. Whenever you get time, repeat your affirmation. You can also hold a water bottle and charge the water with repeated affirmation.

2. Stick on bottle

Write your affirmation on a piece of paper and stick it on your water bottle or glass. Alternatively, place your bottle or glass over the written affirmation to charge the water. Consume this water or spray on self, others or space.

3. Reiki

Take a bottle or glass filled with water. Hold it between your palms or simply hover your palms around it. Invoke symbols and reiki the water while chanting the affirmation. If you are good at visualization, visualize the desired outcome. Alternatively, write down your affirmation on a paper and reiki it with the intention to manifest it.

4. Meditation

Relax and take few calming breathes. Chant your affirmation. Meditate on the desired outcome.

5. Crystals

Take a cleansed crystal as per your issue. Hold between palms. If you know reiki you can charge your crystal with reiki. Now with full concentration, repeat your affirmation, directing it inside the crystal with your third eye. Imagine a white beam coming out of your third eye, directing towards the crystal. Visualize the desired outcome. Place the crystal at your altar or carry with you.

There are many more ways to heal with affirmations but listed above are few easy ones. Listed below are few example affirmations to help you get started. You can use any other affirmation or make one yourself too.

- **Abundance and Prosperity-**
I create abundance and prosperity easily.
I allow abundance and prosperity to enter my life.
- **Anxiety-**
Every cell in my body is calm and relaxed.
I am free of anxiety now and forever.
- **Addiction-**
I enjoy being released from _____ habit.
It is very easy for me to quit _____ habit.
- **Weight-**
I release body weight with each step I take.
Reducing weight is easy and effortless.
- **Eat Healthy-**
I release all toxins from my body now.
I only eat healthy and nutritious food.
- **Career-**
My career gives me total happiness and job satisfaction.
My career is blooming rapidly towards right direction.
- **Forgiveness-**
It is very easy for me to forgive self and others.
I bless and forgive everyone who have caused me pain across lives.
- **Finance, Savings-**

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I always save _____ (amount in your currency) per month every month.

I am in control of my finances.

- **Let go-**

I release all old hurt, anger and resentment that have been draining my energy.

I release the need to dominate all the time.

- **Being happy-**

I choose to be happy and joyous.

Happiness is my birth right.

- **Love-**

I am open to give and receive unconditional love.

I love myself totally and unconditionally.

- **Money-**

Money runs after me.

I am a money magnet.

- **Relationships-**

All my relationships are loving, strong and fulfilling.

I radiate joy and happiness in all my relationships.

- **Romantic-**

I deserve loving and romantic partner.

I attract loving and caring men/women in my life.

Make your own affirmation tip-

I am stressed in this relationship- Current situation

I am not stressed in this relationship- Affirmation but no change.

My relationship radiates love and joy- Right affirmation

Keep your thoughts and mind positive and it will automatically radiate happiness within you and around you.

Article 104

Tigers Eye and Reiki

I am back with my very favorite topic and that is Crystals. So, after writing about Black Tourmaline, Green Aventurine, Citrine, Smoky Quartz, Carnelian and Lapis lazuli, today I am giving a brief description about **Tigers Eye**. Tigers eye, a multipurpose stone with the healing properties that covers most aspects of life. It brings harmony and re-establish peace. It is considered one of the best stone for students for its ability to provide clarity, focus and fast manifestation of wishes. It brings money and helps balance the flow of money. Along with harmony, focus, clarity, bringing money and manifesting powers, another best properties of tigers eye is providing protection. The combination of golden and brown color of tigers eye is like Yin n Yang, balancing spiritual and grounding energy.

The three keywords that best describes tigers eye are- Protection, Abundance, manifestation. There are 3 colors of tigers eye stone- Gold, Blue and Red.

Tigers eye as protection stone-

Tigers eye considered amongst the best stone for protection. It helps against evil eyes, curses, ill wishes and psychic attacks. It also makes person feel grounded and connected to earth and nature. Tigers eye is best used during traveling and long journeys. It brings security and stability to the user as well as protects them all the time.

How to use- Select the Tigers eye stone in any form, be it tumbles, bracelet, pendants or any other form you like. Before using cleanse it. Charge it with Reiki energy and program it with your wish to protect. Carry these crystals with you, wear it, put in bags, purse or pocket, and place it in your car if you are traveling in your car. It is totally up to you how you want to carry this stone with you.

Tigers eye as prosperity stone-

Another awesome characteristic of Tigers eye is its ability to bring wealth, prosperity, good luck and success. It also helps manifest your wishes to reality. It has inane ability to bring increase the flow of money. It helps you to maintain the outgoing flow of money as well as keep you away from being greedy.

How to use-

Select the Tigers eye stone in any form, be it tumbles, bracelet, pendants or any other form you like. Before using cleanse it. Charge it with Reiki energy and program it with your wish for prosperity. You can wear it or keep at workplace.

Keep this stone at your work place or house to protect from evil eyes and ill wishes and to bring in luck, success, prosperity and wealth.

Tigers eye for physical issues-

Tigers eye is useful to treat issues related to eyes, throat, reproductive organs and solar-plexus. It also strengthens spinal columns, repairs fractures, alleviate pain, remove toxins, lowers BP, heals organs such as kidney, bladder, liver, throat, colon, spinal column, mends torn tissues, heals skin disorders etc. It also gives inner strength to the one who is weak or ill all the time.

How to use-

Select the Tigers eye stone in any form, be it tumbles, bracelet, pendants or any other form you like. Before using cleanse it. Charge it with Reiki energy and program it with your wish to heal affected organ, disease and chakras.

Tigers eye for mental issues-

Tigers eye provide mental clarity during crucial phases. It enhances concentration and helps heal anxiety. It balances mood swings and boosts self-confidence and self-esteem. It promotes honesty and helps one face and accept the truth. Also, helps see things clearly without illusions.

How to use-

Carry the stone with you are going for some kind of negotiation or where you need mental clarity. You can combine it with Amazonite to enhance negotiation towards your side.

Tigers eye for emotions-

Tigers eye provides inner strength and self-confidence during low phase of your life.

How to use-

Select the Tigers eye stone in any form, be it tumbles, bracelet, pendants or any other form you like. Before using cleanse it. Charge it with Reiki energy and program it to provide you inner strength, self-confidence and clarity,

Tigers eye for spirituality-

Meditating with tigers eye promotes determination, bring positivity, connects you to nature, increase courage and fastens manifestation. The Golden color of tigers eye is vibrations of Christ Consciousness. It helps you make contact with spiritual beings associated with Golden Rays.

The three colors of Tigers Eye-

Golden- Solar and sacral chakra

Blue- Third eye and Brow chakra. Also called **Hawk's eye**. Along with all the above properties, Blue tiger eye heals communication issues, boosts intuition and bring good luck. Heals issues related to brow and throat chakra.

Red- Root chakra. Also called **Dragon's eye** or **Ox eye**. Along with above properties, Red tigers eye increases will power, promotes self-care and it is a very powerful grounding stone. Heals issues related to root chakra.

Placement- You can place your tiger eye stones near your main door, big windows, in children's room, house, office, car etc.

Enjoy! Love n Light

Article 105

Moon Manifestation

After a long time I am back with one of my favorite topic- Moon Rituals. This particular ritual can be performed during any moon phase, be it new moon or full moon. Opt for the moon phase depending on your wish. If you wish to manifest new things in life, then perform this ritual during new moon and if you wish to let for and release, perform this ritual on full moon.

You will need one small crystal, a candle and a bowl of water. Select crystal and candle color as per your wish, alternatively you can opt for clear quartz and white candle.

- Lit your candle and sit in front of it. Place a bowl of water beside it. With distant symbol connect to Moon energy, Archangel Haniel and Goddess Diane. Ask them to help you manifest your dreams and desires or help you to let go of blockages and stagnant energies. (Depending on your wish)
- Now take a pen and paper. Pen down your wishes in present tense. Example:- *“I release all the blockages, anger and stagnant energies that hindering my progress in life, from my physical body as well as auric body”, “I manifest good luck and success for my new venture”*.
- Draw whatever reiki symbols you are guided to on the backside of this paper.
- In your left palm, hold this intention slip and cleansed and charged crystal together. Cover it with right palm. Give reiki to the slip and crystal. While giving reiki to intention lip and crystal, keep staring at candle and keep repeating your wish for about 2-3 minutes. Along with intention slip and crystals, candle is also charged with your intention.
- After 3 minutes or so, rotate crystal around candle flame 7 times and say *“Manifest Manifest Manifest”*. Put the stone in a bowl of water and the intention slip beneath the bowl.
- Ask moon energy and Archangels to charge your crystal, water, candle and intention slip with Divine moon energy. Ask candle flame to send your wishes to Universe.
- Let the candle burn. Leave crystal, water and intention slip outside overnight.

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- Next day, take out the crystal from water and place it at your altar. Take half the water from the bowl and drink it. Dilute other half water with regular drinking water and fill in spray bottle.
- Spray this divinely charged water on self, altar and in all rooms of your house. Burn the intention slip.

Enjoy! Blessed Be ☺