

REIKI TIPS

YOU HAVEN'T THOUGHT OF

REIKI RAYS



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Three Things You Didn't Know about the Main Reiki Symbols

Here's three less known facts about the main Reiki Symbols.



About Cho Ku Rei

The way to draw Cho Ku Rei is just a convention. Some Masters teach that it should be drawn clockwise. Others teach it counterclockwise. And others still teach to draw it in one direction to increase the flow of energy, and the other way around to decrease it. And of course, there are practitioners who don't use it at all, and a lot of other options in between.

The fact is, there's no right or wrong way. The meaning you give to it, and the way the connection with the intention is formed in your mind, is what makes it work the way it does. Let's say your Master taught you that the correct way to draw it is clockwise. You draw it clockwise, and you notice that it works. But if your Master told you to draw it the other way around, you would have noticed the same results.

No need to change the way you draw it now. Don't fix anything if it's not broken.

The correct way to draw Cho Ku Rei is the way that works for you.

About Sei He Ki

The two brain hemispheres deal with different aspects of life. The left hemisphere is in charge of reasoning, logic, and rationality. The right one deals with dreams, imagination, and intuition.

Sei He Ki will bring balance to the two hemispheres, allowing for a life that is neither rooted in pure logic, nor in a dream state :). Peace is achieved in life when the two sides work together in balance and harmony.

About Hon Sha Ze Sho Nen

You can imbue the distance healing symbol on your cell phone (just intend it while in a Reiki flow, no special "imbue" procedure) and activate it whenever you talk on the phone, to send Reiki to the situation you and the other person are talking about, or to that person, should it benefit and be accepted by their higher self.

You can start sending as soon as the phone rings, and let it flow "on auto-pilot", i.e. intending that the flow either ends when you hang up, or it continues for a while if required by the situation at hand. Remember that Reiki is an intelligent energy and it's perfectly capable of turning itself off at precisely the right time.

After a while, this will become automatic, and you'll become a beacon, beaming more light and energy into the world and into everything you're a part of.

Bonus Tip: The Symbol Sandwich

To increase the effectiveness and power of any symbol, you can use the Sandwich technique:

1. Draw Cho Ku Rei
2. Draw the symbol you want
3. Draw Cho Ku Rei again

Now you have a tasty sandwich, sealed with the Power symbol - making for a power-sandwich :)

A Bunch of Tips for a Reiki Life

By Vedant Vikrom Borah



Image by [mysza831](#)

As Reiki channels we love Reiki-tips, don't we? Those quick, easy-to-follow tips that make life better. Here is a bunch of tips that can make life blessed with Reiki.

Reiki is a spiritually guided energy which allows one to manifest their desires and needs for the highest good of themselves and all connected to them. Until and unless you direct the energy the manifestations may take time. Energy is converted from one form to another; you need to create the need and desire and direct Reiki energy towards manifestation. Therefore, have a strong intention of your need and direct Reiki accordingly.

Toilets and bathroom are exactly where we wash away all our negativity and unwanted energy that we gather along the day. Usually the energy in these rooms is very low or should I say cluttered with unwanted energy.

1. Draw a large Cho Ku Rei (CKR) in the centre and all four directions of the room. Intend that all unwanted energy have been drained out of the room leaving your bathroom clear and safe. Alternately, place a small bowl of salt every night or leave it during the day while you are at work. (*CAUTION: do not allow this salt to touch your skin when you discard it*).

2. In continuation, draw a large CKR along the door step (or on the bathroom

door) intending that it filters out all negative energies from entering your house or bedroom.

Cell phones are such necessity in today's time that we seldom realize the harmful effects of its low vibrations which disturbs our healthy equilibrium. Ever felt dizzy, drained or zombied (!) after a long phone call?

3. Draw a CKR every morning on your phone and intend that its low vibrations do not affect you. Alternately, filter the vibrations of a cell phone from affecting you. Draw a HSZSN intending that the filter is on for the next 24 hours. I read an article where we were advised to Reiki our cell phones so that conversations over the phone are calm and happy.

4. You could Reiki microwaves, television, refrigerators, and computers the same way.

I came across a post that read – If you have a bed to sleep, food to eat, **a family** to share your joy and sorrow with and a roof above your head, you are richer than you think.

5. Make chi balls whenever you feel the need for it. Put your entire family and your residence in it, visualize a happy, healthy family, **THANK the Universe** for all that you have, you may charge the visualization/ intent/ chi ball with [Harth](#), Sei He Ki, Kriya or any other symbols of your choice. Toss it along to your residence or the Universe.

6. Take a jar with a lid/ cover, draw Reiki symbols on the outer side of the jar (or place them inside the jar in case you feel the need to not display the symbols), send Reiki to it that you will use this jar for the benefit of your house, to protect your house, for all that your house has given you. Place it anywhere you like – your altar, at the entrance, etc. Drop a coin or money paying your gratitude to your house. As you do so, **THANK the house**. Listen, now do not use this money to throw a party or get a new pair of shoes. Either donate the money to charity or use it for the betterment of your house – new curtains, carpets, maybe even flower pots, etc. Your house represents

your way of thinking and assists you in your development; give it your love and gratitude. Make it your home

Whether you take your **vehicle or the bus/taxi**, you need to be safe from accidents, from delays. You must keep your car safe as well.

7. Before you leave draw six large CKR on all sides of the car, even the top and bottom of it, intending that it is safe and takes you to your destination on time. You might even want to draw a HSZSN over it and intend that it is protected till it comes back home by the end of the day or till the day you own that car or maybe till the car exists. Look at your car with appreciation; it always loves your attention.

After a long day, your **aura** touches and gets intimate with the aura of many others – imagine your aura in a crowded bus. Yes you protect and shield yourself but you really don't want to bring those unwanted, cluttered energy home.

8. Filter the energy you want to invite inside. Similar to tip 2, you may draw a large CKR at your entrance intending that only and only positive, uplifting, healthy energy move into your home.

9. Also before you enter, snap around your aura three times in three directions – top, front and back (of your head) with either one hand or both intending that all unwanted energy has snapped out of your aura as you enter home.

Besides,

10. Always draw life size, huge symbols while using symbols to manifest your daily needs. This not only creates an energetic atmosphere around but also a mental impression for your brain to comprehend that – ***IT IS DONE (like I am safe/House is safe/Car is safe/Negativity is out, etc)***

11. Do not impose anything. If something doesn't necessarily sync with you, don't do it.

However, all you need is knowledge of the symbols, your belief in them, and a strong intent.

12. Always add ***“for the highest good of all concerned”***. Am sure I do not need to add why or do I?

Three Ways to Use Reiki for Personal Development

Reiki is mostly regarded as a healing technique, but advanced practitioners know that it's more than this.

It's a way of life, and also a great tool that can be used for personal growth.

Here are three ways that Reiki can assist you in your personal development journey.

Empower Your Affirmations with Cho Ku Rei

If you're using affirmations, the power symbol will augment their effectiveness. Just invoke its vibration while affirming.



If you're saying your affirmations out loud, draw the Cho Ku Rei with your hand in the air, or draw it with a pen on a piece of paper and look at it while affirming.

If you're saying them silently to yourself, in the bus for example, draw CKR with your tongue :), or have it written on a piece of paper which you hold in your hand.

If you're writing your affirmations down every time, draw the power symbol before and / or after each sentence.

One thing to keep in mind is that Reiki works in its own intelligent ways, so your agenda may not always match what Reiki has in store for you :).

Tip: It's a good idea to always end your affirmations with "*for the highest good of all.*"

Resolve Inner Conflict with Sei He Ki

One could argue that conflict is an inherent part of growth, and that if there was no conflict, we wouldn't have a "reason" to grow, as there wouldn't be anything for us to *outgrow* ;).

We often find ourselves facing choices, and that's a wonderful thing we should be grateful for - the free will, the power to choose. But the mind sometimes tends to see this abundance of choices as a conflict: "choose something and give up something else".

The truth is, *there is nothing worth having that must be given up in order to have something worth having*. Or in other words, we can have everything we want, and if there is conflict, it's because we don't know what we want yet. The mental healing symbol can assist here.

Write down or symbolically draw the conflict situation on a piece of paper. Look at it, and start the flow of Reiki. Draw Sei He Ki and "detach" yourself from the situation, allowing the energy to flow freely.

Intend that Reiki "clears the milky waters", or "allows the dust to settle" over the situation, so that you can see it clearly. Redraw the SHK and reinforce it with CKR (and make free use of symbols if so guided by intuition), while you keep on sending energy.

Allow for as much time as needed, until you gain the insight into the situation and reach a decision. Many times, it feels like a moment of extreme clarity of the mind, when the path is well lit, signaled, and clear.

Tip: Sometimes it takes quite a while, and energy blockages or old attachments get released, leaving you feeling relieved and tired at the same time. If that's the case, it's good to write down the decision and take a nap if conditions allow.

Drop Negative Self Talk with the Precepts

If you've been into personal development for a while, you know that the most important conversation you have every day is the conversation you have with yourself. Negative self talk can not only hold you back from reaching your goals and living your dreams, but it can even make your life a constant struggle. It's a happiness killer.

You can reprogram your mind's negative self talk and turn it into positive using the Reiki precepts. Whenever you catch yourself thinking negatively about anything, recite the precepts to yourself and bring about the feelings of gratefulness, joy, and tranquility.

If you stick to this, within days, your whole perspective of life should change. Within weeks, you'll see opportunities all over the place, where problems were the norm. And you'll notice just how easy it is to accomplish your goals when you don't (unconsciously) create obstacles for yourself anymore.

Tip: After a while, you'll find that you can use an abridged version of the precepts, or even just a keyword (one of my favorites is "amazing grace"). You could say just "I'm grateful for my many blessings" and that would dispel the negativity and replace it with positive, healthy self talk, and feelings of gratefulness and abundance.

Aye aye, Reiki is a great tool for your personal development toolbox, indeed it is.

Stop Negative Self Talk with Reiki, and Start Your Day Off Right!

By Patti Deschaine

Many of us are our own worst enemies. We say things to ourselves that we would not put up with from anyone else. These are often habits of a lifetime, learned from an early age. Examine your own inner dialog. Some of us have negativity running as a constant soundtrack. I'll admit, I can be a prime example. Many times I have to correct myself from saying things like:

- What's *wrong* with you?
- Omg, I am so stupid.
- I'm too old to (dance, ski, start a new relationship...)
- I'm ugly.
- I hate my wrinkles.

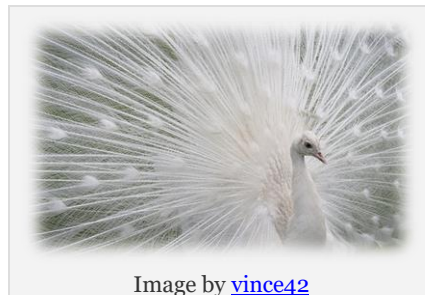


Image by [vince42](#)

Well, you get the picture. Fortunately Reiki provides a kinder, gentler alternative to negative self-talk. We don't have to allow a dirty stream of negative thoughts to control our day.

Negative thoughts that don't affect you personally will be the easier to start with. You can work your way up as you get more comfortable with rooting out negativity and replacing it with positive.

Of course, we think about things and weigh them as good or bad on a constant basis. Don't try to change a lifetime of negative thinking all at once. Start small. Pay attention to how you view the world in general. For example, try replacing "It's so hot today already!" with "Guess I'll enjoy this summer weather while it lasts."

Once you've had some practice you can move on to your *personal sludge* fund of negative thinking. Be brave, starting with your morning ritual. We know you critically examine every new crease and wrinkle, but really, is it something

you can change? Before you even catch a glimpse of yourself this morning, resolve to be kind. “I like my hair this length” is a great beginning.

Most importantly, start your day by connecting to energy. You can be too busy to do this, that’s your choice. It is also your choice to start the day frazzled and negative. Take the time to connect to universal energy. Your day will be SO much better. It does not have to be a long process. I like to start my day connecting to energy and reviewing the Reiki precepts. Send some distance Reiki to those you know to be in need or just ask the universe to direct some energy to where it is needed.

Once I am in a good space, I like to pull an oracle card as a clue to what the day holds in store for me. You can add your own personal preference here. Maybe hold a crystal or two and just sit quietly for a minute. Meditation is always a good choice to center and balance you.

Use the symbols to change negative thoughts to positive throughout your day:

- Use Cho Ku Rei when you connect to increase your personal energy.
- Take a Reiki shower and brush that negativity away with Sei He Kei.
- Send distance Reiki to those who need it with Hon Sha Ze Sho Nen.

LISTEN to what goes on in your head and correct it immediately.

Here’s the thing...if we don’t support ourselves as healers and lightworkers, how is it possible for us to transmit that which we don’t possess? The world needs our positive energy now more than ever. Take care of yourself. You are important.

Five Tips to Lose Weight with Reiki

If you're trying to lose weight, you probably know that dieting doesn't work as often as it should, and even when it does, it doesn't stick for as long as it should. Or, rather, we don't manage to stick to it.



Here's some tips that may help you in your pursuit.

1. Always Reiki your food. Intend that healing energy is discharged in your body as the food is digested and burned, and that it helps you become healthier, happier, and that it makes your body stronger.
2. Love your body. Tell yourself "I love my body" and notice how that makes you feel. If you feel any resistance, relax, take a "step back", and just let it be. Allow yourself not to love your body, just for a short while. Then start the flow of Reiki and bring in feelings of peace. Repeat until you sense you're done for now, and resume later if you feel it helps.
3. Drink plenty of Reiki water. Aim that it gets into your body and cleans it. Say *may this water remove the toxins that do not serve me or my body anymore.*
4. Write on a piece of paper an affirmation that resonates well with you and has a positive message. Such as *I am losing weight in the healthiest possible manner, at the most appropriate pace, for the highest good of myself and those around me.* Keep this paper with you, and send energy to it daily, even multiple times a day. Make free use of Hon Sha Ze Sho Nen.
5. Use a yellow crystal, such as citrine, tiger's eye, golden topaz etc, charge it with energy, and place it on your solar plexus chakra. And then keep sending energy to this chakra. The solar plexus chakra deals with your will power, and

this exercise will balance it, giving you extra determination and drive if you need it.

FIVE TIPS TO LOSE WEIGHT WITH REIKI

- 1 Always Reiki your food**
YOUR INTENTION IS THE KEY

INTEND THAT HEALING ENERGY IS DISCHARGED IN YOUR BODY AS THE FOOD IS DIGESTED AND BURNED
- 2 Love your body**
LOVE YOUR BODY & NOTICE THE CHANGE

START THE FLOW OF REIKI AND BRING IN FEELINGS OF PEACE
I LOVE MY BODY
- 3 Drink plenty of Reiki water**

AIM THAT THIS WATER GETS INTO YOUR BODY AND CLEANS IT
MAY THIS WATER REMOVE THE TOXINS THAT DO NOT SERVE ME OR MY BODY ANYMORE
- 4 Get it affirmed**
WRITE YOUR AFFIRMATION ON A PIECE OF PAPER

MAKE FREE USE OF 'HON SHA ZE SHO NEN'
- 5 Use a yellow crystal**

USE A YELLOW CRYSTAL SUCH AS CITRINE, TIGER'S EYE, GOLDEN TOPAZ ETC, CHARGE IT WITH ENERGY, AND PLACE IT ON YOUR SOLAR PLEXUS CHAKRA
THE CHAKRA DEALS WITH YOUR WILL POWER

Tip for Self-Reiki of the Spine

By Angie Webster



Image by [MaRiNa](#)

Do you treat your back with self-Reiki? There are wonderful reasons to treat the spine, back and kidneys when we do Reiki treatments, and especially when we do our daily self-Reiki. The spine is a major line of energy flow in our system. This flows from our brain all the way down into our pelvis. Most everyone has experienced pain or tension in their back and shoulders, or headaches. These are related to energy restriction along the spine in most cases. Problems in the arms, hands, hips and legs can be related to blockages here, as well. In fact, there are nerve centers coming from the spine that extend to every major area of the body. Keeping the energy of the spine open and balanced is quite a big deal! It can help so much in our body and in our emotional state, too.

Since most drawings of the chakra system show the energy centers on the front of the body, many people have come to believe that this is where they are located. However, the chakras anchor at the spine and their energy circulates through the front and the back of the body. There are also meridians that run the length of the body. These are similar to our nervous system or our blood vessels, except they carry our life force energy. There are energy storage centers along the route of these meridians that collect and hold energy for us. When the meridians are functioning well, energy flows as it needs to from one center to the other, connecting everything very nicely. We feel well and are healthy. But when difficulties arise, such as

stress and negative emotions, these become blocked or sluggish. Reiki helps to clear these and open the flow back up.

When I do self-Reiki, I typically make a point to treat my back, paying particular attention to my spine and my kidneys. Not only does it feel warm and soothing, but I can feel the energy opening in my spinal column when I do this. It makes a huge difference in the way I feel. Yet it can sometimes be challenging to reach my spine, especially if I am experiencing a blockage which is creating restriction. This is precisely when I need treatment the most! So I recently developed a method to assist me with self-Reiki of the back. It works beautifully, so I am sharing it with you!

This is done in the shower with the assistance of the water flow. I typically do this at the end of my shower and it takes only a minute or so. If you don't have a shower, or if you prefer to do it without getting wet, you could simply visualize the water flowing.

1. Ground and drop into your body as you stand under the flow of the water, with your back to the shower spray. Allow the water to flow down the back of your head from the crown, all the way down your spine. Ask the water to assist you in treating your spine.
2. Begin to imagine that the water is infused with Reiki. You could send Reiki to the shower head prior to beginning, if you like, or you can simply send love and Reiki to the water as it falls.
3. Imagine that the Reiki infused water is flowing into your head, through your brain and down your spinal column all the way to the base. You may see it become a color or it may appear as a column of bright light. Whatever you see (or don't see) is fine and perfect. It may change each time.
4. If you like and it is comfortable, place one hand on top of your head or at the top of your spine and the other hand at the base of your spine and allow Reiki to flow through the spinal column.
5. Finish by placing one hand on each kidney (on the back, under the ribs) and allow Reiki to flow. Ask the water to continue to assist by sending Reiki infused water to this area. When I do this, water naturally flows down my arms to the kidney area I am treating.

This feels wonderful, whether I do it in my morning shower, or at the end of a day when my back feels tight. I can feel the blockages release very quickly and see the energy flowing smoothly. I firmly believe that regularly treatment of the spinal area is so important, so I am happy to have found this.

Give it a try!

Increasing Hand Sensitivity

By Sierra Koch



Image by [MariaGodfrida](#)

One of the main reasons those newly attuned to Reiki do not continue on the healing path is because they don't feel anything. During class, we get feedback from our fellow classmates that they can feel heat, or cold, or tingling, etc. when we practice on each other. But for some, when they get home they don't have feedback and they feel like they have lost the ability to feel the energy. It can be super frustrating, but it can be helped.

Here are some practical tips on increasing your hand sensitivity so you can more easily feel Reiki.

The first tip is to practice. Every day. Without excuses. Even if it is 1 minute of practice time. You are the perfect practice subject because you are always there to practice on. You may not feel anything at first, but if you do not practice you never will.

Second, let go of the need to feel anything when you practice. It holds you back. Simply take the time to relax, Reiki, and notice how your body feels not necessarily your hands. Notice how you feel before, during, and after Reiki. I'm not talking about client work, but personal self-Reiki.

Third, rub your hands together before placing them in gassho or before placing them on yourself or client. It helps open the hand chakras and allows you to be more sensitive to energies.

Now it is time to play with my last tip.

Touch everything. (Disclaimer: do not touch private parts, do not touch dangerous things, use common sense). Run your hands over leather jackets. Feel the difference between a smooth clean pencil eraser and a used one. Touch tree bark. Pet a fluffy bunny. Walk through a fabric store and feel every type of fabric you can find, and yarn, and lace, and ribbon. Feel the coolness of an ice cube. The heat a computer gives off after a long day. Pick things up and notice the weight. Does clear quartz feel different than rose quartz?

Touch everything and notice how each texture, temperature, weight, and material makes you feel. Do you cringe when you touch slimy soap in the shower? Does the feeling of cotton candy make you want to clear your energies as soon as possible? Does the ruffle on a collar make you want to cut cords? Does heat make you shiver?

Touching everything and gauging how it makes you feel makes it easier for you to discover what the sensation means to you. For me heat in any spot means extra attention goes there. Heavy energy means something needs to be cleared out. Each person is going to come up with their own individual meanings behind each sensation, but you gotta practice to uncover what yours are.

Practice and let go are the ultimate tips. You can not get by with not practicing if you want to increase your hand sensitivity.

Quick Tip: Breath Sweep to Clear Your Energy

By Angie Webster



Image by [doddyblue](#)

Clearing out the energy of others or of situations we don't wish to be attached to is really important, especially right before a Reiki session. It's also a good way to begin and end our day. It is especially useful if we have just experienced something upsetting or painful. By using visualization and our breath, within a couple of minutes we can call our own energy back to us, center, and release all that isn't ours.

This exercise uses the breath and visualization to imagine that the breath is sweeping our energy clean, leaving behind only what belong to us.

1. Begin by relaxing the muscles in your belly. Take a full breath in and release it.
2. Close your eyes and feel the energy in your body. Take notice of how you are feeling and where you are tense. Notice any emotional energy that is in you.
3. As you take your next inhale, imagine the breath is pulling up through your feet, flowing up your body until you reach the top of your head. See the breath flow back down your body as you exhale, until it flows back out of your feet again.
4. With the next inhale, imagine the breath coming in through the entire back side of your body, flowing through you until it has come out the

front side of the body and into the aura at the top of the breath. Then let it flow back again, through to the back side of your body and aura with the exhale.

5. With the next inhale, see the breath flow in through the left fingers, down the arm, through the body and out through the right arm and fingers. With the exhale, see the breath flow back the way it came, through the right fingertips and arm, through the body and out the left arm and fingertips.
6. Ask that all energy that is not yours release to the Universe and to the Earth to be reused for a greater purpose.
7. Ask that all of your energy that has scattered elsewhere return to you. See yourself becoming very centered and grounded in your body.
8. Take one final inhale to clear your aura, sweeping away any debris. As you exhale, see it floating away.

Use this exercise any time you need it throughout your day. I like to use it prior to meditation on days when my mind is feeling overactive and I can't settle in. I have also found it helpful when I was dealing with stressful situations or overwhelming emotions. It is especially nice before and after a Reiki session to help clear and balance my energy, bringing my center back home.

Quick Tip: Clear Your Room with Reiki

In time, your room and your house may acquire some lower vibration energies.

These can stay behind after guests have left, or perhaps you bring them in from outside, and they stick around the room, even after you've cleared your aura.



Image by Jocey K

Here are some steps to bring the love and light energy back to your room or house.

Step 1. Stand, sit in lotus position, or in a position that you're comfortable with, in the center of the room. Breathe in, breathe out, and relax.

Step 2. Intend, or say to yourself, *I will now clean this room and bring about the tranquility and the joy and the love.*

Step 3. Start the flow of Reiki, and imagine it swipe the entire room floor, the walls, the ceiling, clearing away any negativity and leaving the areas covered in white or golden light. If some areas draw more energy, let it flow there. Continue for a few minutes, or until your intuition tells you to move to the next step.

Step 4. If possible, physically go to each corner of the room, and place a Reiki ball of energy there. In a standard room, you'll have eight corners and eight energy balls. Intend that the energy from these balls will flow into the room whenever needed.

Step 5. Draw a Power Symbol on the door, and on each window, for protection.

Step 6. Return to the center of the room, and pay attention to your intuition - it may tell you what to send and where. If you receive any signal, draw or send the required symbol to that place. Otherwise, just send more energy for a short while.

Step 7. Intend, or say to yourself, *This room is now filled with love and light, and the spirit of peace dwells here.* Ground yourself and complete the session.

Remember to get creative and adjust the steps to best suite your style. Also, burning some incense or other essences will enhance or complement the effect of Reiki.

A clear and friendly environment will go a long way in making you feel good on the inside.

Quick Tip: 5 Steps to Find Lost Objects Using Reiki

An innovative way to use Reiki symbols for finding lost objects.



Instructions:

1. Write down the name or description of the lost object on a piece of white paper.
2. Draw the distance treatment symbol on the paper once and repeat the name of the symbol thrice mentally.
3. Repeat three times the name or description of the object and ask the Reiki symbol to help you to lead to the object.
4. Now, draw the mental healing symbol and repeat the name of this symbol thrice. Seal everything with the power symbol.
5. Put the piece of paper in a safe place and return to normal life.

In the course of the day you will either find the lost object or just remember where the lost object is. Of course, if it serves your highest good, that is :).

Quick Tip: How to Use Reiki to Fall Asleep?

If you're having trouble falling asleep, Reiki can help you invoke the Sandman (if it's in your highest good of course)

How to Use Reiki to Fall Asleep?

There are many methods, Minakshi from the forum suggested one which you may find useful too. And that is:



Reiki your Third Eye and Heart Chakras simultaneously. If the hand you place on your third eye gets tired, try using an extra pillow to support it. Or, place it under your head and send the energy from the “back side”.

Alternatively, just place your hands on your body wherever your intuition guides you and let Reiki flow. Most of the times, you'll be asleep in less than 10 minutes :).

Sweet dreams!

Quick Tip: Send Reiki to Heal Past Wounds

Sending Reiki to the past is quite possible, but why would anybody want to do that? Is it going to change what happened? Definitely not. But what Reiki can do is, it can change the way you feel about the whole situation. It can cut the energetic attachments holding you in the past, and allow you to move on, light and free as a bird.



Whatever emotional blockage or issue is still haunting you today, Reiki can help you to let go, and sometimes to quite literally stop caring. Other times it will help you understand the situation, and see it from a totally different point of view, realizing that it's not that bad in the first place - and that in fact it might even be a good thing :).

But whatever the outcome of sending Reiki to the past, the bad energy will be removed. And once the negative bubble is out of the way, there's room in your heart and in your mind for lovely, awesome, new experiences.

The steps to send Reiki to a past situation are simple, and quite personal.

Step 1. Make sure you won't be distracted. Relax comfortably, breathe in, and envision the situation.

Step 2. Simply allow yourself to feel whatever you feel, without resisting it. Just allow the feeling to be there, whatever it is, just go with it. Don't suppress it.

Step 3. Keep relaxing, employ the distant healing symbol, and start sending Reiki to the entire situation, for the highest good of all involved.

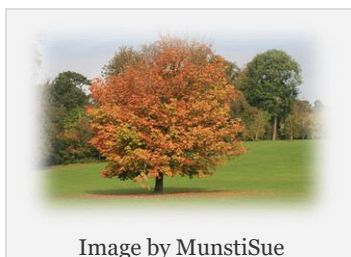
Step 4. Use of Sei He Ki freely, and any other symbols that your intuition guides you to. Remember to keep relaxing, as it's easy to get tensed when we picture past situation with an emotional charge.

Step 5. Allow the feelings to come, and whether good or bad, don't cling to them. ***Let them come, and then, let them go!*** Send Reiki for as long as it takes, and keep relaxing.

Step 6. Finish the session when you feel healing has completed and peace has settled in over the situation. It may take quite some time, depending on how strong the attachment, or how deep the wound was. Thank Reiki, ground yourself, drink some water, and enjoy the new-found peace.

Quick Tip: Whole Body Protection with Reiki

If you're one of those individuals who often feel vulnerable or are threatened by psychic attacks, using Reiki can help you protect yourself.



Here's a quick and effective technique on how you can do this:

1. Stand with your feet apart to each other and take a few deep breaths.
2. Draw the Cho Ku Rei symbol in the front and repeat the mantra thrice.
3. Intend for the flow of energy to protect you and everyone, for the highest good of all involved.
4. Bring your hands together in a way that the palms of your hands are facing you.
5. Gradually move your hands from your head to your toe like a window shutter closing in front of you.
6. Repeat this same procedure by moving down your hands at the back and once on each side (left and right side).

This Reiki technique usually takes two to three minutes to be completed. Using it helps to strengthen your aura, thereby not only protecting you from all physical and mental injuries, but also making you more self-confident and grounded.

Timeout: How to Perform a Quick Healing Session

It's not always possible to do a full healing session. In times like these, we'd better make good use of the time we have available.

Here's a suggestion on how to conduct a quick treatment. It's an abridged version of the full treatment. Enjoy :)

Have the patient sit on a chair, legs and arms uncrossed. This is because the uncrossed is an open position, making it easier to receive energy, as opposed e.g. to the closed positions such as lotus etc.

1. Hands on shoulders.
2. Hands on the head.
3. One hand on the upper neck, and the other on the forehead.
4. One hand on the back of the neck, and the other between the throat and heart chakras.
5. One hand on the breast bone, the other on the back, mirrored.
6. One hand on the solar plexus, the other on the back, mirrored.
7. One hand on the lower stomach, the other on the back, mirrored.
8. Ground them by placing both hands on their feet for about a minute.

Above are the basic steps. Spend 2-3 minutes in each position, unless you are guided otherwise. Below are some things to be aware of throughout the treatment:

- Take it easy, don't rush. Patients can sense these things.
- If you or the patient are uncomfortable touching certain areas, keep your hands slightly away from the body, in the aura.

Remember to offer your patient some water at the end of the session.

10 Tips to Find Time for Daily Practice

Finding the time for daily self-Reiki can be challenging, especially for new practitioners, or busy people who have a lot going on in their lives.



Here are some tips to help you get past that initial stage when new tasks and new things to do seem to just come up out of nowhere, leaving you no time for yourself. After you keep practicing for several days, you'll find that it gets easier to find the time, and after a few weeks, it even becomes easier to keep Reiki-ing :) than not to.

Tip 1. Practice before going to bed. If you're very tired, just go to bed, place a hand on your third eye chakra, and one on your heart, and send Reiki. It's OK to fall asleep.

Tip 2. Wake up earlier. Yes, it's challenging, but definitely worth it. Waking up 10-15 minutes earlier and doing 1 minute of Reiki in each hand positions will have a great impact in the long term.

Tip 3. Use the "idle" time, e.g. on the train, waiting in line at the bank...

Tip 4. Send Reiki to yourself or your situation with the intent that you manage to find more time for practicing.

Tip 5. Ask your guides, or your subconscious mind, to help you solve the time problem. Just stay open to any solution - and you'll be surprised to see how quickly it works :).

Tip 6. Set an appointment with yourself, every day, and make it highest priority. Treat it like a flight you absolutely have to be on.

Tip 7. Send Reiki to your Solar Plexus Chakra - this is the chakra of personal power, which governs the power of your will among others. A strong will will help you find solutions and prioritize things that are important for you, personally.

Tip 8. Find a "Reiki buddy" that you practice together with - it will increase the accountability and you'll both have a better chance sticking to the schedule.

Tip 9. Place a time-related affirmation in your Reiki box, such as *I always have enough time to do everything I desire, for my highest good.*

Tip 10. Reduce time spent on other activities, such as TV, internet browsing, facebook, email.

The Cho Ku Rei Boost

By Haripriya Suraj

Cho Ku Rei is known as the Power Symbol. It helps to strengthen the flow of Reiki. It can help you receive a quick boost of energy. It can add a dash of extra power and strength not only to your healing sessions but to your entire day.



Palm Method

Draw the Cho Ku Rei symbol on both your palms first thing in the morning and use your palms in innovative ways!

- * Intend that everything you touch during the day has Reiki flowing to it.
- * Whenever you feel stressed or find yourself in troublesome situations, look at your palms and feel the flow of Reiki. Let the energy envelop you and bring you healing.
- * Place your palms wherever you feel healing is needed. Place it on children, plants and pets. Place it on your personal belongings. Place it on your heart chakra and any other part of your body that needs healing.
- * Place your palms over food and water and bless them before you eat.
- * Whenever you have a moment during the day, stop and draw the symbol again on both your palms. This will keep the energy flowing throughout the day.
- * Finally, place your palms on your pillow and let your pillow be infused with Reiki before you fall asleep.

In each of the techniques described above, you only need to use your palms for a few seconds. You don't have to stop and give Reiki every time. It is more like placing a Cho Ku Reiki stamp and thereafter allowing the energy to do its work. Once we are attuned to Reiki, it flows through us even when we are not

consciously channelling it. It flows through us and out into the world. Just by being a Reiki channel, we leave a trail of loving energy wherever we go. Drawing the power symbol on our palms strengthens the flow and we'll have a lot more Reiki going around the world.

Third Eye Beam

This is a powerful technique where you visualise a steady beam of Reiki infused with Cho Ku Rei symbols emerging from your third eye and reaching the person, place, situation or object that needs healing. Let the energy flow until it needs to and thereafter stop of its own accord. This is particularly useful in situations that need physical healing.

Quick Reiki Recharge

Whenever you feel drained out, this technique can help you recharge quickly with Reiki.

Lie down and take a few deep breaths. Visualise a huge ball of light over you. Then visualise several Cho Ku Rei symbols dropping down from the ball and enveloping you with Reiki. Feel and absorb the power packed energy for a couple of minutes or more. Feel the power and strength returning to your cells. Thank Reiki and get back to your routine.

7 Different Ways to Use Sei He Ki Symbol

By Darshan

Sei He Ki Symbol is used for harmony and balance. It represents two opposite energies combining harmoniously. The symbol is used to heal the mental and emotional body.



The following are the different ways to use the symbol:

1. To find misplaced objects/items/things

Draw Sei He Ki symbol over your head and say the affirmation "*I allow and give myself permission to remember _____ (whatever that you are trying to find) in ways that are for my highest good*".

2. Balancing the left and right hemispheres of the brain

To balance the left and right hemisphere, draw symbols 1+2+1 (Cho Ku Rei + Sei He Ki + Cho Ku Rei) on the temples and give Reiki for about 10-15 minutes every day. Anchor the energy there by saying stabilize, stabilize, stabilize.

Affirmation: *My left and right hemispheres are completely balanced and work harmoniously with each other.*

3. To improve memory/concentration and intuition

To improve memory, concentration and intuition, draw symbols 1+2+1 (Cho Ku Rei + Sei He Ki + Cho Ku Rei) on the '3rd Eye Chakra' and give Reiki for about 10-15 minutes every day. Anchor the energy there by saying stabilize, stabilize, stabilize.

Affirmation: *My memory, concentration and intuition is increasing more and more everyday.*

4. For relationships

Draw Sei He Ki over the couple and say “ *May this relationship be healed in ways that are for their highest goods and in the best possible way*”. (x3)

5. To heal addiction and Emotions

To heal any kind of emotional blockages arising due to addictions draw 1+2+1 symbols (Cho Ku Rei + Sei He Ki + Cho Ku Rei) on the ‘*Heart Chakra*’ and give Reiki for about 10-15 minutes every day. Anchor the energy there by saying stabilize, stabilize, stabilize.

Affirmation: *I heal, resolve and release all my negative behavior and addictions to the divine for my highest good.*(x3)

6. For better memorization

Hold whatever content that you want to memorize between your hands and draw Sei He Ki over it and over yourself and affirm “*I give myself the permission to absorb and understand all the information that I am reading from _____ (whatever that you are reading) and I allow myself to access this information whenever I feel necessary*”. (x3)

7. For recalling information

Draw Sei He Ki symbol above your head and say “*I give myself permission to recall the contents of _____ (title of the book) in the next 5 minutes*”. (x3)

Reiki Water

By Shailja Kapur



Image by [Yogesh Mhatre](#)

Water is vital for all living beings. Though it does not provide any calories plays a significant role in maintaining good health. We all have noticed that our energy gets depleted when we are thirsty.

Dr Masaru Emoto claimed that human consciousness, emotional energies and vibration have an effect on the molecular structure of water. He observed that water exposed to positive speech and thoughts and pure prayers produced beautiful crystalline structures when frozen.

Water, a universal solvent, can absorb your intention and also could be energised with Reiki. As scientists believe that drinking water and brain functions are interrelated; it is better to drink Reiki water. I have experienced significant results with Reiki Water and it worked wonders for me and my family.

I would like to share my way of making Reiki water:

- Wash your hands.
- Call your guides or do your Reiki prayer.
- Express your gratitude to Reiki and water.
- Rub your hands.
- Draw the Power Symbol on each of your palm chakras and say in mind “Purify!” thrice while moving the hand in the anti-clockwise direction. I use Mukula Mudra (place the four fingers touching the thumb) to draw all the symbols.

- Draw Symbol 2 in green colour and Symbol 3 in violet colour to connect with divine energies and Symbol 4 (for Reiki 3 practitioners).
- Draw Power Symbol again on each of palm chakras and say in your mind “Charge!” thrice while moving the hand in the clockwise direction.

Now as our hands are infused with Divine symbols, we are ready to make Reiki water. The whole process is divided into three Parts: **Purify, Charge and Empower**

- Take any drinking water/mineral water in a glass container – purify the water with the Power Symbol and visualise the Power Symbol in red colour on the water vessel or on the water itself and say in mind “Purify!” thrice while moving the hand in an anti-clockwise direction.
- Draw another Power Symbol and charge it by saying in your mind “Charge!” thrice while moving the hand in a clockwise direction.
- Make symbol 2 and visualise it in green colour.
- Now we have to put our intention in the water and then empower it. The intention depends on the purpose of the water.
- Hold the water with both hands and put your intention by chanting mantras/switch words or positive thoughts and best possible required outcome according to the need for a few minutes while giving Reiki to the water. You can also put affirmation.
- Let the Reiki flow for a few minutes.
- Again Charge the Water and Empower it with the Power Symbol – The Reiki water is ready.
- Seal and Protect the session with the Power Symbol and Master Symbol (if you are attuned to it).

Reiki Water uses:

- For general household use/family/relationship– I use switchwords accordingly.
- For healing tired eyes infuse the water with millions of symbol 2’s in green colour.
- In flower pots

- Water fountain
- Sprayed in rooms to remove the negativity.
- Can be used wherever you use the normal water.
- I have also given it to my child to drink during exams and have experienced wonderful results.

Do try it and see the amazing results!

Always give infinite Gratitude to Reiki and just surrender yourself to the loving Universal Life Force Energy – you will notice the difference.

Thank you for reading this article.

Thank You Reiki! Thank You Reiki! Thank You Reiki!

Thanks to all my Gurus for their divine guidance and blessings.
Love & Light!

Fun Things to Try with Reiki

By Patti Deschaine

There is a whole myriad of awesomeness to explore when you are in tune with energy. While there is no real need to look further than Reiki for healing methods, sometimes it is just fun to mix things up and try something different. You may find some of the suggestions below are not for you, but then again, you could discover something that brings about powerful change, makes you feel great and enhances your daily practice.

Candle Rituals should always be done with a brand new candle in a sacred space. Burning a white candle can symbolize purity, provide protection and cleanse negative energy. Green can encourage prosperity or fertility; silver can be used to create a lunar connection. Brown is good for grounding and centering. Once your candle is lit, state an intention and visualize your desired situation. You are now manifesting! Candles of different colors are used for moon rituals and to celebrate religious or spiritual days in the calendar year. Burn your candle each day until it is gone to remind you (and the universe) of your intent.

Crystals hold energy and intensify energy work. A crystal grid is a group of stones, set together to create a geometric pattern, in order to harness and direct energy toward a specific goal or situation. Properly aligned and charged, a grid will hum along, generating energy even when you are not actively directing Reiki to it. This is a very powerful tool that can be used for healing and for manifesting. Build a peaceful grid of amethyst under your bed to help you sleep. Add Herkimer diamonds to enhance dream work. For an abundance grid, try orange calcite, citrine, pyrite and clear quartz. Do your research and pick specific crystals for your target goals.

Browse through a book or better yet, visit a store where crystals are sold. Use your intuition to see which ones you are drawn to. Smaller crystals are available in vast varieties at a reasonable price and you're sure to find one that resonates with you. Once you bring it home, remember to clear it and give it a job. Hold the stone between your hands while calling in energy and set an intention for it. *You are cleansed of all prior programming; I program you for light, love and healing.* There are many methods of cleansing and programming. Find the one that works best for you.

Essential oils are important as they provide relaxation, pain and stress relief, can energize or sooth your mood, depending on which scent you use.

Aroma can trigger memory and help solidify a moment in time in your mind. Use a high quality, medicinal quality oil to treat depression, skin and sinus issues, aches and pains, even use in place of an antibiotic.

Lavender oil is lovely in a bath or on your sheets at night. Add Epsom salts to the lavender bath and you have a soothing combination that also provides a full body detox and eases sore muscles. Orange essential oil will supply energy and stress relief and I love peppermint as a wake up scent or to help with an upset stomach. Rosemary will soothe your scalp, promote hair growth and increase memory skills.



Image by [SanFranAnnie](#)

Tarot cards - Tarot cards are so much fun. While they take a while to master, they offer a different perspective on any situation. There are typically seventy-eight cards in a deck, 22 Major Arcana and 56 Minor Arcana cards across four suits representing the elements, Wands (fire), Pentacles (earth), Swords (air), and Cups (water) To me, tarot is very much in tune with energy. In fact, when you purchase a new deck, it is a good idea to put it in a cloth bag with a cleansing crystal and sleep with it under your pillow for a week or so. Using this method, the deck becomes infused with your energy. This will personalize your readings in tune with your vibration.

It literally takes years to be able to learn to "read" intuitively. The cards can be interpreted many ways and should not be taken too literally. We have all seen old movies where the fortune teller draws the death card and loudly gasps as the heroine bolts from the room. Dramatic, but really, the death card rarely foretells an actual death. More likely, it represents the "death" of a project or a lifestyle and the opening of a door to a new one.

Tarot will work best for you if you choose a deck that you feel drawn to. It then becomes personal to you. Find a mentor who has extensive experience with Tarot and spend time with them. It takes a considerable time commitment to become fluent with Tarot, but it is a very satisfying and highly engaging pastime.

Divination or predicting the future - Tarot aside, there are several other tools for divination.

Pendulums - a pendulum is an object (typically a crystal) suspended on a chain that intuitively swings in one direction or the other in response to yes or no questions. Like crystals themselves, they come in many varieties and you might try several before you get one that you feel connected to. You will hold the end of the chain, called the fob, between your thumb and forefinger, then ask your question. Should I leave my present situation? Will I be able to start my own Reiki business soon? A pendulum allows you to connect with your higher self to get answers that you already know but aren't consciously aware of.

In a Reiki session, pendulums can also be used to check the strength and direction of the chakras as they spin. You can also use a pendulum to assist with finding lost objects such as keys or jewelry. Ask where the object is then use the "warm, warmer...cold" method to see if you are getting closer. Is that handy, or what?

Runes- these are stones, or sometimes glass or wood, that come in a set of twenty-four, each engraved with an ancient letter/symbol of the runic alphabet. Each symbol has a meaning and readings are done by tossing or "casting" a stone, then reading the corresponding translation. Casting three symbols makes for an in depth reading, a single one might just give you information about the day ahead.

I Ching - translated this means The Book of Changes - The I Ching is an ancient book of wisdom, used by kings and emperors for thousands of years. Each inquiry results in a hexagram and sometimes additional line readings that correspond to sections in the book. There are a possibility of 8 trigrams: Ch'ien (Cosmos), Chen (Thunder), K'an (Water), Ken (Mountain), K'un (Earth), Sun (Wind/Wood), Li (Fire), and Tui (Lake). Each trigram has three lines which is either broken or solid, Yin (negative) and Yang (positive). There are sixty-four different hexagrams, and each hexagram has six changing lines, which may or may not apply to particular reading. All of these are determined by the coin toss. For each toss, one line is determined; so six throws create a hexagram. Spend an afternoon with the I Ching. Though it seems complicated, it is absolutely fascinating.

These are but a handful of ways to keep your energy work fresh and interesting. Stay curious, learn new things. Connect with other healers and see

what they have to share. We all have varied and diverse experience. You never know what you might find.

Top 5 Reasons why Reiki Does Not Work

Every practitioner who's been into Reiki for a while knows that it does work. Some people though fail to get great results, and conclude that it doesn't work.



There are a few things which could cause Reiki to "not work", and people who don't get the expected results are most likely doing or having at least one of the following. There are of course other factors too, but these are most common.

5. Silver bullet mentality

On the fifth place we have the Silver Bullet mentality. Some people expect Reiki to just kick in and solve all their problems for them. That is not usually what happens.

Reiki is not a silver bullet and it doesn't work that way. The way it does work is, with practice, it will help you see your problems, and it will show you a way to solve them, or many times teach you to just let go of them - but in the end it will be **you** solving your own issues.

4. Impatience

Many people have unreasonable expectations and for some reason believe that Reiki is like a magic pill that you just take and you're fixed. There is unfortunately no such pill, and these pill seekers won't find it in Reiki, nor will they find it anywhere else, for such pill does not exist.

Reiki takes time, and its practice is very much like growing children. Parents will definitely agree with this one. Just like when feeding children, you'll surround your daily practice with love. Just like time spent with your kids, the sessions are something practitioners enjoy and look forward to.

If someone said to you, "*hey, I've been feeding and taking care of my newborn for 3 whole days now, when is he going to grow up?*", you'd probably burst into laughter, thinking "what a good joke".

Reiki is a way of life. Just like kids growing, little difference (if any) can be noticed from one day to the next. But when looking back at months and years of practice, the changes incurred are very obvious and profound.

3. Lack of practice

The "bronze medal" in this top is taken by the lack of practice.

Just like any other "craft", the more you do it, the better you're at it. The energy channels are cleared with each session. Every time you invoke a symbol, even if it's just for a few seconds, the energy is reinforced.

The performance of an athlete who trains every day will be very different from the performance of an athlete who trains once a week.

2. Approach

With reason #2, things start getting more subtle.

Reiki is a journey, not a destination. It should be approached as an exploration, as an expedition to discover new territory, new things, that will come in time. Not with over-excitement, but with tranquility, joy, and a smile.

It is not a destination with stages 1, 2 and 3. It most certainly does not end with the Master / Teacher level. In fact, it never ends. It's a continuous, transformational journey, filled with growth experiences and great learnings. It's a peaceful journey, and it starts with the certainty that life is already great, and it can only get better.

There is always something new to learn and to experience, and just when you thought you've reached the destination, the path to the next stage becomes clearer. The wise practitioner approaches Reiki as a journey, not as a destination.

1. Attachment to the outcome

This is probably the number 1 reason why Reiki does "not work", and it's even more subtle and difficult to "self-diagnose" :) than number 2.

Especially when new to the practice, people tend to channel the energy towards a specific outcome, instead of a specific situation. For example, you might channel the energy intending that you pass a specific job interview, instead of just sending the energy to the entire situation, being open to any outcome that serves the highest good of all involved. Attempting to channel to a purpose will simply negate the effect. It will strengthen the attachment, creating a "clingy" feeling, which will in turn create resistance and stress.







When channeling Reiki, detach yourself from any outcomes. Resist nothing, and be open to anything. Trust that Reiki is an intelligent energy that will find its way to the highest good. Perhaps failing that job interview is a prerequisite to your discovering that you can contribute in a better, different way. Or perhaps you'll just do great in the job. The key is to just be open to both outcomes, and to all other outcomes. Perhaps you'll get a job at that company, just not the one you're thinking about. Or perhaps you will refer your friend to this job. The possibilities are infinite, and we can only appreciate the abundance of opportunities we see at every step we take.

So don't cling to any outcomes when sending Reiki. Instead, aim for a feeling of **flow**, of peace, of openness, and trust (and aim for) that whatever will happen is the best thing for everyone involved - even if they don't know it yet.

Reiki Tips Infographic



Reiki Tips Infographic

<http://reikirays.com>

Tip	Steps to follow
 <p>Clear Your Room</p>	<ol style="list-style-type: none"> 1. Sit in lotus position. Breathe in, breathe out, and relax. 2. Say to yourself: "I will now clean this room and bring about the tranquility and the joy and the love." 3. Start the flow of Reiki, and imagine it swipe the floor, the walls, the ceiling, etc. 4. Go to each corner of the room, and place a Reiki ball of energy. 5. Draw a Power Symbol on the door, and on each window, for protection. 6. Say to yourself: "This room is now filled with love and light, and the spirit of peace dwells here." Ground yourself and complete the session.
 <p>Eat Reiki</p>	<ol style="list-style-type: none"> 1. Clear your mind and enable the flow of energy. 2. Imagine a cloud of energy above the table where the food is placed. 3. Charge it with energy, employing the symbols to create a healthy flow. 4. Intend that energy starts raining from the cloud, energizing it with vibrant light. 5. Draw Cho Ku Rei and bring about the feeling of gratefulness.
 <p>Drink Reiki</p>	<ol style="list-style-type: none"> 1. Clear your mind and enable the flow of Reiki. 2. Place your hands around the glass or cup of water. 3. Imagine the Power Symbol, and repeat its name three times. 4. Visualize the healing energy permeating the water and clearing it. 5. Imagine you're holding a golden ball of energy that surrounds the glass of water. 6. Draw the mental healing symbol in your mind with the intent that it protects the water and whoever drinks it.
<p>Fall Asleep</p>	<ol style="list-style-type: none"> 1. Reiki your Third Eye and Heart Chakras simultaneously. 2. Place your hands on your body wherever your intuition guides you. Let Reiki flow.
 <p>Find Lost Objects</p>	<ol style="list-style-type: none"> 1. Write down the name or description of the lost object on a piece of paper. 2. Draw the distance treatment symbol on the paper and repeat the name of the symbol thrice mentally. 3. Repeat three times the name or description of the object and ask the Reiki symbol to help you to lead to the object. 4. Draw the mental healing symbol and repeat the name of this symbol thrice. Seal everything with the power symbol.
 <p>Lose Weight</p>	<ol style="list-style-type: none"> 1. Always Reiki your food. (Tip no 2) 2. Love your body. Tell yourself "I love my body", notice how that makes you feel. 3. Drink plenty of Reiki water. (Tip no 3) 4. Write on a piece of paper an affirmation ("I am losing weight in the healthiest possible manner, at the most appropriate pace, for the highest good."). 5. Send energy to the paper daily. Make free use of Hon Sha Ze Sho Nen. 6. Use a yellow crystal, charge it with energy, and place it on your solar plexus chakra. And then keep sending energy to this chakra.
 <p>Financial Abundance</p>	<ol style="list-style-type: none"> 1. Write in your journal every day "Thank you Universe for the abundance of money flowing into my life at all times." 2. Place a ball of Reiki over the page. 3. Draw Sei He Ki and also any other symbols that you are guided to on the page.

About the Authors

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	<p><i>Angie Webster is a Reiki Master Teacher and author. Angie's primary focus is animal Reiki, which she adores. She also teaches classes and workshops about Reiki and spiritual growth. She works often with nature healing and Earth healing, hoping to better understand our connection with Mother Earth. Angie is the author of <i>Infinite Reiki, Infinite Healing: How Energy Medicine Healed my Life and What It Can do for Yours</i>. Reiki and a healthy lifestyle contributed to her healing after a 20-year struggle with neurological and chronic pain issues. She comes out the other side with a new perspective on life and now seeks to empower others, guiding them back to their own innate healing abilities. You can follow her at: angie-webster-healing.thinkific.com, https://www.facebook.com/HolisticSpirituality, http://www.serenityenergyhealing.com/</i></p>

	<p><i>Sierra is a super enthusiastic Reiki 3 practitioner obsessed with crystals. You can find her at her website Reiki Playground (reikiplayground.com) where she roams free with her companions unicorns and dragons with the occasional Care Bear.</i></p>
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