

Best of 2014



Reiki and Archangels

Reiki Rays

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Archangels & Reiki

Article by Reiki Master Sunetra Dasgupta

The term “Archangel” means “An Angel of higher kind.”

The Archangels take care of people by strengthening and assisting them in every walk of life. They do not believe in any particular religion, caste or creed, and help us to heal or get healed if called upon with a pure heart. But it's very important we keep in mind that they do not interfere in our Karma. There are Four Primary Archangels who are associated with the four main Usui Symbols. They are Archangel Michael, Archangel Gabriel, Archangel Rafael and Archangel Uriel.

Michael – “Who is Like God”

He is in charge of protection, justice, and truth.

Michael grants miracles and gets rid of toxins, lower energies and spirit release.



Image by [bobosh_t](#)

Michael is associated with the Dai Ko Myo
He also oversees a healer's life purpose.

Call on Michael if you find yourself under psychic attack or when your job is too demanding with impossible.
Deadlines to reach and people to handle.

Gabriel – “Messenger of God”

The only female Archangel in charge of communication.

Contact Gabriel: If your third eye is closed.

If you want a child she may help you conceive or bring news of conception.



Image by [bobosh_t](#)

Gabriel represents Cho Ku Rei

Helps to stay on life path and know soul's plan.

Gabriel is also very helpful for women who have been raped.

She resembles white and purple light.

Raphael – “God heals”

Raphael is an archangel that takes great interest in helping those who ask.

Helps us to be better healers.

Raphael grants, love, miracles and grace.



Image by [DominusVobiscum](#)

Raphael represents Sei Hei Ki

He is the most friendly & jovial of all Angels, and is sweet and loving.

His color is green light.

Call upon Raphael when you are traveling.

Raphael not only helps you to heal from physical, emotional and mental pain.

He also heals wounds from past lives & childhood trauma.

Raphael helps with is finding lost pets and even lost soul mates. Can help in marriages.

Uriel – “The Light of God”

Uriel is the wisest Archangel because of his intellectual information and geniusness in problem solving.

He is very subtle and he answers prayers in sudden brilliant ways.



Uriel represents Hon Sha Ze Sho Nen

Uriel heals all natural calamities and the Earth.

He is an angel of Transformation & Transmutation.

Call on him to release the painful burdens and memories of the past.

His color is golden light.

Setting & Fulfilling Intentions With Reiki and Archangel Michael

Article by Haripriya Suraj, Reiki Master

When we desire something, the first thing we need to do is set an intention. Often, our intentions are not strong enough. When this is the case, we end up sending mixed signals to the Universe. It is no wonder then that desires that are not backed by strong intentions take longer to manifest. We will have to struggle and stress ourselves a lot more when our intentions are not strong and clear. One of the primary reasons for the inability to set clear intentions is that we often feel undeserving of what we desire. Many of us are conditioned to believe that life involves plenty of sacrifice and hardship and that an amazing life is the privilege of a chosen few. This is a self-limiting belief that can make life boring and hard.



Image by [tallpomlin](#)

The first thing we need to be aware of is that everyone deserves to have a good life. No matter how a person appears on the surface, deep down he carries the same light in him as the one carried by a Saint or other Higher Being. Every single soul is a child of the Universe. People make mistakes, go through hardships and face challenges in order to learn life lessons and balance karmas. However, no one is less deserving because of who he is or what he might have done in the past. So, before you set an intention, it is crucial that you first change any self limiting beliefs you may have about your right to deserve. To aid this shift, we can use written affirmations. Start by writing a page of the following affirmations in a journal every day. You can either write all of them or choose one that you resonate most with.

1. *I am a child of the Universe. I deserve to enjoy all the good that life has to offer.*
2. *I deserve to have all of my heartfelt desires fulfilled.*
3. *I open my arms to receive all that I have asked for. I truly deserve it.*

After writing a page of this affirmation, draw the Reiki symbols Hon Sha Ze Sho Nen, Sei Hei Ki and Cho Ku Rei anywhere on the page. You can draw as many as you feel like. Give Reiki to the page. This will help strengthen your new positive belief and also heal any feelings of not deserving that may be buried deep in your subconscious. You could also write or say the following prayer to connect with Archangel Michael and take his assistance to heal self-limiting beliefs.

*“Dear Archangel Michael,
Please help me feel the truth of my own divine light. Please help me to see that I am a child of the Universe and that I deserve to have all my desires fulfilled. I request you to clear and heal all the self-limiting beliefs that I carry in my subconscious. Thank you.”*



Image by [gabriel.hilohi](https://www.gabriel.hilohi.com)

Once you are clear about the fact that you deserve and have absorbed this new positive belief, start working on your intentions. Keep these pointers in mind as you work on your intentions.

1. Writing is extremely powerful when it comes to intentions. Write your intention down in a journal. Write it in the present tense. Draw the Reiki symbols on the page and give Reiki to it once every day.
2. Visualise how you would feel or what you would be doing if the intention has already manifested. For example, if your intention is to conceive and give

birth to a child, visualise how it would feel to be carrying that baby and also to hold him or her in your arms after the birth. Visualise the details of the pregnancy and birth and make everything extremely positive. Feel it like it is happening now.

3. If you feel any discomfort or fear as you set your intentions, call upon Archangel Michael for help. Talk to him and express your fears. His warrior like energies will help heal any blocks that you may be holding with respect to fulfilling your desires. If you are unable to pinpoint the exact fear, call upon Archangel Michael just before falling asleep. Ask him to work on your fears and blocks as you sleep. When we are asleep, our rational mind is at rest and we are naturally more open to healing. Do this every night until you feel extremely comfortable with your intentions.
4. Once your intentions are set, do not worry about how they will manifest. Take any action that you need to in order to manifest your intention and then let go. Remember your intentions have been charged with Reiki. Reiki is an intelligent energy and we do not have to instruct it on how it should go about fulfilling our desires. It knows exactly how to manifest our desires and also the timing in which to manifest them. Set the intention, give positive energy to it every day and then let it go. If you begin to feel anxious about the manifestation, call upon Archangel Michael again and request him to help you let go.

Strong intentions produce clear results. ALWAYS! And with the loving unconditional support of Reiki and Archangel Michael, you will be well on your way towards living your desire 😊

Healing Fear with Reiki & Archangel Michael

Article by Haripriya Suraj, Reiki Master

What is your greatest fear? What makes your heart beat fast, your hands sweaty and your mind spin? What triggers your anxiety?

Almost everyone has at least a couple of fears. Some fears are small, while others are big and strong. The strong fears are infused with a power so great that they overpower even the strongest and sanest of folks. A person who is normally composed can turn into a nervous wreck when in the grip of fear. Rationality and logic vanish and no amount of reassurance from people helps.

As a child, my greatest fear was that I would lose my mother. I had an irrational and almost obsessive fear of losing her. It was so strong that I would cry in fear if she travelled without me or left me alone with other family, especially at night. This fear of losing a loved one is quite common among people.



Image by [paul bica](#)

Some other common fears include:

- Fear of death
- Fear of illness
- Fear of being harmed
- Fear of darkness
- Fear of travelling
- Fear of failure
- Fear of ghosts
- Fear of abandonment
- Fear of flying

This list is practically endless. If you ask everyone you know about their fears, you will come across a variety of fears, some of which you can't even connect with! But that is the nature of fear. It is most often irrational and imaginary. This is different

from the kind of fear you feel when faced with a truly dangerous situation. However, being in dangerous situations is certainly not an everyday occurrence. This kind of logical thinking does not stop us from being fearful! So, how can we help ourselves when we stand face to face with our fears?

Here is a technique that can help you when you find yourself in the grip of irrational fear-

- Sit or lie down comfortably.
- Close your eyes and take a few deep breaths.
- Feel your fear in all its intensity. Do not be afraid of feeling the fear. For instance, if you are afraid of an illness, feel the fear and all the scary details your mind projects about this illness. Don't worry, this will not manifest the illness. Since the intention behind feeling the fear is to release the energy associated with it, know that you are safe.
- Now bring your awareness to your body. In which part of your body do you feel the effects of this fear? Do you feel tightness in your solar plexus or chest? Or do you feel heaviness in your head?
- Once you locate the part of the body in which the fear manifests, place one of your palms on that part.
- Give a shape and colour to this fear. Go with the first image that comes to your mind. Do not analyse. View this image in your mind's eye.
- Now stretch your other hand, with the palm facing up. Request Archangel Michael or any other Spirit Guide you are comfortable working with to place their palm in yours.
- Feel the powerful energy emanating from this fearless being. Breathe in and absorb some of his energy.
- Now feel the power of your own being. You are inherently powerful. The scary voice in your head that makes you feel weak and fearful is the voice of the Ego.
- With this awareness of your power, see yourself blowing the symbols Hon Sha Ze Sho Nen, Sei Hei Ki and Cho Ku Rei to the image of the fear you hold in your mind's eye. Third level practitioners can also use the Master Symbol.
- See the symbols flying towards the image of the fear and attaching themselves to it. See the fear being enveloped in Reiki and being transmuted into power and love.
- Do this for as long as you feel like. If you feel weak or powerless while in the midst of the process, remind yourself that Archangel Michael (or your Spirit Guide) is with you. What is there to fear when you are in the company of such powerful beings? They are there to assist you and help you recognize your own power. So, take their help.
- Once you feel peaceful, thank Reiki and Archangel Michael (or your Spirit Guide) for their assistance.

Do this process whenever you find yourself in the grip of irrational fear. It may need to be done several times, often over months, before the fear is healed fully. You may also receive intuitive messages about other steps you can take to help with the healing. Cord cutting is particularly useful to heal deep rooted fears.

If the fear overwhelms you to such an extent that you cannot even lie still and relax to do this process, it would be wise to work with a competent Reiki Master. Once the fear is at least partially healed and you feel comfortable, you can start working independently.

Your fears can be healed. You are much more powerful than any fearful projection of your Ego. You just have forgotten how powerful you are and it is now time for you to remember it!

Build Your Healing Practice with Archangel Michael

Article by Haripriya Suraj, Reiki Master

Are you aware of your life's purpose? What is your calling? What special gifts do you have that you can share with the world?

If you are a Reiki practitioner, Reiki is something you may wish to share with the world. Are you doing justice to your Reiki practice and to all your other gifts? If not, what is holding you back?

Several healers feel a calling from the depths of their heart. They can vaguely remember what they came here to do. They are aware that they have innate healing abilities with which they can make a difference. However, they feel stuck on their path. Does that sound like you? That was me too, some years ago ☺

Right through my college days and a subsequent six years in another career, something didn't feel right about what I was doing with my life. I had a hard time figuring out what that "something" was. All I knew was that I was not happy with the academic courses I did or the jobs I worked at. People thought I was an idealist on the lookout for a perfect career. But I knew deep down that I was not looking for an ideal set up. I knew I had a different purpose to fulfil and it just took time for me to figure out what that purpose was.



Image by [AdamSelwood](#)

The purpose was actually unfolding all along. All the experiences I had and the challenges I faced before and even after I became a Reiki practitioner helped me reach where I am today. Being determined about my life's path and not being swayed by others' opinions helped immensely.

The good news is that you can do it too! You can follow your heart and fulfil your purpose. You can use your healing abilities and teach others about it too. You can create a life that feels meaningful to you and which satisfies the longing of your soul. All you need is a strong will and a bit of courage.

Take Small Steps Each Day

If you wish to have an independent Reiki or spiritual teaching practice, start moving in the direction of your dreams today. Maybe you can't afford to quit your current job and set up a full time Reiki practice right away. But you can certainly accomplish a little bit each day. If you wish to do more healing work and you don't have clients and students yet, heal with Reiki in other ways. You may have a garden at home. Why not give Reiki to your plants? If you have pets at home, why not pamper them with Reiki treatments? Give Reiki to Planet Earth and play a role in its healing. And most important of all, heal yourself with Reiki every day. Remember, the more you heal yourself, the more you are able to help others heal. These may seem like small steps but they can go a long way in helping you fulfil your life's purpose. With every small step you take, you inspire the Universe to take ten steps more. And you will soon find yourself living life at your highest potential.

Call on Archangel Michael

You can also call on Archangel Michael to help you move ahead on your life's path. Michael loves to help healers and spiritual teachers fulfil their purpose. The best way to connect with Michael is to have a personal interaction with him. This is one technique you may want to try:

1. Go outdoors in nature (preferably in your own private garden or roof terrace). If that is not feasible, don't worry. You can do it indoors too.
2. Take a few deep breaths and relax. Call upon Archangel Michael and request him to be by your side. Call him from your heart.
3. When you call on Michael, you can be certain that he will be there. You may feel a warm presence beside you or you may just sense that he is by your side. Once you intuitively sense that Michel is beside you, hold his hand. If you ask for your hand to be held, rest assured that it will be held (even if you can't feel it). Or you may find that Michael puts his arm around you. Trust your intuition and go with the flow. Stroll around your garden with him. Walking with Archangel Michael is like walking with a wise old friend and sharing your life's story with him along the way!
4. Pour your heart out to Michael. Talk to him loudly (if possible), as it can help you connect better. No one is around to judge you or laugh at you. Tell him about your desires and aspirations with regards to your life's purpose. Tell him about your fears and about everything that is holding you back. Ask him to guide you.
5. Notice all the empowering thoughts and feelings that enter your awareness as you walk. These are Michael's messages for you. If you receive a message that does not feel right, know that it is coming from the Ego and not from Michael. The angels always give us empowering messages, even when the

messages have challenging guidance. Trust your intuition and accept only those messages that feel right.

6. Thank the Archangel for his guidance and request him to continue helping you with your life's purpose.

Just the act of walking with Archangel Michael will help you feel powerful. It can help you develop a strong will and to become your own Master and guide. His messages serve as additional guidance.

There is no better time to start than now. Do whatever you can to fulfil your life's purpose today, no matter how small the step. And allow Archangel Michael to be your mentor. Do you know how blessed we are to have angelic guides and mentors?

😊

Be fearless and know that you can accomplish your life's purpose. You can be an amazing Reiki healer, a powerful spiritual teacher and everything else that will make a difference to you and to the world!

Guided Meditation to Connect with Archangel Raphael

Article by Justine Melton

Archangel Raphael is known as the supreme angel of healing. He reaches across numerous religions and belief systems just as the healing art of Reiki does. He loves to be called upon and welcomes any opportunity to show you a sign of his presence. Raphael's greatest joy is to bring healing to your life. He has a special affinity for those who feel the calling to work as healers. He will watch over you and use you as a vessel to help others. He emits a beautiful green emerald healing light.

I first came in contact with Archangel Raphael during a meditation session. I knew that I loved the world of Reiki and that my calling was to help others heal. I wasn't sure however if Reiki was something I should pursue as a business or if it was just a hobby. Raphael appeared to me in my meditation and said that I was to move forward and be a healer. He promised to look over me and help me be a vessel to bring healing to many around me. He instantly alleviated any worries I had and helped give me confidence in the direction I was to go. Before each Reiki session I have with a client I ask him to please help heal the client for their greatest good. He has brought so much peace to my life and inspired my business name of Divine Light Therapies.



Image by [daryl_mitchell](#)

One of the things that I love the most about Archangel Raphael is that he is so easy to make contact with. He loves to show you his presence and receives a great deal of joy from making a connection with you. Raphael can help bring so much love and healing to your life as well as being able to show you how to bring it to others.

Here is a very simple guided meditation routine of how to easily connect with Archangel Raphael.

1. Pick a **place** where it is quiet and you are most at peace. This can be an outdoor space or indoor space.
2. Reiki the room or space with whatever **symbols** you feel called to use. I like to use the Master symbol but any symbols you feel called to use will be correct for you.
3. Next, if you prefer to mediate with **music** put music on. Music can really help some people to clear their mind and have a better connection.
4. Next, light a **candle**. I like to use white or pink but many people find it easier to connect by using a green candle since that is the color that radiates from Raphael.
5. Sit in your prepared meditative space and close your eyes. Spend a minute slowly breathing in and out, in and out, in and out. At this point picture Raphael coming to you and standing before you. Open up to whatever **messages** you feel he is trying to tell you.
6. If you have any **questions** for him now is the time to ask! Pay attention to whatever thoughts you suddenly have. These thoughts could be your answer! Do not dismiss any information you are receiving. If it doesn't make sense right away it may make sense to you a few days or weeks later.
7. After ten minutes of being in this meditative state (or however long you feel called to stay) picture a **majestic green light** filling your space. This light is clearing your space of anything that is bothering you and is bringing healing energy to you.
8. **Thank** Raphael for his loving presence and then open your eyes feeling relaxed and at peace.
9. At this point you may like to write down any **messages or symbols** you feel you were given so you can refer back to them later.

Wishing you all love and light!

Communication with Departed Loved Ones: Reiki & Archangel Azrael

Article by Haripriya Suraj, Reiki Master

Archangel Azrael is known as “The Angel of Death.” He helps souls cross over comfortably to the other side. He also helps these souls communicate with near and dear ones on Earth. People who are alive can also take his assistance to establish communication with the souls of their departed loved ones.

As Reiki practitioners, we have the added benefit of using Reiki along with help from Archangel Azrael. Reiki energy being soft and loving creates a safe and peaceful space for soul communication to happen.

This kind of communication should only be done only to express such things that would help us and also help the souls of our loved ones. Positive and kind words that were unexpressed when the person was alive can certainly be expressed. Asking for forgiveness for any pain we caused them and sending our love is also perfectly fine.

In short, any message that comes from the heart is good. Love is the key.

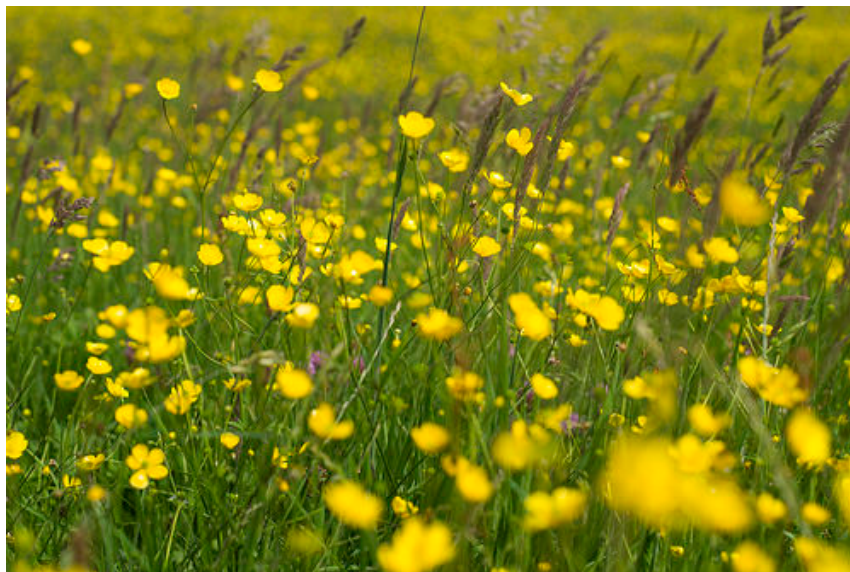


Image by [tommarsh](#)

If what you wish to convey is not coming from a place of love (that is, it is coming from the Ego), don't express it. Your intuition will guide you.

Here is a brief outline of the process:

- Keep a piece of paper and pen with you.
- Sit in a quiet place where you will be left undisturbed.
- You can play soothing music and also light a candle if it helps.
- Take a few deep breaths and get into a meditative state.
- Visualise the room being flooded with Reiki. You can also draw any symbols that you are guided to in the air.

- Bring your awareness to your heart. You can place your palm on the heart to connect with it. What message of love does your heart wish to send to the soul of your loved one? Start writing the message on the piece of paper. Keep your words positive and loving.
- Give Reiki to this piece of paper. This will strengthen the element of love in your message.
- Call upon Archangel Azrael. If you work with angel card decks, pick any card of Archangel Azrael from the deck to connect with him. If you wish to, you can also place the card along with your piece of paper. Request him to take this message to your loved one.
- You can also request Azrael to bring a message back to you from your loved one.
- Express your gratitude to the Archangel for his assistance.
- Put the piece of paper away in a safe place.
- Thereafter, notice any messages you may receive from the other side. These messages may come in the form of feelings- you may feel a deep sense of peace or you may feel a surge of love. Unhealed feelings that you may have carried about your past relationship with this person are suddenly healed. You may also receive messages in the form of words that you read somewhere or as songs that play on the radio or television. It may also be in the form of visits from certain animals or birds. Each one's experience is unique. You will know it is a message for you when you receive it.
- Do not analyse the message by allowing your logical mind to kick in. Trust your feelings and accept the message you get.
- Once you have received your message, discard the paper by either burning or burying it.



Image by [Nina Matthews Photography](#)

This technique is particularly useful when we wish to express love and forgiveness to our departed loved ones. When people are alive, we sometimes take them for granted. We may also focus only on the negative aspects of their personality. And when the person is no more, we realise their value and also recognise their positive

traits. This tends to bring up feelings of sadness and guilt in us. However, feeling sad or guilty does not help anyone. As we grow spiritually, it is important to remind ourselves constantly that the core of our being is pure love. Anything that is not love is not who we are. Due to our identification with the ego, all of us err from time to time. So, if you feel sad or guilty about something you did or did not do (or something you said or did not say) when a loved one was with you, it is not too late. It is possible to express your feelings even now. Rest assured that the power of love would heal everything that is unhealed in all of space and time and restore the flow of love in your relationship.

Chakra Clearing with Reiki and Archangel Metatron

Article by Haripriya Suraj, Reiki Master

I do Angel Card Readings every single day to receive guidance for my personal growth. For a period in time, I kept drawing the card of Archangel Metatron. This card asked me to clear my chakras with his help. I did not take this guidance seriously and kept putting off working with Archangel Metatron for several days. But like all card readers would know, you keep drawing the same cards until you follow the guidance being given to you. I drew the card so many times that I finally decided to work with this mighty Archangel.

Archangel Metatron heals with sacred geometric shapes and uses a tool that some refer to as a “Metatron Cube”. In order to facilitate healing, he passes his cube right through your energy body. The cube rotates as it moves through your energy field and clears toxins from each of your chakras.

When I finally used the Metatron cube to heal myself, I found the results to be quite amazing. I could feel the cube clearing away all toxic energies as it rotated. Since then I have begun to take the assistance of Archangel Metatron and his sacred cube during some Reiki healing that I know would benefit from this additional help.

If you have pressing issues with any of your chakras or would just like a thorough cleansing of all your chakras, you will benefit from working with Archangel Metatron as well. This technique can be easily incorporated with your daily routine of Reiki self-healing. You will not need to use this technique every day. You can use it once every few days depending on the health of your chakras. Trust your intuition and use it when you feel like.

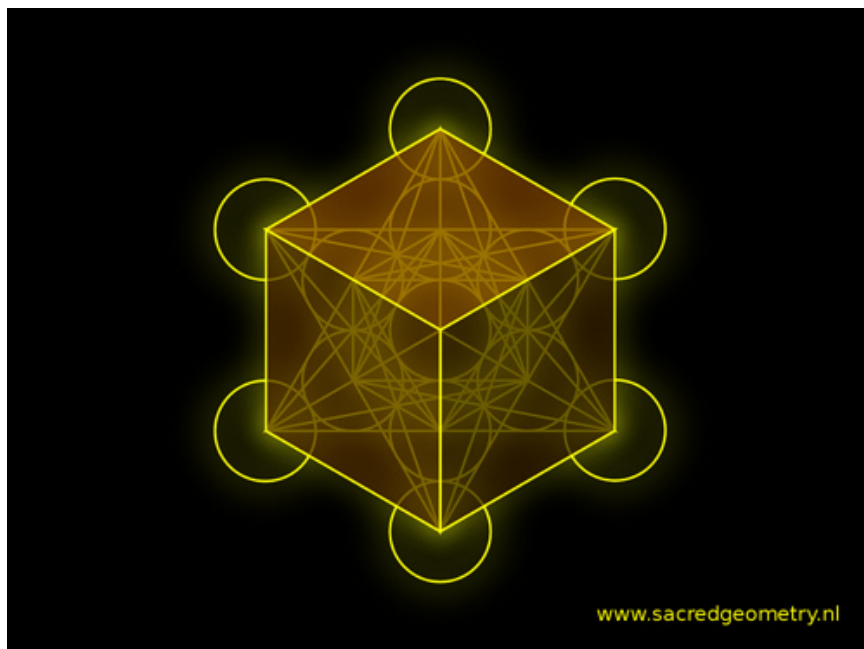


Image by [Sacred Geometry](http://www.sacredgeometry.nl)

Here's how you go about it:

1. Take a deep breath.
2. Call upon Archangel Metatron to assist you with clearing your chakras. If you work with angel cards and have the Archangel Metatron card with you, you can place it close to you during the healing.
3. Visualise the Archangel and his cube. Do not worry too much about the visual details. Your intention to connect with the Archangel and his cube will ensure that you are connected.
4. Visualise the Archangel sending his cube towards the top of your head. Visualise the cube spinning inside your crown chakra. Intuitively scan the chakra for traces of toxins. Feel these toxins being cleared by the spinning cube.
5. Next move to the third eye chakra and repeat the same process. Similarly, move the cube through each of the chakras and allow it to work on each one, thereby clearing every chakra of toxic debris.
6. Trust your intuition. Let the cube move as it wishes to. There is no strict rule to be followed as to which chakra must be cleared first. You may find the cube moving randomly from chakra to chakra and also moving back to do more work on chakras that were already cleared. Do not analyse. Just go with the flow and relax. You will not make a mistake when you trust your intuition.
7. Once you feel that you are done, thank the Archangel for his assistance with this healing.
8. Proceed to do a full body Reiki healing as usual.
9. Drink plenty of water.

There is no limit to the number of ways in which we can heal ourselves. It is always nice to experiment with different techniques and absorb the benefit that each technique has to offer. The beauty of Reiki lies in its flexibility. It can be incorporated with most other techniques and it works so beautifully. If you like healing with the angels, you are sure to enjoy working with Archangel Metatron and his sacred cube!

Reiki and Archangel Haniel

Article by Haripriya Suraj, Reiki Master

Archangel Haniel has a lovely energy that resonates with the moon. The crystal associated with her is moonstone. She can help us when we feel sensitive and out of balance. Working with her may be particularly helpful to women who find themselves going off balance at varied times of the menstrual cycle. If you are a woman and you face this problem every month, you can connect with Archangel Haniel. Haniel's soft energy can ease hormonal fluctuations and help you maintain a state of harmony and balance. This apart, she also helps anyone who feels sensitive, unworthy/unlovable and out of balance in general (men included).

The best time to work with Archangel Haniel is during the time of the full moon. But you don't have to wait for the full moon to connect with her. You can also call on her at other times and she will be happy to help you. Using or wearing a moonstone crystal can help you connect with her energies better.



Healing with Reiki and Moonstone

- Ensure your moonstone crystal has been cleaned and cleared of all negative energies.
- Hold the crystal between your palms and charge it with Reiki for a while.
- Call upon Archangel Haniel and ask her to bless this stone with her energy.
- Request Archangel Haniel to sit beside you as you prepare to heal yourself with Reiki.
- Begin to do a full body Reiki healing.
- As you heal yourself, place the moonstone crystal on whatever chakra or part of the body that you are guided to. Trust your intuition and feel free to move it around. You will not make a mistake when you trust your feelings.

- You can also request Archangel Haniel to heal you with her energies and just relax as the energies work on you.

This act of receiving from Haniel will help you understand that it is OK to receive in life. A lot of energetic imbalances occur when we become perpetual givers and also when we try to be in control at all times. We must also learn to receive and to let go of control at times. This helps our energies stay in harmony and balance.



Image by [Stevebidmead](#)

Full Moon Healing with Archangel Haniel

- Go outdoors on the evening of the full moon. Your own garden, balcony or roof terrace would work best. If that is not feasible, you can do it indoors in a space that offers you a view of the full moon.
- Take a few deep breaths to relax and center yourself.
- Call on Archangel Haniel. Say, *"Dear Archangel Haniel, Please be with me now and help me heal."*
- Look at the full moon and visualise Archangel Haniel standing behind it.
- Intend that the energies from Haniel and the moon wash over you from head to toe and bring balance to your body, mind and spirit.
- Bask in this energy for as long as you like.
- Once done, thank Haniel and the moon for their help.
- Drink plenty of water.

This meditation can also be done when the full moon is not around. All you need to do is visualise a full moon and proceed to heal yourself as described above. Enjoy feeling balanced and harmonious!

Live Your Passions & Create a Colourful Life with Reiki & Archangel Haniel

Article by Haripriya Suraj, Reiki Master

What are you passionate about in life? How many of your passions are you living? Are you aware of your passions? I would like to share my list of passions.

I am passionate about:

1. Life
2. Music
3. Dance
4. Healing
5. Energy work
6. Teaching others about healing, energy work and angels
7. Angel card readings
8. Reading
9. Writing
10. Nurturing my child
11. Romance and love
12. Good food
13. Travel
14. Rest & Relaxation
15. Spiritual Growth and learning
16. Nature
17. Pampering myself and my inner child
18. Spending time by myself



Image by [Ian Sane](#)

Exercise

Before you read further, take a pen and paper and make a list of all the things that you are passionate about.

We may add more things to the list as life goes by. Passion does not always involve “big” stuff. You can even be passionate about relishing a cup of tea. It is perfectly normal to be passionate about the small things in life. Ultimately, it is those small things that determine the quality of our lives on a day-to-day basis.

Now look at the list of passions that you have made. Spend some time reflecting on all that you have written. How many of your passions are you living? Are you satisfied with what you see? Or would you like to add more colour to your life by living your passions on a day-to-day basis?

It takes **courage** to live your passions because it often involves being criticized or misunderstood by family and friends. Everyone does not understand our passions and may not be fully supportive of us living our passions. ***But life is meant to be lived fully.*** Every day can be so full of joy and meaning, if only we could allow our passions to lead us. So, the first thing to do is to decide that you will dedicate at least some time everyday to living at least one of your passions. If your family is supportive of this, good for you! If not, you will need to have a heart to heart conversation with them and explain why this is important to you. Most people understand when something is communicated to them respectfully. For instance, you may feel the need to spend some time alone everyday to just be by yourself. If you have never expressed this need of yours in the past, it may come as a surprise to those closest to you. Nevertheless, if it is on your list of passions, you will benefit if you give yourself that time alone every day. When you give yourself the permission to do this, it means you love yourself and like to take care of yourself. And when you take good care of yourself, you also end up taking good care of the people close to you. The following pointers can guide you as you work on living your passions and making your life more meaningful.

Make the Time

Allocate time slots in your weekly schedule to live your passions- it could be an hour every day, a few hours every week or one day in a week, as per your convenience. It would be ideal if you could devote some time to at least a couple of your passions every day. But if that is not possible, make sure you at least dedicate one day a week to living your passions.

Chart/Vision Board

Collect pictures that reflect your passions from newspapers and magazines. Stick all the pictures on a chart or board and hang the chart in a place where it is easily visible to you during the course of the day. You can even draw the Reiki symbols on the chart if you wish to. Looking at this chart will inspire you to live your passions!



Image by [bovinity](#)

Reiki & Archangel Haniel

Give Reiki to your list of passions and to your chart whenever possible. This will add energy to your passions and make them a lot more powerful.

You can also take the help of Archangel Haniel to live your passions, especially when you need to take risks to do so. For example, someone who is initially passionate about an activity may, over time, feel a strong calling to convert this passion into a full time career. When this happens, the person may have to take certain risks and move past comfort zones. However, when something is felt as a true calling, it is meant to be part of our life's plan and purpose. And we are sure to receive support from the Universe as we make life changes to accommodate our passions. However, the only requirement is that we ask for help. When you feel afraid or unsure about living a passion of yours or about moving past your comfort zone, call upon Archangel Haniel. Haniel whose name means "Glory of God" can help you use your potential to the fullest and make your transition into the unknown comfortable. When we were children, we were naturally tuned into our passions and naturally believed that life was a joyous experience meant to be lived passionately. As we grew older, we were conditioned to believe that life is a struggle. As a result, many of us developed the belief that having fun and living passionately is something meant only for the young. Nothing could be further from the truth. Age is just a number and has absolutely nothing to do with living your passions or having fun. The spirit of the child that you once were is still alive in you. All you need to do is recognise it and set it free. Once you set it free, this childlike presence in you will help you live all of your passions and make life a truly amazing journey!

Reiki Yourself and Your Children to Sleep with the Help of the Angels

Article by Justine Melton

I am a Reiki Master and have used Reiki for all sorts of things from healings, to room cleansings to protection, to charging things. I have my own Reiki business and feel it is my calling in life. But even with all of this it was in a moment of desperation, and burnout at the end of my day from being a single parent of two little girls that did not like bedtime that I came up with a way to easily put my children to sleep. While laying in bed one night completely and utterly exhausted from 2 hours of bargaining, tears and deal making about bedtime with my children I thought to myself that there has got to be a better way to do bedtime. Then it hit me like lightning. Why had I not been using Reiki and all of the other work that I do? I use it in every other area of my life. Why not bedtime with my children? At that moment I formed a new plan. The method that I used uses a symbol that you must be attuned to a Reiki Master level to use. However, I believe that use of the other symbols would have wonderful effects as well and get you to the same peaceful place. I do call in the help of Angels here. If you are a Reiki Practitioner but do not believe in angels you could just use the Reiki and color work alone.



Image by [susivinh](#)

My new routine is as follows:




1. I put my daughters in their bed and Reiki their room.
2. I put the Master Symbol on every wall, window, bed, ceiling, floor and door.
3. I create a ball of white light in my hand that I then visualize going up and expanding throughout the room removing all that is negative out.
4. I then begin a guided meditation where I call in the Angels. I have a special connection with Archangel Raphael so that is the angel I start with but any

will work for you. I go through my mediation with each Angel standing around my children's bed throwing a color up into the room that clears the room, goes down through their body (starting at their head then working slowly down to their toes). Then finally the light goes down into the ground taking all of their troubles away and then heals the Earth. I go through the chakra colors here, one color after another.

5. I then end it with the Angles giving thanks for allowing them to bring these loving colors to the children and do one big master-healing symbol in the center of the room.

The beauty of this routine is that you can make it as short or long as you like. When I do it the session averages ten min and my kids are fast asleep by the end of the guided meditation. These are children that normally fight bedtime. They look forward to this routine and bedtime is no longer a struggle. I use this routine on myself as well and it puts me in a deeply relaxed state. Allowing Reiki and Angels to assist with bedtime with their divine light has been one of my favorite experiences with using Reiki so far.

About the Authors

	<p><i>Haripriya is a Reiki Master and spiritual healer. She was drawn to Reiki right from her childhood and as an adult, Reiki went on to become part of her life's purpose. Reiki is her constant companion and she seeks great comfort and peace in her daily practice of the same. After reaping the fruits of Reiki practice in her life, she was inspired to spread the joy of Reiki. Her passion for teaching and healing with Reiki led her to create a holistic space for the fulfillment of her life's purpose. She is the founder of Aananda Holistic Center wherein she teaches Reiki as well as performs healing sessions. Haripriya resides in India (Bangalore). Reach Haripriya at aanandaholistic@gmail.com and at Aananda Holistic Center on Facebook.</i></p>
	<p><i>Justine Melton is a Reiki Master/Teacher and an Intuitive Counselor. Reiki came into her life a few years ago and changed it in amazing ways. It is her passion now to bring Reiki to others and help them to heal in an alternative way. Justine is lucky enough to be an Empath, Clairaudient, Clairsentient, and Clairvoyant. She is able to use these gifts with Reiki to give extra messages during a session for the client's highest good. She has her own business called Divine Light Therapies. Justine lives in the beautiful San Diego Mountains with her children and countless pets. http://www.letthewhitelightshine.com/</i></p>
	<p><i>Sunetra Dasgupta (1988) is a Reiki Master who quit her Investment Banking Job in 2012 to take up Reiki Practice. She is an Angel Whisperer and apart from that specializes in Traditional (Usui), Karmic, Soul Mate and Angel Reiki, Past Life Regression, Psychic Surgery, Aura Brushing, Crystal Healing, Chord Cutting and Angel Card Readings. She lives in Navi Mumbai, Maharashtra, India with her parents and her one year old hyperactive Labrador Tubby D.</i></p>