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# Being a Reiki Angel on Earth

*Smile      Be Gentle Yet Firm*  
*Empower      Drop Judgement*  
*Lead by Example      Bless*

**By Haripriya Suraj**

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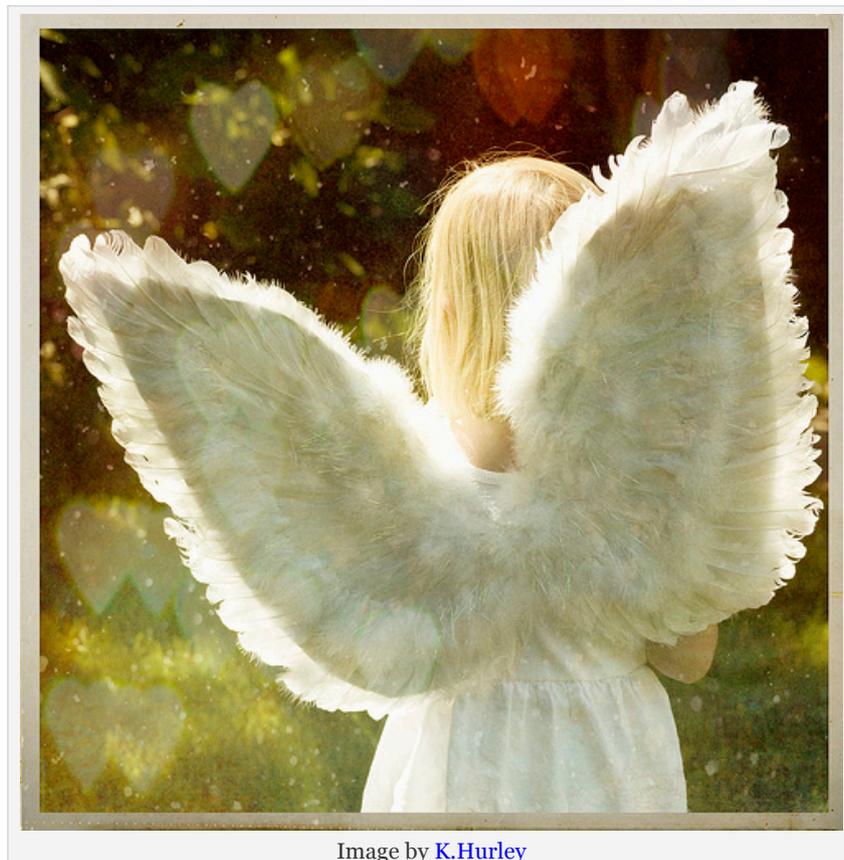
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## Angels in Reiki Practice and Life

The angels are among my best friends! The love I share with them is pure, sweet, unconditional and comforting.

My connection with the angels began a decade back, when they helped me cope with the passing on of my grandmother and helped remove a lot of fear and dark energy from my environment.

Thereafter, I have communicated with the angels at crucial moments in my life and expressed my deepest feelings to them. Whenever I could not share my feelings with human beings, I called upon these celestial beings and poured my heart out to them. And the best part is they always listened. Not only did they listen, but they also responded with unconditional love by sending help in the form of people or altered circumstances.



My connection with them deepened around the time that I decided to start teaching Reiki.

I was walking through a bookstore when my eyes happened to fall on the book “*Healing with the Angels*” by Doreen Virtue. I was instantly attracted to this book. Though a part of me really wanted that book, another part of me told me to wait for some time before reading it. So, I decided to wait.

A couple of months after I received the Master Degree attunement, I was guided to a workshop on “*Healing with the Angels*”. I also went on to read the book “*Healing with the Angels*” that I had seen at the bookstore. This was a period in life when I struggled to establish a Reiki Practice in circumstances that pushed me past my comfort zone. Doing the workshop and learning more about the angels was a significant milestone in my life. After doing this workshop, my connection with the angels deepened even further. They helped me set up my Reiki Practice. They also helped me face all the challenges that came along with choosing this path. They paved the way by helping me release and heal several patterns that were no longer serving me so I could be a better teacher myself.

As I went about establishing my Reiki practice, my connection with the angels became so strong that they are a part of everything I do today, including Reiki. I share all my ideas and feelings with them and they help me by working quietly behind the scenes.

Listed below are some aspects of my life, of which the angels form an integral part. If something resonates with you, know that the angels are trying to reach you through this piece of writing and wish to connect with you :-)

### **The Angels in Reiki Healing**

*The angels add a divine touch to Reiki healings and if you like the idea, you can try it yourself to see how it feels.*

In my case, I often take the assistance of the angels when I do a Reiki healing, be it for others or for my own self. When I do a Reiki healing for someone, I do an Angel Card Reading prior to the healing session and request those angels who would be able to assist the client to step forward with their messages. I place the angel cards in the healing room and request the angels to help the client heal in the best possible way. Doing an angel card reading also helps me understand the root cause of a client’s issue and thereby helps me offer guidance along with the Reiki healing.

### **The Angels in Reiki Attunements**

*The angels are present wherever healing work happens. So, it is only natural for them to be present during every Reiki attunement happening in the world!*

During a Reiki attunement, I also request all those angels who would be of maximum help to the person receiving the attunement to step forward. I then go on to pick angel cards intuitively. I place all the angel cards in the attunement room, thereby enabling the person receiving the attunement to receive energies and blessings specific to him or her.

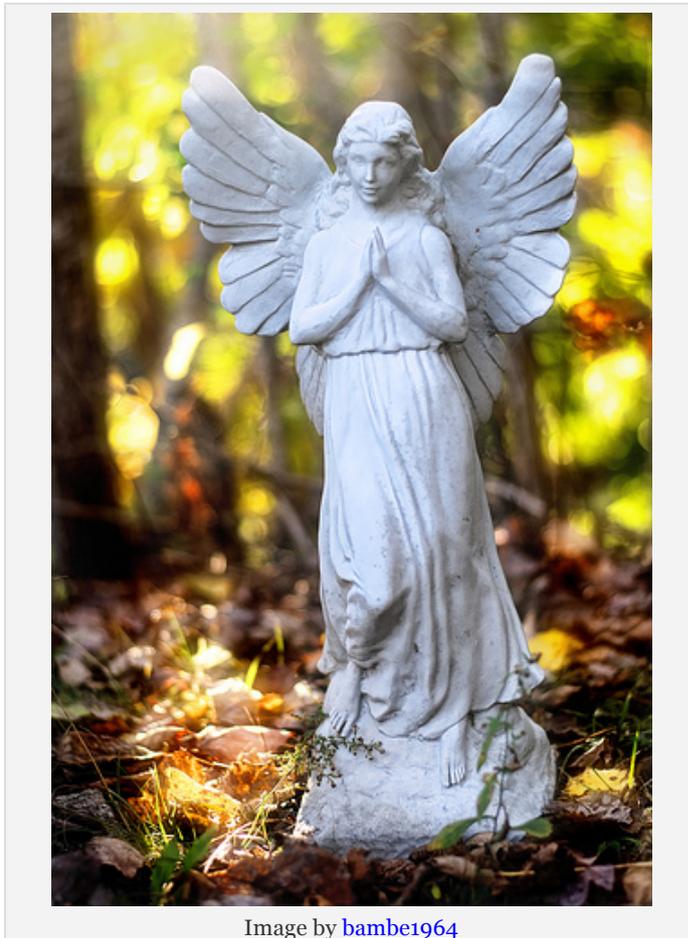


Image by [bambe1964](#)

## **Healing Stubborn Blocks with the Angels**

*Often, it so happens that an underlying issue needs a deep healing through a conscious intervention before Reiki can balance stuck energies in specific locations of the energy field. In such cases, the angels can be of great assistance in helping us heal those underlying issues.*

Whenever there are stubborn blocks to be healed, I invoke the angels (especially Archangels Michael and Raphael) and ask for their assistance in healing those blocks. If the energy seems to be stuck because of etheric cords between people, I request Archangel Michael to step forward and cut the cords. Once the cords are cut, the Reiki healing continues as usual and the area where the cords were cut is filled with Reiki. Once an area is healed fairly well with Reiki, I request Archangel Raphael to surround the area in his emerald green light in order to heal any residues that may be present.

## **Healing Personal Issues with the Angels**

*The best part about connecting with the angels is that we can share everything about our lives with them, without fear of being judged or ridiculed!*

Whenever something bothers me, I write or type a letter to the angels and express my feelings to them. I know they listen each time because immediately after writing the letter, I feel a sense of peace. I feel deeply that the issue is now taken care of and I just have to let go and relax. And the issue is always taken care of and help from the angelic kingdom comes in varied ways!

### **The Angels as Our Friends**

From my work with the angels, I have realised that the angels are absolutely unconditional beings who accept and love us exactly as we are. We don't have to pretend or strive to be different to receive their love. Not only do they accept us as we are, but they also help us heal our lives in the most magical of ways. They help us see and appreciate the divinity within us, even when we feel poorly about ourselves. The angels are my best friends because I can be myself with them! I can talk to them like I talk to a friend and expect their unconditional support and love.

*The angels can be your friends too and assist in every area of your life. They can help you with your Reiki practice, they can guide you as you practise self healing or go about healing others, they can comfort you when you feel low and they can be by your side at all times. All you need to do is just ask. Ask and they will be there. And you will be surprised to find that they are among the sweetest of friends you could ever have! Angelic blessings to you. :-)*

## Being a Reiki Angel on Earth

Many of us Reiki healers integrate Angel Healing with Reiki. We take the assistance of the angels all the time. We enjoy being cared for and loved unconditionally by these Higher Beings. We are empowered by the loving warmth that envelops us when the angels shine their light upon us.

Can we also make the effort to be Angels for others in the world; for our Reiki clients, for our friends and family, for plants, animals and even so called non-living things?

### ***Here are six ways that we can be Reiki Angels on Planet Earth:***

***Smile*** - When was the last time you smiled from your heart? Smiling is contagious and puts people at ease. Smile at your clients and make them feel welcome. People are often nervous when they come in for healings and classes (much like how one feels when waiting to meet a doctor). When you smile from your heart, it breaks the ice and makes the person comfortable. We often forget to smile at our partners, children, family and friends. We may not even find it necessary because we see these people all the time. But that's the whole point isn't it? The people close to us share their love with us. They do so much for us that we may not always be conscious of. Make frequent eye contact with people at home and smile. Be an angel and make them feel loved and cared for.

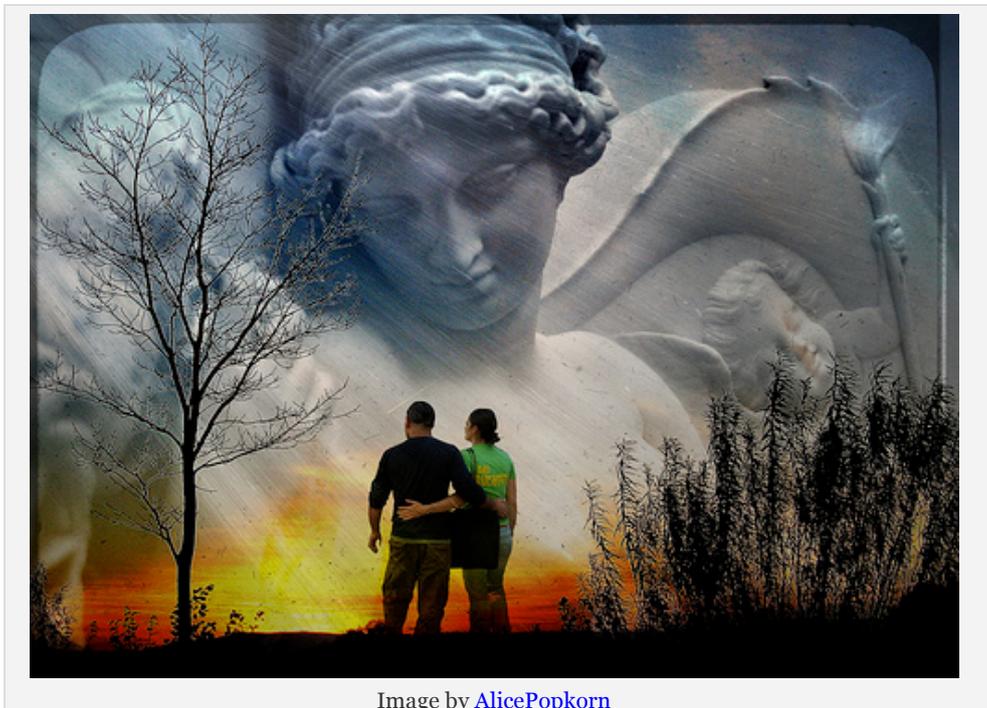


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***Be Gentle Yet Firm*** - The angels are very gentle beings. They never intimidate us or force things down our throat. But when we seek their help, they are firm and expect that we follow the divine guidance they send our way. There is no way we can manipulate the angels into helping us with things that are not in our highest interest. Nor will they

interfere with our free will unless we give them permission to help. We can help our clients best when we follow the same approach. Never promise to do things that you know are not in a client's best interest. Just to keep clients happy, don't offer to give Reiki to heal situations or force outcomes that don't feel right. It is not going to work anyway. It does not matter even if clients don't like you for not listening to them. View every case from a higher perspective and guide people like an angel would do.

**Empower** - The angels guide and help us when we call on them. At the same time, they also encourage us to connect with our innate power and wisdom. They strive to empower us. When clients seek help, it is our job to guide and support them to the extent necessary. But rather than make them dependent on us, we can empower them to connect with their own source of strength. It is not healthy to encourage relationships in which the teacher is viewed as the ultimate authority and the student becomes overly dependent on the teacher. Support your clients but draw the line where necessary. Ever heard the saying:

**“You have to be cruel to be kind.”**

This is valid in certain cases and is a necessity with clients who seek comfort in dependent relationships. It is ultimately for their higher good.

**Drop Judgement** - This is tough but it must be done if we are to shine our light on the world. The angels see out true colours but they never judge us based on what they see. Instead, they radiate loving kindness, peace and compassion. In order to be an angel on Earth, try your best to drop all judgements. No matter how much someone may put you off, try to view him or her with compassion. People do the best they can with their level of awareness. So, drop judgement. Often, just being in the company of someone who does not judge can have a healing effect on others. Your clients are bound to heal faster when you create an environment of non-judgement and work with them from a place of compassion. Our job is to help people heal and not to hurt them more than they've already been hurt.

**Lead by Example** - The angels never blow their own trumpets to display their love and magnanimity to the world. Instead, they just radiate their love and inner beauty. This has a healing effect on everyone around them. Being human, we can never be perfect all the time. But we can strive to **become** the change that we wish to see in the world. If you want more kindness, be kind. If you want more love, radiate love. If you want more peace in the world, be peaceful yourself. Inspire others with your being rather than with talking and doing. Just this act of being the change you wish to see in the world can cause profound healing for those around you and for the planet.

**Bless** - Shower Reiki blessings upon everything you encounter. Bless the plants, trees, birds and other creatures in your environment. Bless the people who help you directly as well as indirectly. Bless you family, friends, children and clients. Bless things that appear to be non-living too. Whenever you have a moment and can remember to bless, just bless whatever is within your reach in that moment. The more we bless, the more love and light we create. In short, we live like angels.

***Starting this moment, unfold your wings and be a Reiki Angel on Planet Earth!***

## Setting & Fulfilling Intentions With Reiki and Archangel Michael

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.

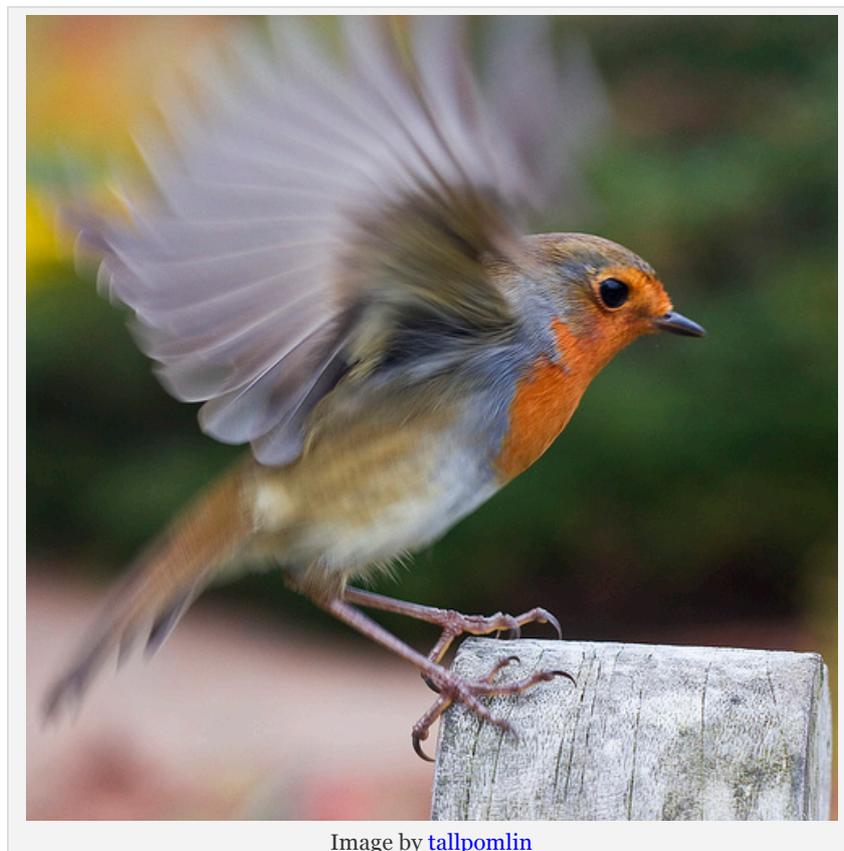


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The first thing we need to be aware of is that everyone deserves to have a good life. No matter how a person appears on the surface, deep down he carries the same light in him as the one carried by a Saint or other Higher Being. Every single soul is 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.”*

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 :-)

## Motivate Yourself to Practise Reiki Everyday

A client of mine who is also a Reiki practitioner expressed her frustration at not being able to keep up with Reiki practice. And she is not the first one facing this issue. It would not be an exaggeration to say that at least 80% (possibly even more) of people who are attuned to Reiki do not practise daily self healing. Have you ever wondered why this is so? What goes wrong midway? Why do people lose the motivation to practise? The same people who are thrilled about getting a Reiki attunement and becoming Reiki healers lose their enthusiasm. They begin to treat daily self healing as yet another task to accomplish.

The root cause of this widespread problem in the Reiki community is a lack of understanding about how Reiki works.

Reiki is not a magic pill. It is a way of life. Why do we brush our teeth and take a shower? We don't need a reason to brush and shower. So is it with Reiki. We do not practise Reiki because we want to witness miracles every day. We practise it because it is meant to be practised every day. ***A Reiki self-healing is like a shower for the energy body.***



The occurrence of miracles is a by product of Reiki practice and not the goal. Soul mates may not appear within a week of practice. Illnesses do not disappear with one healing session. And life does not transform into an unbelievable miracle overnight. A lot of people come into Reiki practice with such hopes and tend to believe that Reiki will solve all their problems in a jiffy. However, it is not Reiki's job to create miracles for us. It is our job. If this is not understood, people lose the will to practise. Even when someone says they cannot find the time to practise, the underlying reason is that Reiki did not live up to their misconstrued expectations. If Reiki could indeed create miracles everyday

while we sat back and did nothing, even the busiest and laziest among us would find the time and energy to practise!

This is not to discount the blessings that Reiki brings us. Reiki does bring us amazing blessings. It can help us find our soul mates, heal our illnesses and transform our difficulties into opportunities. But notice the wording: **Reiki can help US**. We need to do our homework too, which means we take responsibility for our lives. And the moment we take responsibility, Reiki helps us create miraculous and purposeful lives. It does this by helping us shake off toxic energies and stepping up our vibration. When our energies are clean and pure, we experience more power and freedom. We become masters of our destinies. Expecting Reiki to do all the work, while we sit back and relax, just does not help.

The best way to allow Reiki to help us is to practise daily self healing. A small shift in perspective will help us see that daily self healing is not such a difficult task after all. We do not have to fast or do penance. We are not required to do complicated rituals or difficult meditation practices. All that is required is that we relax for about forty minutes and bask in a cocoon of warm healing energy (with soothing music and aromatic incense if you please). It is like indulging in a divine spa therapy in the comfort of home every day! How much easier can things get? Think about it.

We owe this time for daily self healing to ourselves. Life is not about always rushing around to get things accomplished, meeting everyone's needs but our own and not having even a moment to ourselves. In fact, it is quite the opposite. The more quality time we give ourselves, the more everyone around us benefits too. When we are committed to daily Reiki practice, **we are high in energy and spirit**. We have more love to share, more joy to spread and more miracles to create. We may face challenges along the way, but we also acquire the power to turn each of our challenges into opportunities for growth.

My dear friends do hurry up and fasten your seat belts! You don't want to waste a moment more. You signed up for this exciting journey and also got your ticket during the attunement. So, what are you waiting for? **Board the plane to Reiki Land and fly high!**

## Clearing Negative Energies in Your Home

It is nice to live in a home that is filled with love and light. A house that is enveloped in love and light can help with our growth and healing. A house that is enveloped in negative vibrations can drain us of energy and impede our progress. Homes are pretty much like crystals. They are energy sensitive and tend to pick up negative energies rather fast. Dirt, clutter, negative people, certain television shows, lack of air circulation and the like tend to make homes dark and heavy. If you practise Reiki regularly, you can easily tune in to the vibrations of your home. You will sense when the energies don't feel right. It would be wise to clear your home of negativities on a regular basis and certainly when you sense that it has absorbed negative energies.

Reiki and incense work well together. They can clean up your home and restore it to a vibration of love and light. However, you will need to ensure that your house is physically clean first. It is more difficult to clear homes that are poorly maintained and in unhygienic conditions. Once your house is physically clean, you can proceed to clean it further with the energy of incense and Reiki.



Image by [isado](#)

### ***Here's how you do it:***

1. Light some incense. Trust your intuition and use the amount of incense that feels right to you on any given day.
2. Walk around the entire house (living room, bedrooms, bathrooms, kitchen, garage etc) with the incense, allowing its fragrance and smoke to fill every nook and corner.

3. If you use incense sticks, you can make circular movements with the sticks as you cleanse the house.
4. As you walk around with the incense, keep saying “Cho Ku Rei, Cho Ku Rei, Cho Ku Rei.....” and intend that Reiki flows. Visualise the symbol multiplying and flooding your entire house. The symbol Cho Ku Rei works well for clearing spaces.
5. Give extra attention to places that have been cut off from air circulation for long periods. Some examples would be the spaces behind thick curtains and doors, inside wardrobes, store rooms etc. Make sure the fragrant smoke reaches all those areas. Allow your intuition to be your guide and let the smoke flow to all the places that you sense need extra cleansing.
6. After clearing all the rooms in the house, set up the incense in an incense holder. Place the incense holder in a central location of the house. As the incense burns out, its fragrant smoke will continue to flow throughout the house thereby clearing residual energies.
7. Draw a big Cho Ku Rei in the air and request it to stay over your house, thereby keeping its energy clean and pure.
8. As always, remember to express your gratitude to the incense and to Reiki for helping you clean up your home.

Once you make clearing your home a regular practice, you will have zero tolerance for negative energies in your home. The lightness, joy and peace that come from living in a home that is physically and energetically clean will get you addicted to this enjoyable clearing practice!

## Build Your Healing Practice with Archangel Michael

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 fulfill 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 fulfill 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 fulfill 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 fulfill 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 fulfill 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!

## Combining Angel Healing with Reiki

Any talk of combining Angel Healing with Reiki elicits two kinds of reactions from Reiki healers.

1. **Fascination and Interest** - Some healers are excited to know that angel healing can be integrated with Reiki practice. They are open to the idea and display an eagerness to learn more about it.
2. **Apprehension and Dislike** - Some healers do not like the idea of combining the two modes of healing. They believe that by combining Reiki with other systems, we dilute its essence and prefer to leave it untouched.

If you're wondering who is right among the two groups, the answer is that there is no right or wrong. As for the first group, they are inclined to working with the angels and they see no problem combining it with Reiki. So, they have every right to do so.

As for the second group, they have every right not to combine the two if they don't feel an inner calling. But if their resistance is due to a lack of understanding or insufficient information on how angel healing works, they just might learn something new if they could understand it better.



Image by [Ben Kerckx](#)

### **Who are the Angels?**

When we talk of angels, the image that many people envision is that of a being with wings flying around and making appearances to a few lucky people. A lot of people can't relate to this image and some even find it silly.

Some people also associate the angels with certain religions and cultures. They reason that only followers of such religions must invoke the angels.

Both of these assumptions are untrue.

We humans feel and appear solid. But if we break ourselves up, all we will find is energy. At the deepest level, everything in the Universe is energy, no matter how it appears on the outside. So is it with the angels. They may be depicted in a certain manner that people have grown to love and appreciate. But deep down, they are high energy beings of love and light. And unlike us humans, they have no ego.

All forms of energy vibrate at different frequencies. The sun's energy is different from the energy of water. But both their energies work well together to help life on our planet.

Similarly, the energy of Reiki is different from the energy of the angels. But they can and do work well together to heal.

If you resist the idea of combining the two only because you find it silly or blasphemous, it may help to be aware that the angels are much more than pretty feathered beings that only help people of certain religions. Their wings are more of an artistic representation and serve a much larger purpose than to help them travel places. The angels don't need their wings to travel. Their energy is everywhere and they are not bound by physical constraints of any sort.

The angels are pure energy forms vibrating at very high frequencies of love and light. They make it easier for us humans to connect with Source. They can help us get in touch with our innate power and to find the light within. Their energy blends in beautifully with the energy of Reiki. Their energy can help with physical, mental, emotional and spiritual healing. They love working with Reiki healers and make healings so much more fun!

Just as the sun gives freely to the Earth and all its inhabitants, so is it with the angels. They may be more commonly referred to in certain religions, but that does not mean they help only the followers of those religions. If they were to do that, they would become ***Beings of Ego*** and not ***Beings of Love***.

No amount of reasoning or explanation can help one understand the energy of the angels. It can only be experienced.

The best way to understand the angels is to connect with their energies. Have an open mind and work with them. Ask them to be present in all your healing sessions. Learn more about them. As you work with the angels, you will gain a deeper understanding of how they operate. If you then feel a calling to work with them, you will have something new to love and add to your healing basket!

## Five Minutes Reiki – Breath Meditation

The word '**Meditation**' scares a lot of people! They don't even attempt meditating because they feel it requires intense concentration and discipline. They believe it is only for the enlightened and disciplined. This is just not true.

The essence of meditation is to just be. That is, to be with yourself in the moment and to rest in the lap of your Being. We are so used to rushing around and doing things all the time that it seems difficult to just be. To meditate is to give yourself some time where you do not have to think, do or achieve. You just have to be. Once you get to taste the joy of just being, you will begin to enjoy meditation and not find it hard anymore.

There are plenty of meditation techniques and each has its own value. But one of the simplest ways to meditate is with the help of your own breath.



Do this simple 5-minute meditation at least once every day. You can also do it whenever you are rushed and stressed and losing touch with yourself in the process. Incidentally, that is when you will benefit most from it. Taking these 5 minute breaks to just **BE** will nourish your body, mind and spirit and also help you get back to your daily routine with renewed energy.

### ***This is how you do it:***

1. Ensure that you will not be disturbed for five minutes and that your mobile phone is turned off. This time is for you and you alone.
2. Have a timer set for after five minutes so you will know you have given yourself a full five minutes of quiet time.

3. Sit or lie down comfortably.
4. Close your eyes and take a deep breath.
5. Visualise a huge upturned cosmic lotus over you. As you lie still, visualise that you are bathed in a shower of Reiki streaming down from this lotus.
6. Bring your awareness to your breathing. Breathe in and out very naturally. That is all you need to do.
7. If you find thoughts entering your mind, do not resist them. Just go back to being aware of your breath.
8. Do this for the next five minutes. Once your timer goes off, you can slowly open your eyes and resume your normal routine.

That was easy right? Please don't try to convince yourself that you don't have even five minutes to spare for this! If you don't have it, you need to create it. This is for your own growth and well-being.

So, go for it! ☺

## Five Ways to Heal Yourself in Sleep

All of us know of varied ways in which we can heal ourselves when awake. We give ourselves Reiki. We meditate. We work with crystals and angels. We spend time in nature. We read, write and do innumerable things, all of which have powerful healing effects. But do you know that it is possible for tremendous healing to occur even when we are asleep?

Our logical mind shuts down during sleep and we are more open and receptive. Therefore, the sleep state is fertile ground for powerful healings of all kinds.

### **Here are some ways that you can heal yourself during sleep**

**1. Reiki Cocoon-** Before you fall asleep, request Reiki to form a cocoon of energy around you. Visualise yourself resting in this cocoon. Draw the symbols of your choice on it. Intend that this cocoon helps you heal anything that is unhealed in you. It could be a health concern, an emotional problem, stress, a relationship issue etc. Give thanks and drift into sleep. This practice done every night makes healing an ongoing process and adds value to your other healing practices. You will let go of many things that don't serve you and the process will feel quite effortless as it is done in the sleep state.

### **2. Letters to the Angels:**

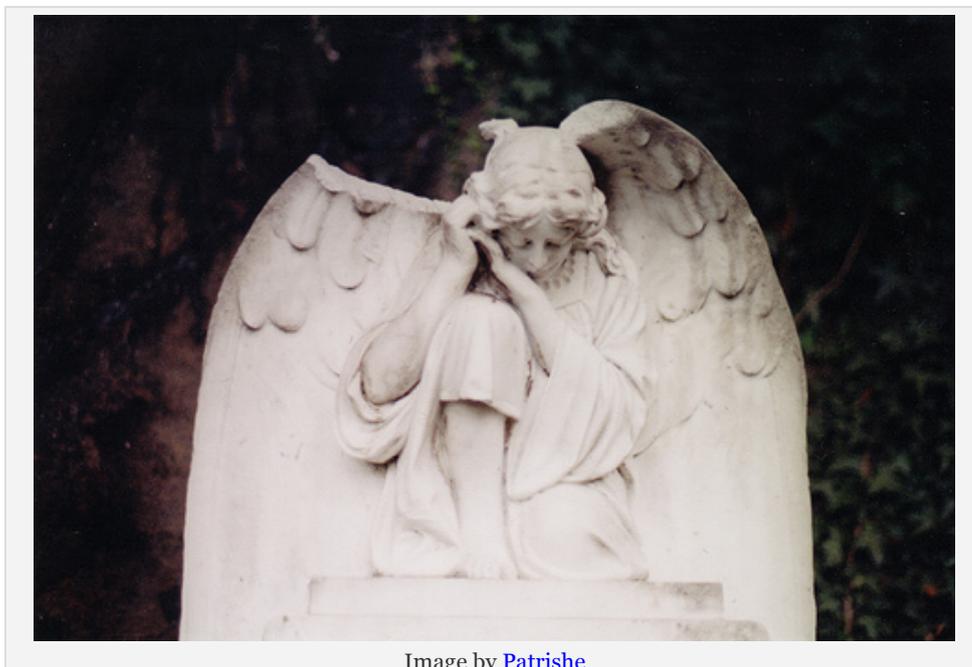


Image by [Patrishe](#)

Whenever you find yourself in troublesome situations, write a letter to the angels describing your situation. Pour your heart out. Request them to work on you while you sleep and to bring clarity to your mind and peace to your heart. Draw the Reiki symbols of

your choice on the paper. Place the letter under your pillow, thank the angels and drift into sleep. You will receive clarity and wake up with a sense of peace.

**3. Angel Cards-** Working with angel cards is an effective way to receive step by step guidance for healing. That way we don't have to drive ourselves nuts over healing an entire problem and can instead take one small step at a time. Do card readings for yourself frequently. Then place the cards that were received near (or under) your pillow. Draw the Reiki symbols of your choice over the pillow and drift into sleep. You will process the guidance received and kick start healing right away. This practice done regularly heals a lot of issues. One day you will look back and witness the healing effects of this practice.

**4. Programmed Crystals-** Cleanse a rose quartz crystal. Give Reiki to it for a while. Request your Reiki Guides, Archangels and Angels to program the crystal with healing energy and information that would be of help in your situation. Place the crystal near you when you are asleep. It will be programmed through the night. The following night, again before going to bed, place the crystal on your third eye and absorb the healing that it has been programmed with. When you fall asleep doing this, you will be more receptive and heal faster.

**5. Direct Archangel Healing-** The Archangels are mighty beings who can help us heal in magical ways, provided we give them full permission to help us. Before you fall asleep, call on the Archangels that you feel connected to and request them to be present in your room through the night. Give them permission to work on you while you sleep. For instance, if you need help with physical healing, you can call on Archangel Raphael and request him to work on your health issue and to heal it completely. If you need help with fear and anxiety, you can call on Archangel Michael and ask him to do the same. This may need to be repeated on several nights until you receive a full healing.

Experiment with each of these techniques and also with a combination of techniques. You can use the combination that feels right to your situation. You can use the Reiki cocoon each night, even when you do not have major issues to heal. It can help clear away minor negativities picked up during the day and also accelerate spiritual progress.

Love and Light to you!

## Reiki Ball for Healing

A Reiki ball, also known as an energy ball, is a very useful healing tool. In simple terms, a Reiki ball can be described as a chunk of Reiki that is brought together in the form of a ball. It comes in handy in a variety of situations. It is a tool that can keep Reiki flowing to people or situations. There is no limit to how creative one can get while working with Reiki balls!

### How to Make a Reiki Ball

For those hearing this for the first time, here's how you make a ball of Reiki.

- Rub your palms for a few seconds until you experience sensations of warmth.
- Curve your palms slightly so it resembles a flower bud.
- Begin to move your palms apart until you feel strong sensations of heat or a kind of magnetic force between them.
- Move your palms up and down in circular motion, like you would if you were carving a ball. Feel or visualise a ball of energy between them.
- If you are attuned to symbols, infuse the ball with the symbols of your choice. Visualise the symbols in the ball and it will be done.
- Don't worry if you can't feel much initially. As you practise, you will be able to sense the ball in your hands.

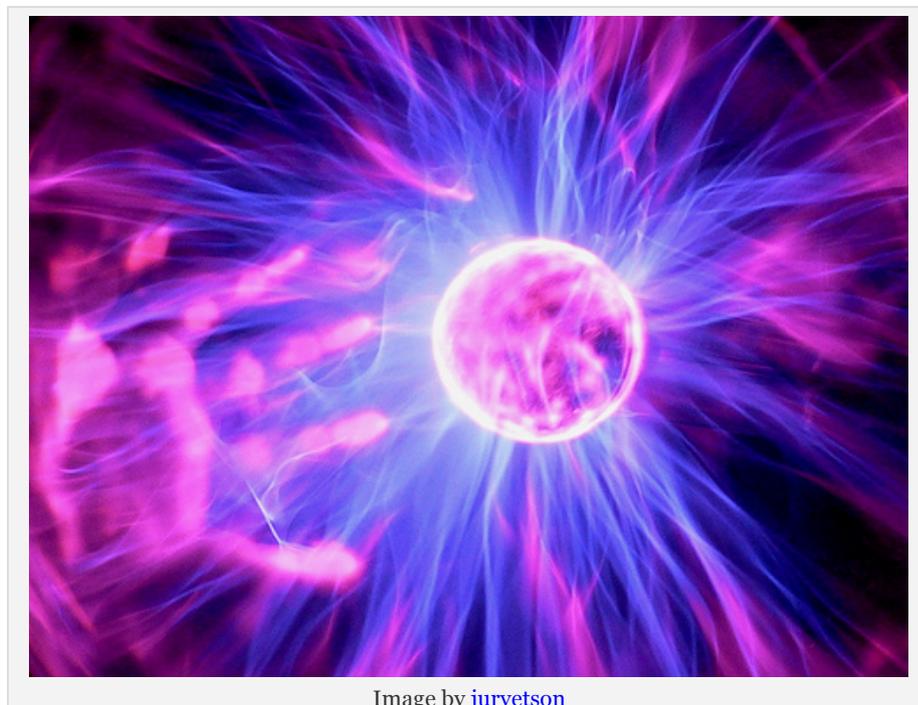


Image by [jurvetson](#)

### Uses of a Reiki Ball

The following ideas serve as a reference to help you get started. With practice, you will find that the possibilities for healing with Reiki balls are virtually endless.

## **Affirmations**

If you work with affirmations for healing, place a Reiki ball over the affirmation or on the page that has your writing.

## **Reiki Box**

Whenever you work with your Reiki box, place a ball of Reiki in it. This will keep your intentions continuously charged with Reiki. If your Reiki box is in your phone, push the ball into the Reiki Box App.

## **Physical Healing**

When there is a need for physical healing, push a ball of Reiki into the affected body part. In the case of internal organs, push the ball into the body, just over the location of the organ. Intend that the ball goes into the affected organ and heals it.

## **Pain Relief**

If pain relief is needed, program the Reiki ball with the intention that it heals pain. Then push it into the body part or organ that needs relief from pain.

## **Spread Love**

If you wish to send your love to someone, program a Reiki ball with the intention of sending love and toss it into the air. Pink being the colour of love, you can also visualise pink light inside the ball. Intend that the ball goes to the person and makes him or her feel loved. The other person may not consciously realise what happened. They may just experience feelings of love and warmth when the ball reaches them. This practice can bring in more love and harmony to all relationships.

## **Romantic Love**

Program a ball with the intention of sending romantic love to your partner or spouse. Throw in some pink light as well. Toss the ball into the air. Intend that the ball reaches your beloved and conveys your unconditional love and acceptance to your partner.

## **Comfort**

Whenever you are in emotional pain, program a Reiki ball with the mental-emotional symbol and Master Symbol (if you've done third degree). Throw in some pink light and push it into your heart chakra. You can also push it into other parts of your body as you feel guided to. Intend that it brings you comfort and peace. Let go and witness the spontaneous healing that occurs.

## **Protection**

Program a Reiki ball with the Power Symbol and Master Symbol (if you've done third degree). Intend that it stays with any object, place or person that needs protection. Place it over your house, over babies and children and over your belongings. You could send it

along with a loved one who is travelling. Place it over your vehicle whenever you travel. Place it over food and water.

### **Plants and Animals**

Place balls of Reiki over plants in your garden. Push them into trees. Intend that the energy helps your plants stay healthy and nurtures your garden. Place it over a pet or other animal that is unwell or needs protection.

### **Finding Misplaced Objects**

If you've misplaced something, make a ball of Reiki and request it to go in search of the missing object. Toss it into the air and visualise it going away in search of the misplaced object. Thereafter, pay attention to your intuition. You may receive clues as to where the object is or you may see the location of the object in your mind's eye. Trust the impressions you receive and look for the object as guided to. It can also happen that you are physically directed to the place that has the misplaced object.

### **Cleansing**

Program a ball of Reiki with the power symbol. Toss it into rooms and other spaces that have accumulated negative energies. To thoroughly cleanse a room, place a ball of Reiki in each corner of the room. Push a ball of Reiki into the walls, the floor, the ceiling, windows, doors, wardrobes etc.

Now it's time for you to get creative and experiment with Reiki Balls! Let your imagination run wild. Have fun!

## Healing the Scars of Verbal Abuse with Reiki and the Angels

Abuse can be of a physical, verbal, emotional or sexual nature. This article is specifically about verbal abuse. Verbal abuse often overlaps with emotional abuse. It is fairly common and is often dismissed as anger. However, there is a thin line of difference between plain anger and anger induced verbal abuse. It can be hard to pinpoint where anger ends and abuse begins. An abusive person is someone who has gone through intense pain and trauma and unconsciously inflicts the same on others. The person may be very nice most of the time. But when he is triggered, he turns into a venomous snake that bites you in the places that hurt most and poisons your body and mind.

Recall a memory when someone used manipulative tactics to intimidate you, accused you unjustly, insulted you, called you names, threatened you into submission or something similar. You were probably shocked by all the nonsense that was being said to you, but felt powerless because you could not get the other person to be fair in war.

Many of us have had such experiences in different relationships, though it is more likely to occur in close relationships such as parent-child, husband-wife etc. At times, we may be the ones being abusive and inflicting pain on others with our words. We have to accept our own shadow as well.

Reiki and the Angels can help us whenever we find ourselves being abusive or abused.

### ***If you find yourself being verbally abused by someone:***

1. First of all, be assertive. Tell the person firmly but respectfully that you will not tolerate behaviour that is unfair and abusive. If the person is so absorbed in his own pain that he does not understand, just leave the place and take some time off.
2. If you feel hurt by all that was said to you, there is no need to pretend that you are very strong. Go into a private space and cry your heart out. And this is not just for women. Men have emotions too and it is OK for them to cry. Get the pain out. You will feel a lot better.
3. Draw or visualise a big Sei Hei Ki (and Master Symbol for 3rd Degree Practitioners) between you and the other person and request Reiki to heal the situation.
4. Talk to the Angels about your pain or write a letter to them. Ask them to soothe your pain and also help the other person see light. Learn to do Angel Card Readings. Card Readings are like a private consultation with the Angelic realm and they are extremely useful in guiding us and our loved ones through turmoil. Follow the guidance you receive and just let go of the situation.

5. Wait and witness the healing that occurs spontaneously. Not only will the situation be healed in time, but you will also learn some lessons that will help you grow stronger.



Image by [h.koppdelaney](https://www.koppdelaney.com/)

***If you are the one that has hurt someone with verbal abuse and you happen to regret it later, here's what can help you heal:***

1. Know that feeling regret is a positive sign. It means your heart is soft enough to know that it did not act from love (which is the essence of who you are). But it is never too late to express love to someone you have hurt. Put your Ego aside and render a heartfelt apology to the person. Hug the person, look him/her in the eye and say how sorry you are.
2. If the person is still hurt and you live with the person, communicate directly with the person's soul when he/ she is fast asleep. Express your feelings and apologise for the hurt caused. Tell the soul that all the rough words you used were the result of your own pain and had nothing to do with him/her. If you do not live with the person, you can still communicate with the soul over a distance. The soul will receive your message and healing will occur.
3. Draw or visualise a big Sei Hei Ki (and Master Symbol for 3rd Degree Practitioners) between you and the other person and request Reiki to heal the situation.
4. If you feel ashamed or guilty about what you did, consult with the Angels again. They will help you remember your true nature of love and innocence. They will soothe your worries and help you let go of all guilt and shame.

5. Have compassion for your own self. You have also gone through pain, which is why you reacted the way you did. This does not mean that you continue to be that way. It just means that you learn from your pain and take time to heal your own wounds.

It may take several attempts before a complete healing happens. Do not give up. And please take all the help you need from Reiki and the Angels. You do not have to suffer alone. With so much of love and guidance available to us, we never need feel alone or helpless. We are loved beyond measure and taken care of. All we need is a heartfelt willingness to heal.

**Note:** At times, it is impossible to heal other people no matter what you do because they have chosen their own lessons and they cannot heal until they choose to. In such cases, please do not waste your precious time hanging on to an abusive relationship. Please seek professional help and determine the best course of action for you and your relationship.

## Healing the Heart Chakra

### ***Reiki Leads the Way***

When I started my Reiki practice years ago, I simply could not understand what it meant to heal the heart. I did not understand how someone's capacity to give or receive love could be affected. I thought I was open to love. During self healings, my heart chakra did not take up much energy. So, I assumed that it was in order and well balanced.

After doing the Master Degree, I realised that my assumption had been wrong. I understood that my heart chakra had not been taking up much energy because it was closed and would therefore not allow the free flow of energy through it. The Master Degree opened doors for me to heal my heart and led me on a new journey into the depths of the heart chakra. The journey is still on and I heal my heart one little step at a time and one tiny bit every day.



Image by [Parvin ♣\(OFF for a while\)](#)

### ***Understanding the Heart Chakra***

The heart chakra is special because it serves as a bridge between the lower chakras and the higher chakras. It is like a flower-delicate and beautiful when in bloom. And just the opposite when blocked.

Babies and young children are full of love- pure, sweet, unconditional love. This love that babies display comes close to the love of Source or the Divine. It is the essence of who we are. But as live out our lives on Earth, our hearts harden and affect our ability to love.

All of us have been through pain. This pain could stem from our childhoods, relationships, careers, and other human experiences. Every painful experience we go through affects the heart chakra to some extent because when we feel pain, it blocks the flow of love. Over time, the pain becomes stronger and the blocks become larger, thereby allowing very little love to flow.

After accumulating tons of toxic energy in our hearts over years, we obviously cannot hope to reach a state of unconditional love and acceptance overnight. We will have to be gentle with ourselves and take small steps at a time.

Here I wish to share some tips that I personally found helpful during this journey of healing my heart and hope that it may be of some help to you ☺

### **Six Steps to Heal the Heart Chakra**

1. Whenever you experience any kind of pain, please do not keep it bottled up. A lot of energy is spent in bottling up pain. Express your feelings and release the pain. Personally, I love communicating with the angels whenever I am in pain. Talking to the angels and pouring your heart out to them is one way to release the energy associated with pain. Ask them to ease your pain and then let it go. You can also talk to other Spirit Guides you are comfortable working with. Or just talk to someone you trust and who loves you unconditionally.
2. Work with Rose Quartz crystals. Cleanse your rose quartz crystal in your own way and then intend that it helps you open up to love. Place this crystal on your heart chakra and breathe in its energies. Follow this up with Reiki self healing. Rose Quartz has a lovely feel to it and brings about subtle but powerful changes in our ability to love ourselves as well as others.
3. When you go through upsetting situations that affect your ability to feel love, write a page of the following affirmation and give Reiki to it – “Love flows freely through my heart. I am now open to giving and receiving love.” This will help in opening up your heart gently.
4. Spend time with babies and young children. They may be tiny but they are far wiser than adults in matters of love. We can learn lessons in love just by being in the presence of these tiny beings. Have you ever seen a baby or young child holding a grudge or being resentful? It is impossible because they overflow with love.
5. Do you love yourself? This is so important. We are often very hard on our own selves. Unless we love ourselves, there is no way we can love others with an open heart. Open your heart to your own self. This takes time and effort but it is very important if you wish to heal your heart. Take time everyday to appreciate yourself and begin to view yourself with compassion and love.

6. Forgive. This comes last because it is the most difficult step of all! Forgive yourself first for everything you think you have done or not done. Forgive everyone who you believe has hurt you.

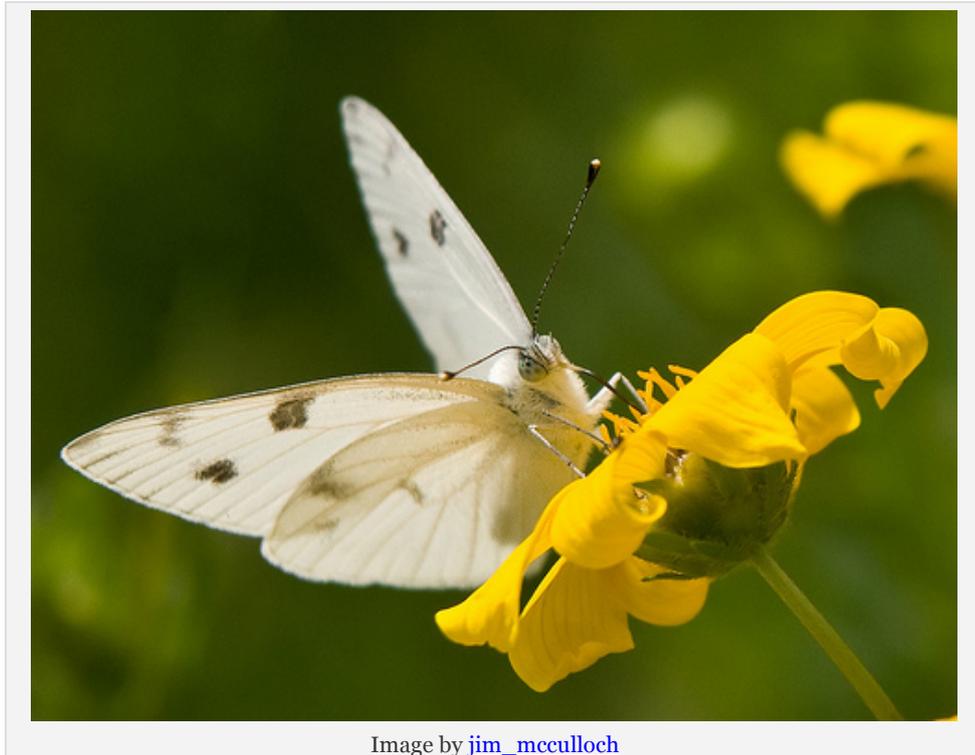


Image by [jim\\_mcculloch](#)

Recently, I came across this interesting quote by Celia Cruz that said, “Forgiving is not forgetting. Forgiving is remembering without pain.” This quote beautifully sums up the meaning of forgiveness. In order to forgive, you do not have to justify the action committed by the perceived offender. You only have to forgive the person and free yourself from the toxic energies associated with the perceived wrong doing. True forgiveness can only happen when we feel compassion. And since we each have our own pain to heal, feeling compassion takes time and effort. Be gentle with yourself and take small steps. Forgive one person at a time. Go at your own pace. Most importantly, forgive yourself. This will make forgiving others easier.

Healing the heart chakra is a journey in itself, and a very beautiful one. It will lead you back to the core of your own Being – Love, Love & Only Love!

## Chakra Clearing with Reiki and Archangel Metatron

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.

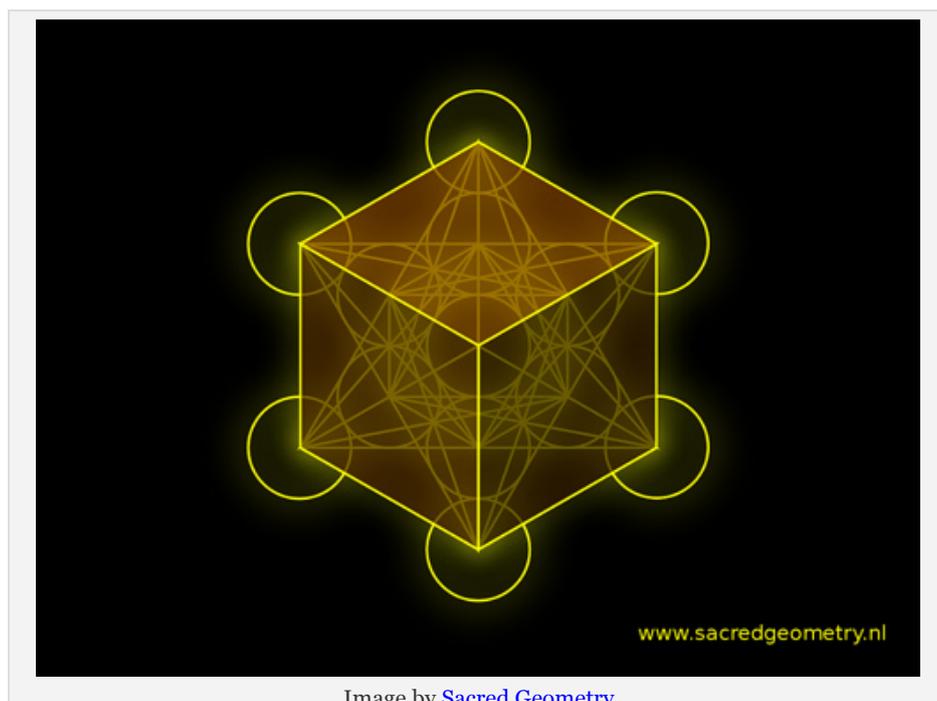


Image by [Sacred Geometry](http://Sacred Geometry)

### ***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!

## Healing Fear with Reiki & Archangel Michael

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.

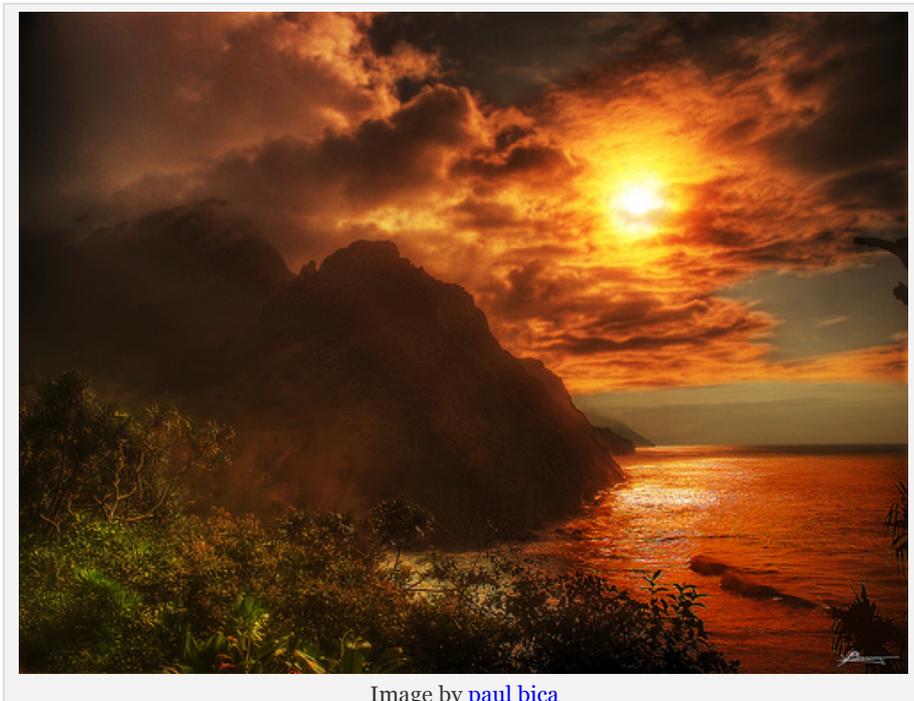


Image by [paul bica](#)

### ***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 recognise 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!

## Communication with Departed Loved Ones: Reiki & Archangel Azrael

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.

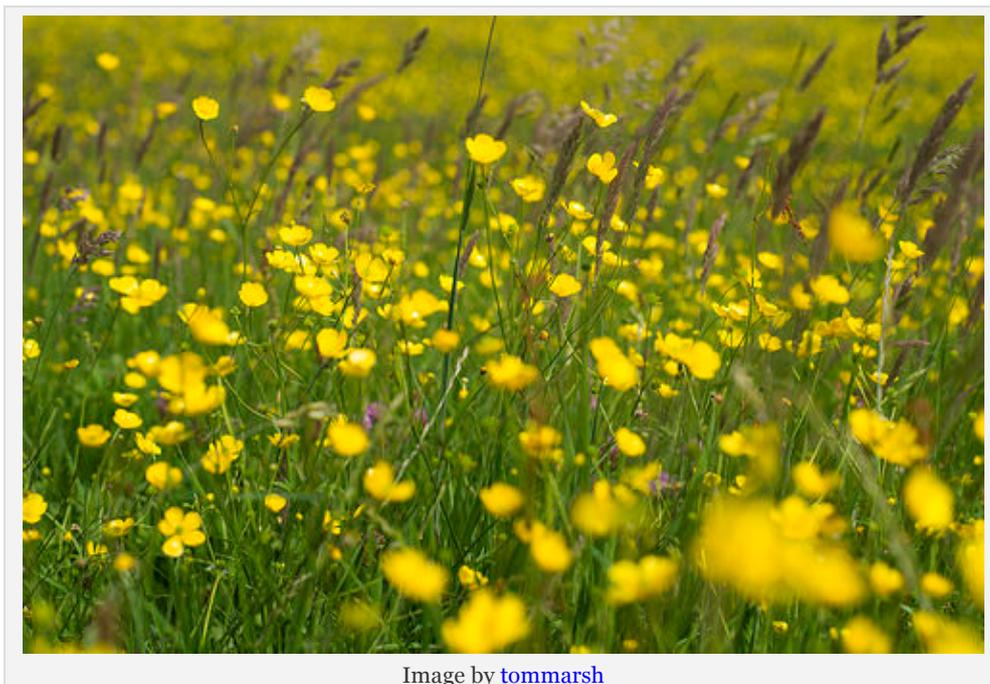


Image by [tommarsh](#)

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 will heal everything that is unhealed in all of space and time and restore the flow of love in your relationship.

## How to Do an Aura Scan: In Person & Distance Scanning

Scanning the aura is an integral part of energy work. The following approaches can be used to scan the aura:

**Visual Approach** - Some people are highly visual. They can just take one look at someone and receive information about the health of his or her aura. They may also see colours and shapes that represent the flow of energy in the aura. There are yet others who are able to see disruptions in the flow of energy in their third eye.

**Kinaesthetic Approach** - Some people are more kinaesthetic. They may not actually see energetic blocks with their eyes, but they can sense disruptions in the flow of energy in the aura. They may feel these disruptions as sensations of heat, cold, tingling etc.

**Combination Technique** - It is also possible to use a combination of the visual and kinaesthetic approaches.



Image by [ecodallaluna](#)

There is no right or wrong way to scan the aura. You can do whatever works for you. The only prerequisite is that you practise Reiki regularly. Regular Reiki practice develops our sensitivity to energy. This in turn makes scanning the aura a very simple task. When we do not practise regularly, we lose our sensitivity to energy and this makes scanning the aura a lot more challenging.

It is possible to scan the aura of people who are in proximity to us and also of people who are at a distance. The techniques are described below.

### In Person Scanning

- Ask the person to lie down comfortably.
- Have them take a few deep breaths and relax. It is a good idea to have soothing music playing in the background.
- Stand near the head of the person.
- Connect with Reiki, your Reiki Guides, Spiritual Guides and Angels and request them to assist you during this process.
- Visualise a shield of white light forming around you and covering you from head to toe. This is for your protection as you go about scanning the aura.
- Starting from the top of the head, gradually move your palm (or palms) over the person's right side.
- In your first few attempts, make sure you spend at least a few seconds at every position in order to get a feel of the energy in different points of the aura. As you practise, you will be able to spot deficiencies in the flow of energy in shorter periods of time.
- As you move your palm, make a mental note of all the points in the energy field where you sense a disruption in the flow of energy. You could also keep a notebook and pen with you and make notes right as you scan.
- Repeat the same with the left side of the body. You could also scan the front and back sides of the body in a similar fashion.
- Whenever you sense a block, close your eyes and receive impressions of the colour, size, shape and texture of the block. You may see the details of these blocks in your mind's eye or you may just sense them. Trust the first impressions you receive and do not try to analyse them. As you receive these impressions, you may also receive messages about what these blocks represent. Invariably, the details you see point at unresolved emotions, recurring mental patterns, unhealthy behaviours etc that the person needs to heal. Make a note of all the messages you receive as they offer invaluable guidance to the person receiving the healing. If you are not able to receive these messages in the beginning, it is perfectly fine. Do not strain to receive messages. You will start receiving them as you practise. You could also request your guides to help you receive these messages.
- Proceed to remove the blocks using whatever technique resonates most with you.
- Finish with a full body Reiki healing. Pay particular attention to the areas from which the blocks were removed and flood them with Reiki.



Image by [paul bica](#)

## **Distance Scanning**

If the person to be treated is at a distance, it is still possible to scan the aura.

- Make a rough sketch of the body on a sheet of paper. This sketch would be your reference and represents the person who is being scanned.
- Connect with Reiki, your Reiki Guides, Spiritual Guides and Angels and request them to assist you during this process.
- Visualise a shield of white light forming around you and covering you from head to toe. This is for your protection as you go about scanning the aura.
- Invoke the distance healing symbol Hon Sha Ze Sho Nen and connect with the person. Invoke Cho Ku Rei and strengthen the connection.
- As before, start scanning from the top the head. In this case, you will have to place use the sketch as your reference and place your palm over the head that is drawn.
- Scan the right, left, front and back sides of the body respectively, all by moving your palm over the sketch.
- As in the case of in person scanning, receive impressions of the blocks and also messages (if any). Make a note of these details.
- Proceed to remove the blocks using whatever technique resonates most with you.
- Finish with a full body Reiki healing. Pay particular attention to the areas from which the blocks were removed and flood them with Reiki.

## **Post Healing Discussion**

Discuss the information you received from the aura scan with the person. Lay particular emphasis on the messages you received from the blocks. If they pointed at making life changes or healing recurring patterns, ensure you explain this clearly. This is crucial because unless we heal recurring patterns in our lives, the same blocks tend to resurface sooner or later. In many cases, Reiki alone manages to heal the blocks without a need for further intervention. But in the case of issues that are deep rooted, the person might have to do other healing work along with Reiki to achieve the desired healing.

## The Power of The Violet Flame in Reiki Healing

If you have practised Reiki for a sufficiently long time, you will know that there are some problems and patterns that are highly stubborn. These could be physical, mental or emotional issues.

Often, just channeling Reiki is enough. The energy manages to set things right over time and brings the body back into a state of harmony and balance. However, there are some kinds of blocks that are highly stubborn and almost tend to resist any kind of an intervention. Such blocks could be compared with water pipes that are blocked due to obstructions of any kind. In such pipes, there is no way the water can flow freely until the block is removed.

In cases of stubborn patterns, the energy is like the water that is unable to flow freely until the block (physical/emotional/mental) is cleared from the energy field.

In such cases, the violet flame is a powerful tool that can come to our aid. The Violet Flame is associated with the seventh ray of spiritual light. It is said that, in the past, the power of the violet flame was known only to a few Ascended Masters and other Higher Beings. But in the New Age of today, its power is being made available to all those who are ready to work with it. Saint Germain is the Ascended Master responsible for making the power of the violet flame available to the world today.

The power of the violet flame ensures that it not only absorbs energetic patterns and debris from the aura, but it also transmutes them into light.

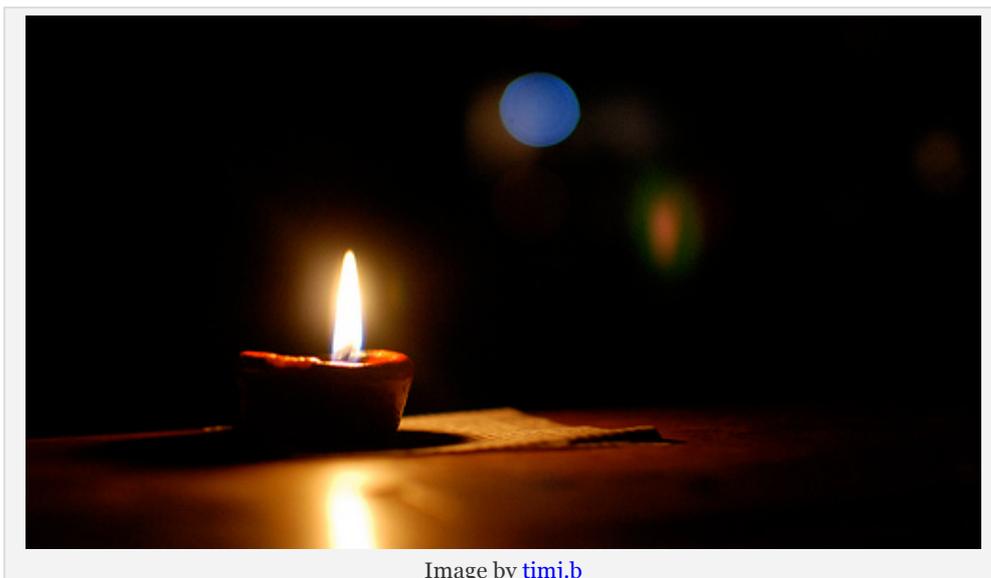


Image by [timj.b](#)

This technique of healing with the violet flame is particularly effective after one is attuned to the Master Degree. However, it can fetch results after other degrees as well (depending on how deeply connected the healer is to energy work). Many people who go on to do the Master Degree are highly sensitive to energy and they can literally play around with energy to heal! So, if you resonate with the idea of using the violet flame to heal stubborn patterns in yourself or others, here is how you can go about it.

1. Before you begin, request Archangel Michael to protect you. You can say something like, " Dear Archangel Michael, as I prepare to do this healing work, please surround me in your golden light and please protect me. Thank you"
2. Then call upon Archangel Raphael. You can say something like," Dear Archangel Raphael, please assist me as I work towards healing these blocks. Please help me to remove and clear these blocks from my (or client's) energy field. Thank you"
3. Call upon Saint Germain. You can say, "Dear Ascended Master, Saint Germain, please help me work and heal using the power of the violet flame. Thank you"
4. Take three deep breaths and prepare yourself for the healing.
5. Invoke the Violet Flame, "Dear Violet Flame, please receive all these blocks that I am going to pour into you and transmute them into pure divine light."
6. Imagine a violet fire burning in front of you. If imagining is difficult, you can also use a violet coloured candle and look at its flame as the violet flame.
7. Open up the fingers of your hand/hands.
8. If you wish to, imagine them being extended so they can reach the block easily.
9. Sense the energetic block in the body and start scooping it out with your fingers.
10. As you scoop it out pour the energetic debris into the violet flame. If you are using a candle, you will pour the debris over the visible flame of the candle.
11. As you pour the debris into the violet flame, you can visualise it being transmuted into light.
12. Do this process for as long as you feel like. Once you feel you have cleared enough for one session, you can stop.
13. Once you decide to stop, express your gratitude to the Violet Flame and to Saint Germain. It could go like, " Dear Violet Flame and Ascended Master Saint Germain, please accept my gratitude for your assistance during this healing session. Thank you, thank you, thank you."
14. Now visualise the violet flame turning off. If you are using a candle, put it off.
15. Proceed to do a full body healing with Reiki, paying particular attention to the area that was treated with the violet flame. While treating that area, visualise it being flooded with Reiki. Also, visualise it being whole and healed.
16. Once you are done with the full body healing, express your gratitude to Reiki, Archangel Michael, Archangel Raphael and other higher beings you may have called upon to assist you with healing.
17. Drink lots of water and relax.

**Note:**

*1. Keep in mind that blocks that require the power of the violet flame may take time to heal. The bigger the block, the more the time. So, you might have to use the violet flame continuously for some sessions to achieve a full healing. This process can go on for a few days, a few months and occasionally even years.*

*2. This is a very high level of energy work and it can sometimes be followed by a healing crisis. It is recommended that you work with this only if you are very comfortable with energy work and can support yourself in the event of a healing crisis.*

## Mental-Emotional Healing Crisis During Reiki Practice – Tips to Cope

Once attuned to Reiki, some people go through a phenomenon that could be termed a "*mental-emotional-karmic*" upheaval. This is quite common after a second-degree attunement, though it can happen after other attunements as well. These people experience one or more rough patches in their lives. In these rough patches, they find themselves head on with many of the monsters that tormented them in the past and interfered with their quality of life. These monsters could be in the form of mental patterns like irrational fears, obsessions or compulsions and emotional patterns like feelings of being inadequate, unloved, undeserving, insecure, unsafe etc. Some karmic cleansing can also occur in the form of life changing experiences such as a break up, any kind of loss, miscarriage etc, depending on each person's karmic blueprint. If you are going through an intense healing of this kind, know that you are not alone. In such challenging moments, it may seem like your world has come crashing down and that Reiki is actually causing more chaos in your life than good. It may feel like the energy has stopped working and that you are left to deal with a whole lot of mess all by yourself.

You wonder what happened to all the peace and pleasant feelings you experienced during the initial stages of your Reiki practice and may even start feeling bitter about healing yourself with Reiki.



Image by [Fraser Mummery](#)

If this sounds familiar, consider yourself blessed. Though dealing with fear, obsession, anxiety, anger, insecurity and the like seems far from being a blessing, know that if you are experiencing this, it is indeed a blessing in disguise. Reiki brings up all these

patterns buried deep in your energy fields not to scare you, but to give you an opportunity to heal and overcome them. All the clutter that piled up in your energy fields over years, if not lifetimes, is brought up to be healed. All this clutter was buried so deep that you never even realised your energy fields carried a storehouse of unwanted baggage. They came up at specific moments in your life and you denied, suppressed or gave in to them, not knowing how to handle them. And you forgot all about them until they popped out of hiding at the next opportune moment. And this went on and on until Reiki came into your life and starting cleaning up the closet.

What do you do if you ever find yourself in this kind of a situation or healing crisis? The best thing to do is to go with the flow. Here are a few tips-

1. First and foremost, allow the patterns to come up. Keep reminding yourself that this is a part of your healing and that it will pass in time.
2. No matter how agitated you feel, make sure you practise daily self healing with Reiki. Reiki has a unique way of guiding us to the right places and right people. So, when you are in constant touch with its healing energies, you may be led to other teachers, guides or resources that will assist you with the healing process.
3. Make sure you invoke Hon-Sha-Ze-Sho-Nen, Sei-Hei-Ki and Cho-Ku-Rei every time you practise self healing and even when you find yourself in the grip of stubborn patterns from your past.
4. If you feel lost and afraid, do not hesitate to request help from Reiki to guide you and help you heal in the most comfortable way possible. It is perfectly alright to talk to the energy, like you would talk to a friend and ask for its help. Remember, Reiki is a highly intelligent energy!
5. You can also take the assistance of angels such as Archangel Michael or Archangel Raphael. All you need to do is request- "*Dear Archangel Michael, please help me cope with this phase. Please bring me assistance and help me feel strong and comfortable.*" And you will be assisted. The angels are always willing to help us, provided we ask them for help.
6. Keep in touch with other people who may be part of your Reiki network. Sharing experiences often helps and you will take it easy when you see for yourself that others too might have had similar experiences.

If your own Reiki Master is able to guide and support you through this difficult phase, be thankful and do whatever he or she recommends to make your journey smooth. Do not try to analyse too much and just go with the flow. Some Masters are not in a position to offer ongoing support due to personal and professional constraints, in which case, you will have to support yourself. The above tips will help you.

**The bottom-line is- No matter what, don't give up!**

**Reiki always works for your highest good. In hindsight, we realise this truth. Keep your practice going at all costs and one day in the future, you will be glad that you persisted. Reiki love and blessings to you :-)**

## Reiki for Financial Abundance

The most significant reason for not having enough money does not lie in our lack of educational qualifications, luck or fate. It lies within. You attract what you are. If you truly believe you deserve to have enough money, you send out that vibration into the Universe and money will begin to flow into your life. If you subconsciously believe that money is hard to come by or that it is only for a lucky few, you block the flow of money into your life. Blocks to financial abundance stem from deep rooted beliefs about lack. Some of us may also have been conditioned to believe that we must struggle and work very hard to live prosperous lives.

Dear Friend, you do not have to work hard all day to enjoy financial abundance. You can work smart instead and still attract financial abundance and prosperity.

Here are a few tips that could help you get into abundance mode and invite financial prosperity into your life.

### ***Affirmations***

Affirmations are one of the most powerful tools you can use to change deep-rooted beliefs about money. Use the following affirmation or word an affirmation that feels right for you. Write it down in your journal every morning upon waking and every night before going to bed.

*“Thank you Universe for the abundance of money flowing into my life at all times.”*

Place a ball of Reiki over the page and request it to work on your affirmation. Draw the symbol Sei Hei Ki and also any other symbols that you are guided to on the page. Reiki will work on the affirmation and also on your deep rooted beliefs about money and heal them.



Image by [AMagill](#)

## **Money Bank**

This is a powerful technique and is also fun to practise! Pick a box that you like and call it your “Money Bank”. On a tiny piece of paper, write the amount of money you would like to receive on a daily basis and put it into the box. Do this at least once every day. The reason it must be done every day is to help you maintain a steady mindset of abundance. It would be wise to choose reasonable amounts of money initially. This will ensure that your logical mind does not discourage with logical reasons as to why you cannot attract large amounts.

Small amounts received everyday will anyway add up to a large sum over a month. You do not have to stick to the same amount every day. Feel free to make small and comfortable changes in the amount you wish to gift yourself each day. Thank the Universe every time you put a piece of paper money into your money bank. Place a ball of Reiki in the bank every time you put a new piece of paper money into it. This will keep your bank charged. This exercise gives a good feeling and makes it easy for you to stay in the vibration of abundance, thereby inviting more abundance into your life.

Also remember to remove some paper money from the bank regularly and tear it up. This act is symbolic of spending money or giving it away. This is done to keep the money in your bank circulating, which is the natural order of flow. Money is received and money is given away. It is good to be comfortable spending and giving away money too and not just receiving it. Know and trust that there is enough to go around for everyone.

## **Gratitude**

Finally, be grateful for the money that is in your life already. Be grateful for your job or other source of income. Even if you do not like your job at the moment, be grateful for the fact that it helps you stay financially secure. Every time you receive money, no matter how small the amount, be grateful and thank the Universe for it. When you check your bank account statement, thank the Universe for the money that is circulating in your life. Being grateful for what you have not only helps you appreciate and enjoy all that you do have, but it also helps you attract more of it into your life.

## The Attitude of Gratitude in Reiki

The Attitude of Gratitude was taught to most of us in our Level 1 classes.

I remember how fascinated I was when I first heard of the Attitude of Gratitude. I liked the way it sounded and found my teacher's pronunciation of it cute!

I did my Reiki training under two different teachers and they each taught me different ways of saying the Attitude of Gratitude.

My first teacher taught me to say it this way:

*"Thank you Haripriya."*

*"Thank you Reiki."*

*"Thank you Haripriya."*

If I was doing a healing for someone else, I just had to use that person's name in the third line instead of my own.



Image by [Pek](#)

My second teacher gave me more elaborate wording that went something like:

*"Thank you dear Reiki, Reiki Guides, Angels, Grandmasters Dr Usui, Dr Hayashi and Ms Takata, My Reiki Teachers and My Own Self."*

For a long time, I said the Attitude of Gratitude rather mechanically. The words were etched in my memory and I just rattled them off without giving much thought to their significance.

One fine day, the voice of my Higher Self told me, “*Hey wake up! There is much more to the Attitude of Gratitude than just reciting some words like a poem.*”

This incident truly did wake me up! After some contemplation, I realised that the Attitude of Gratitude is so simple yet so difficult to practise. Many of us practise it mechanically and as a matter of habit. In truth, the Attitude of Gratitude is more about feeling than about wording, habit or formality.

Thereafter, I began to *develop* an attitude of gratitude. I still use the words. But rather than say them mechanically, I put all my focus on the words and feel the gratitude for Reiki (and for everyone else) emanating from my heart chakra. It does make a lot of difference ☺

We get so used to the energy of Reiki that it becomes easy to take it for granted. Just take a moment and imagine how your life would be today if not for Reiki. Mine would be rather boring and dull.

When we say those words that we call “The Attitude of Gratitude”, we are expressing gratitude for the presence of Reiki in our lives. We are so blessed that we have access to this vast storehouse of powerful energy. Reiki is like our trusted friend. It is an unconditional energy of love and light. It leads us on our soul’s path and nurtures us throughout. It does so much for us quietly and behind the scenes. It is not in the least bit boisterous! No wonder that we forget to feel gratitude for it as we practise.

Dear Friends, please treat this article as a wakeup call. Start developing an Attitude of Gratitude. It does not matter what words you use. What matters is that you feel the gratitude in your heart!



*Haripriya is a Reiki Master, Angel Healer, and Spiritual Teacher. She was drawn to Reiki right from her childhood and Reiki went on to become part of her life's purpose. Reiki is her constant companion from which she derives peace and contentment. After reaping the fruits of Reiki practice in her life, she was inspired to spread the joy of Reiki. She is the founder of Aananda Holistic Center where she conducts as well as teaches Reiki and Angel Healing. Haripriya resides in Bangalore, India. Reach Haripriya at [aanandaholistic@gmail.com](mailto:aanandaholistic@gmail.com). and at Aananda Holistic Center on Facebook.*