

Sunetra Dasgupta

# Do Reiki and Be Reiki

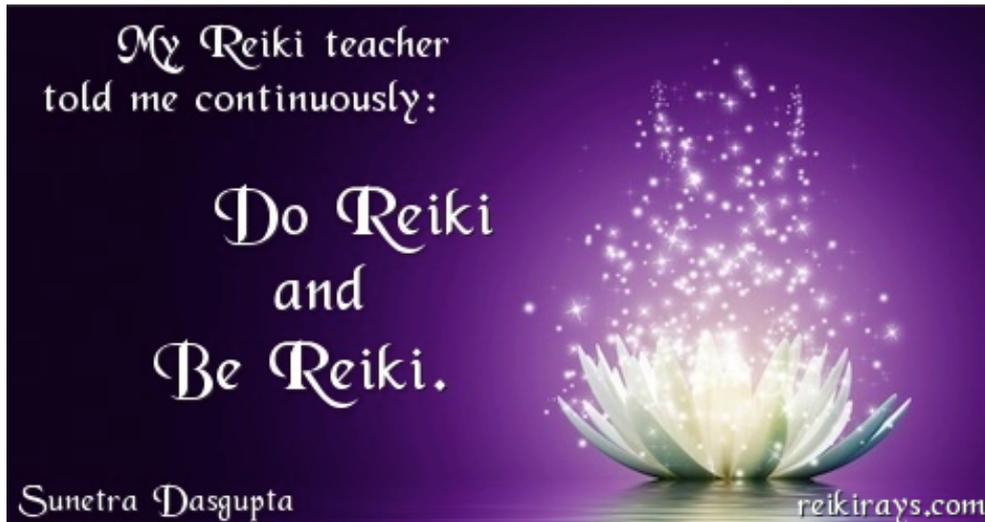


*Traditional Reiki,  
Karuna® Reiki, Soulmate  
Reiki, Fusion Reiki,  
Karmic Reiki, Angel Reiki*

*reikirays.com*

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## Shortcut to Self Healing



When I was first introduced to Reiki... how excited was I! It was on my mind from the moment I woke up till the time I went to bed. I kept on reading a lot about Reiki and its practical uses to enhance my practice. My Reiki teacher, who is also my sister, told me continuously: ***“Do Reiki and Be Reiki.”***

I was ever ready with the energy to heal and help others but I was bored while doing Self Healing. Even though I know how important it is, Self-healing made me yawn like there is no tomorrow.

My sister shared with me a beautiful method of self-healing and amplifying our Reiki.

The method was to connect with any God/Archangels/Ascended Masters everyday for 10 -15 minutes and send Reiki to them. I have broken down the steps for everyone's benefit.

### ***Method:***

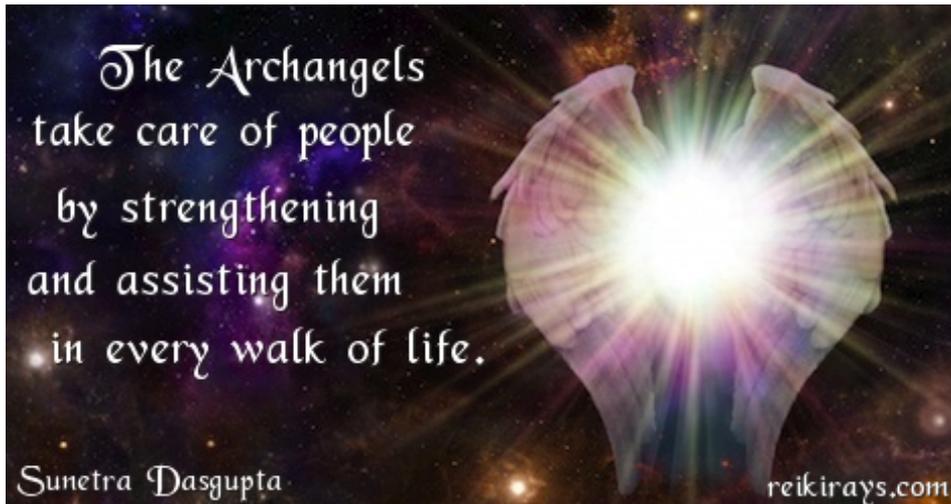
- 1.** Sit in a comfortable place where no one is going to disturb you, put on some healing music and connect with the distance healing symbol to any God / Archangel / Ascended Master. You may connect mentally or keep a photo.
- 2.** Send Reiki for 10- 15 minutes. Talk to them during this time. This is important. Ask them to clear your Aura & chakras for Self-healing.
- 3.** Ask them to amplify your Reiki Power, make your connection stronger with them, or simply ask for blessings and guidance on any issue. They really like to listen to us!

In my experience, this method has worked for me in many wonderful ways. They do listen to us and show us the right path in such a subtle way that we do not even come to know there has been a divine intervention.

They also shield us from negative and psychic attacks. I have also requested them to be my “Reiki Bank”. Which means whenever I feel the need to increase the heat in my hands, I ask them to give me some of their energy. For instance I may say: “Dear Buddha, please send me some of your energy to increase my Reiki flow!”

You can practice this as often as you can. It is good to pick one Ascended Master / God / Angel for a week or so. The results are incredible! Not only has this made me a better practitioner, but also made me understand the spiritual aspects of Reiki.

## Archangels & Reiki



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

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

### **Michael – “Who is Like God”**

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

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



Image by [bobosh\\_t](#)

**Michael** is associated with the Dai Ko Myo

He also oversees a healer's life purpose.

Call on Michael if you find yourself under psychic attack or when your job is too

demanding with impossible.  
Deadlines to reach and people to handle.

### **Gabriel - "Messenger of God"**

The only female Archangel in charge of communication.  
Contact Gabriel: If your third eye is closed.  
If you want a child she may help you conceive or bring news of conception.



Image by [bobosh\\_t](#)  
**Gabriel** represents Cho Ku Rei

Helps to stay on life path and know soul's plan.  
Gabriel is also very helpful for women who have been raped.  
She resembles white and purple light.

### **Raphael - "God heals"**

Raphael is an archangel that takes great interest in helping those who ask.  
Helps us to be better healers.  
Raphael grants, love, miracles and grace.



Image by [DominusVobiscum](#)  
**Raphael** represents Sei He Ki

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

His color is green light.

Call upon Raphael when you are traveling.

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

He also heals wounds from past lives & childhood trauma.

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

### **Uriel - "The Light of God"**

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

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



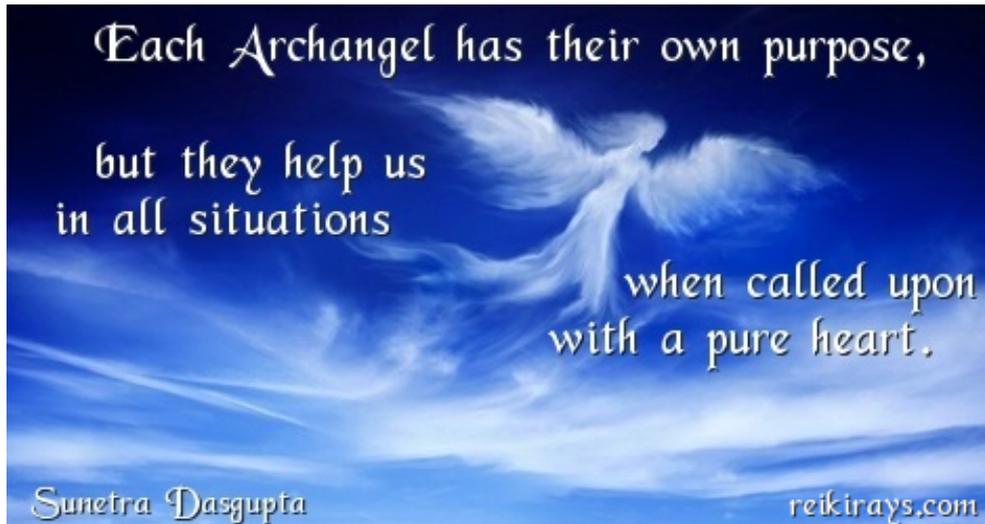
Uriel heals all natural calamities and the Earth.

He is an angel of Transformation & Transmutation.

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

His color is golden light.

## Archangels, Chakras and Crystals



There are total of 15 archangels known to us. Each Archangel has their own purpose, but they help us in all situations when called upon with a pure heart. Like Crystals there are Archangels associated with each Chakra, and every Archangel has an affinity to a certain crystal! We can call upon the Archangels by shouting out their name thrice or connecting to them with the help of Distance Symbol HSZSN or using the crystal associated with the Archangel.

### **1. Root Chakra**

The Archangel associated with this Chakra is Archangel Sandalphon. His main role is to carry our prayers to God, so they may get answered. He is also associated with music and we might feel his presence more when we listen to music, sing or play an instrument. So next time we want to balance our root chakra we can just put on some music, call upon Sandalphon and get our Chakra balanced :-). His Crystal affinity is Turquoise.

### **2. Sacral Chakra**

The Archangel associated with this Chakra is Archangel Chamuel. He also helps in love, confidence and career matters. His Crystal affinity is Rose Quartz or Fluorite.

### **3. Solar Plexus**

The Archangel associated with this Chakra is Archangel Uriel. He is considered as one of the wisest Archangels because of his intellectual information, practical solutions and creative insight, but he is very subtle. We do not even realize that our prayers have been answered till we have a brilliant idea hitting us :-). His Crystal affinity is Amber.

#### **4. Heart Chakra**

The Archangel associated with this Chakra is Archangel Raphael. He is associated with all forms of healing in living beings. He is also associated with travel. We can call upon him for safety and protection when embarking on a journey. His crystal affinity is Malachite.

#### **5. Throat Chakra**

The Archangel associated with this Chakra is Archangel Michael. He is considered as the leader of all the Archangels. He is charge of protecting us physically, emotionally and spiritually. He also helps us in cutting chords which bind us to our past memories and people, thus making moving on easier. His Crystal affinity is Sugalite.

#### **6. Third Eye Chakra**

The Archangel associated with this Chakra is Archangel Gabriel. She helps us with creativity, communicating, guiding others and nurturing our inner self. Her Crystal affinity is Citrine.

#### **7. Crown Chakra**

The Archangel associated with this Chakra is Archangel Zadkiel. He helps us in gaining clarity, forgiving and new ideas. Also helps us in emotional healing. He with his flame can turn negative vibrations to positive vibrations. His Crystal affinity is Lapis Lazuli.

This method is very useful when we feel too restless to meditate; we can call upon the Archangels to balance our Chakras or also when we are healing someone else. If one wants to combine Archangel and the Crystals they might think, since different Archangels are associated with different Chakras and their affinity to the crystals does not match with the traditional crystals associated with our Chakras, it might create havoc in our body. But from my personal experience I can vouch that only thing that can happen to us is our Chakras will get balanced much faster :-). There will be no adverse effect on our body; we will just have an extra spring in each step, making our life joyful.

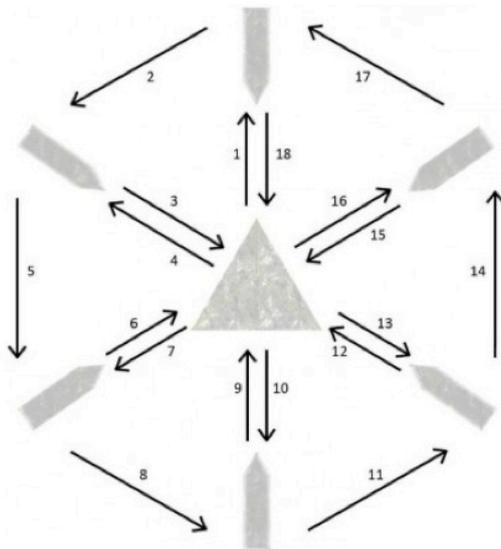
## Reiki Grid (using Crystals)

Reiki Grid is a device that is used to magnify the healing energy. It was made popular by William Lee Rand. The beautiful thing about the grid is that it's a double whammy where we are using Crystals and Reiki together. Crystals have their own healing properties and when combined with Reiki they work much more beautifully giving results faster. It is said that each crystal, which is present on a grid, is equivalent to a second or third degree practitioner and Reiki is continuously flowing through them for 24 hours, so imagine how powerful a grid can be!

Reiki works and flows through intention, which can be conscious or unconscious. Most commonly used crystals are Clear Quartz but one may even use Amethyst. Pink Quartz too is very popular when one is giving healing for love and relationships. I have used all possible crystals on my Grid, starting from Clear quartz to Citrine to Lapis Lazuli and they all have given me wonderful results. Use your intuition regarding which crystals do you want to place on your grid.

The Quartz crystals have the unique property of absorbing and hold the intention. Infuse them with Reiki and your intention.

A grid is generally taught in the third degree, for those who have not learnt it, I am breaking the steps to set up a Reiki grid for everyone's benefit.



The grid is hexagon shaped, and you need 6 crystals, since I did not have pencil shaped crystals I used crystal pebbles and they worked as great as a pencil shaped one! We also need a crystal pyramid to be placed in the center and a crystal wand to

charge it. The wand is a jumbo crystal that has to have a point. Any wand will do except metal.

### ***Grid Set Up process***

1. Soak the crystals in rock salt water for 24-48 hours. Wash them in running cold water. Do not touch the crystals when soaking; trust me when I say do not touch as all the impurities from the crystals get absorbed in the salt water and touching them can make you fall sick, I have learnt it the hard way, you should not! Please remember not to soak the crystals in any metal container as the chemical properties of the crystal can get altered.
2. Once the crystals are washed take them out on a paper or a cloth towel and dry them. Bless the crystals with any prayer or by giving Reiki to them for 2-3 minutes each.
3. Charge the crystals by attuning them i.e. draw all the symbols over each crystal with the intention that they manifest for the highest and greatest good.
4. Place photos of people or intention slips anywhere in the grid. The grid will continuously keep sending Reiki to all your intentions.
5. Charge the grid with an affirmation "I Charge Charge Charge this Grid Grid Grid with Reiki Reiki Reiki to heal heal heal".

Make pie shaped movements as mentioned in the diagram above.

## Reiki Chi Ball

Chi Ball can be literally translated to Energy ball. Chi Ball can be defined as a mass of positive energy that can be sent at a time to a person or a situation. Chi ball is a great way of not only sending healing to someone but can be also used for aura brushing, cord cutting, shielding a person or even box healing! I personally recommend Chi Ball as not only it's an easy method of sending healing; I also feel it works much faster than other forms of distance healing.

Chi Ball though not a part of traditional Reiki it works very well with it, people can make balls of a large amount of Reiki energy and send healing. There can be different variations of a Chi Ball, some may like to put the Reiki Symbols inside the ball before sending it, or some if they are clairvoyant might see the ball in different colours like white, pink or golden. Some even visualize the situation is healed inside the Chi Ball and then send it across. One can always use their own imagination to send a Chi Ball healing.



Image by [Rubber Slippers In Italy](#)

***I will break the steps of making a chi ball for everyone's benefit.***

1. Activate Reiki and draw the symbols on the palms of your hand (in case one is second degree and above).
2. Keep your hands a feet apart facing each other and slowly start bringing them together.
3. Once you start getting your hands together, your hands will automatically stop at a certain point and they will not come any closer further, this is when you will feel the energy between your hands.
4. Start feeling the energy more by moving your hands in such a way that you are making a ball out of the energy.
5. Keep stating your intention, which you want to heal or improve and visualize it in the ball that it has already been resolved.

6. After sometime when your intuition guides you that the ball is ready, just throw it in the air and thank Reiki.

Chi Ball can be made by Non-Reiki Practitioners too, they just have to say they want to send a lot of positive energy to some situation and follow the same steps as above except that they do not have to activate or thank Reiki!

I personally believe Chi Ball has been an under estimated form of healing in Reiki though it can work wonders for all. I hope everyone tries this method and gets results faster and quicker! ☺

## Sati Grid

In Hindu Mythology Sati was a woman who immolated or burnt herself as her father had insulted her husband. Her husband was none other than Lord Shiva of the Hindu pantheon! She loved her husband unconditionally and so did he, and after her death her husband lost his mind and started destroying the world, so much was their love for each other. In earlier days, a woman's devotion was compared to Sati's.

Hence the name of the grid which makes your relationship with your spouse everlasting, better and harmonious is called the Sati Grid. The Sati Grid was developed by the Reiki Healing foundation. It was for uniting two love filled energies together, forever.

This Grid can be used only by a Reiki Master as it consists of the Master symbol. If you are a Reiki level 1 or 2 practitioner, take help of a Reiki Master.

Before setting up the grid, few things should be remembered and I am listing them as follows

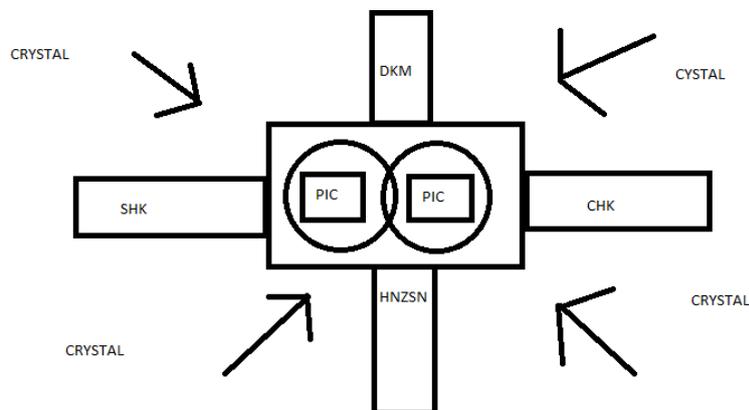
1. One should keep in mind that the size of the grid should be 10"X10", and not less than that. You may take a 12 inches or 15 inches grid also.
2. Check the auras of the people who you are intending to unite. It's very important that the auras should be checked, as two people meant to be together in a relationship have very similar auras. There is no hard and fast of knowing this. You should have a sense of intuition or allow the divine to guide you.
3. The Grid should not be disturbed for 21 days, during which continue sending Reiki. You can also cover the grid mentally with a pyramid shield to prevent third party interference.

The Reiki Grid requires two Rose Quartz pyramid crystals that are to be put on the heart chakras of the photographs. Rose Quartz is used for love and heals the heart chakra. It is said to unite the power of two energies.

Apart from that you would also require four clear quartz or rose quartz crystals that are in pencil shape. Place them at the four corners of the grid looking inward. This signifies that the crystals will absorb negative energies from east west north and south or all four directions.

You would also require the photographs of the two people who you would like to unite.

Below is the Image of the Sati Grid.



If you are setting up the Reiki Grid, remember to charge it every day with the intention “These two lovers or energies are happily united together forever” or if you are doing it for yourself, please state the intention “I and my Soul Mate / Twin Flame are happily united together forever.” For 21 days continue to send normal healing or distance healing to your grid and watch the wonders!

The grid works well and with Reiki our intention amplifies, so the grid can actually start creating changes in the lives of the lovers who are to unite! This would mean removing obstacles out of their way so that they can find each other.

This Grid has worked beautifully for each and every person who has used and I am sure, it would work for people who will use it too, all it asks you to do is have a little faith and a positive outlook.

## Reiki and Pendulum Dowsing

Reiki when combined with any other healing modality works wonders. I have combined Reiki with Hypnotherapy, Access Bars, Angel Cards etc. and the results were fantastic. Lately I have started combining Reiki with Pendulums and the results are amazing.

### ***Before we proceed further let us understand what is dowsing?***

Dowsing is detection of energy and finding answers. Since ancient times in China, it was used to find answers to once question. Dowsing became more popular since 1920 when the Germans started finding underground water and minerals with help of a dowser.

A pendulum dowser generally gives us 3 general answers **1) Yes 2) No 3) Maybe**

The answers are more or less correct provided the question asked is not extremely time bound. For ex: “*Will I meet my soul mate tomorrow?*” There is no guarantee that the answer shall be right. But if I ask the same question stating “*Shall I meet my life partner within 6 months?*” the answer provided shall be 99% accurate.



I always prefer to use a Crystal Pendulum, as I also use mine for healing people. It is preferable to have a pendulum with minimum metal casing, as metal blocks healing energies.

It is important we bond with our pendulums; they love it when they are pampered and preferably give them a name with which you are going to address them. I have named mine Alonya. The pendulum is no less than a child to me as it guides me with right answers and helps me in healing others.

## ***How to charge a pendulum and get answers with Reiki?***

Let me break it into few steps for your convenience:

1. Immerse the pendulum into rock salt for 8 hours to remove all impurities.
2. Wash the pendulum under running water, and you can also run it through sage smoke, though not mandatory.
3. Charge it with Reiki by drawing all the symbols known to you and give Reiki to it for at least 7 minutes along with it I ask the Reiki Master and Guides, Angels and Archangels to come and bless my crystals, also sometimes I just play the lord's prayer to charge it or put up any Buddha Mantra like "***Om Mani Padme Hum***".
4. Once the Pendulum is charged, touch it once on your third eye chakra and once on your heart chakra.
5. Suspend the pendulum by its chain and ask 3 questions to the pendulum with its name. For ex: if you have named your Pendulum Mary, then you can ask (a) "***Mary show me your Yes***", the pendulum will move in a certain direction, you can remember or note down the direction the pendulum will move when it shall give you a positive answer. (b) "***Mary show me your No***", again the pendulum will move in a certain direction, and for the skeptics, no it shall not move in the same direction as yes! (c) "***Mary show me your Maybe***", the pendulum shall move in a particular direction, which is different from the direction of "***Yes***" and "***No***".
6. Now one can ask their questions, and the pendulum shall move in a certain direction to give answers in Yes, No or Maybe. Hence the questions need to be framed accordingly. You can ask one question twice or thrice just to make sure the answer is correct.
7. As you bond more with your pendulum and ask questions, the answers shall be more and more accurate, practice it a number of times before you start doing it professionally.

## ***How the Pendulum helps with healing?***

Since I infuse my pendulum with Reiki, it helps in removing pain, balancing chakras, passed life blocks and negative energies from people and their houses!

Suspend the pendulum on top of the persons crown chakra or shoulder and ask the pendulum to clean and balance the persons chakra, it will suddenly keep rotating at a very high speed to clean the chakras and stop when they are cleaned and balanced. One can do similar healing for pains, psychic attacks and removal of negative energies.

Pendulum dowsing has given instant results when it comes to heal pains, and remove negative energies. Client has given me a feedback about how good they are feeling in less than 5 minutes of cleaning their energies with the help of pendulum. Also since I bond with my pendulum the answers are most of the time correct. One should remember to clean their pendulum every 7 days else they will get stagnated with others energy and the results shall not be up to the mark.

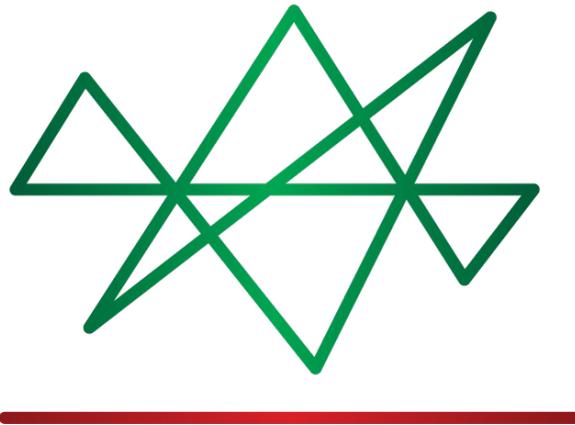
Though Pendulum dowsing is taught by most of the Reiki Practitioners either in Second or Third level of Usui Reiki, for those who do not know much about dowsing hope this shall help!

## Midas Star - The Reiki Symbol for Abundance and Prosperity

One of the few stories, which we have read in childhood, is of Midas touch. Whatever King Midas touched, turned into gold! Including his lovely daughter! At some point of our life, whenever we have faced acute cash crunch I am sure some of us have wished to have the Midas touch.

Midas Star is a prosperity symbol, which is taught in Seichem Reiki or Karuna Ki. Midas Star is commonly known as prosperity symbol, but prosperity just does not mean money, it also means to bring about success in inter personal relations, luck and harmony to us and people around us. It brings around changes in all walks of life wherever there are blocks and helps us achieving our goals.

Being attuned to the symbol does not mean that we can frivolously spend our money and with the help of this symbol there will be abundant cash flow. The symbol signifies, that with steady flow of money, we can establish our power and help the society become a better place to live in. It is said if a red line is drawn under the symbol the power of the symbol increases, also the energy becomes much more grounded.



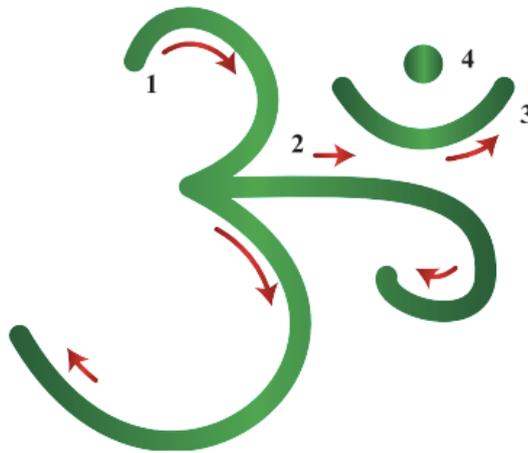
The symbol can be drawn on the cash or cheque, which we receive, or also drawn on a piece of paper and kept in our Reiki box to ensure free flowing money and abundance. The symbol is also extensively used in Feng Shui by painting it in different colours keeping in mind Ba Gua color theory and five-element theory with feng shui symbolism in shapes.

This is one of the closest guarded symbol of Seichem Reiki and being attuned to it can do wonders. :)

## Om

Om or Aum is a very powerful symbol in Karuna® Reiki system. It is a sacred symbol, which is found in Hinduism, Buddhism and also used in Yoga. Before being discovered as a symbol in Karuna® Reiki, it was the most sacred sound found in Yoga. Om represent the entire universe, known as Brahman, it is also said to be the source of all creation. Om represents all time: past, present, and future; and is beyond time itself. Om represents the eternal oneness of all that is.

For people who have confusion over how Om should be pronounced, it is pronounced the same as “HOME” just without the “H”. As a symbol in Karuna® Reiki it is drawn over ones head to pen a pathway to God and Higher consciousness. It is also used to purify, protect, seal and stabilize the Aura.



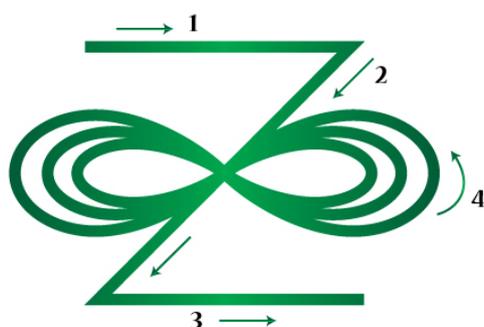
The beauty about the Om/Aum symbol is one can also use it, if they are not attuned to Reiki. Regular chanting of Aum leads to open and activate the Third Eye chakra; also it is used in all Beej Mantras. Most of the Mantras start with Om. Om is not a word but music to everyone.

Om has four subtle sounds that correspond to four levels of consciousness. The first sound of "A" represents the conscious waking state. The second sound of "U" represents the subtle, unconscious dream state. The third sound of "M" represents the casual, subconscious deep sleep state. The fourth sound is the silence that follows the sound of Om which represents the absolute consciousness that illumines and pervades the three prior states.

## Zonar

Zonar is a beautiful symbol and is part of Karuna® Reiki. In the symbol the 3 concentric infinity symbols stand for healing of past lives, karmic and inter dimensional issues. Though it is said there are other symbols, which are much powerful than this, I personally find this symbol very useful, as it is bit subtle and helps in the initial phases of deep cellular healing.

Our cells carry trauma and painful memories from past life, because of which we face issues in our current life. Zonar along with the Usui distance-healing symbol Hon-Sha-Ze-Sho-Nen is used to release all the traumatic events from cellular level. Zonar brings the memories to the conscious level before releasing them to the universe and also amplifies distance healing.



This symbol also works very well when one wants to access their past lives. When Zonar is drawn on the Solar Plexus, it helps us to access our past lives where there is healing for trauma needed. It works as a spiritual and emotional anesthesia hence reducing the emotional pain, helping us to get rid of addictions, break repeated patterns and eliminating toxic relations from our life. Whilst accessing one's past lives their Reiki Guides can be called for guidance.

This symbol along works wonders when Inner Child issues are being healed, especially people who have suffered from abuse at childhood. It helps in releasing the issues of shame and unworthiness from the subconscious mind and also the suppressed traumatic memories of the abuse. People may howl and cry when being healed for their inner child with Zonar but one should realize it is good to let it all out. Zonar is also used to call upon Archangel Gabrielle while healing child abuse patients.

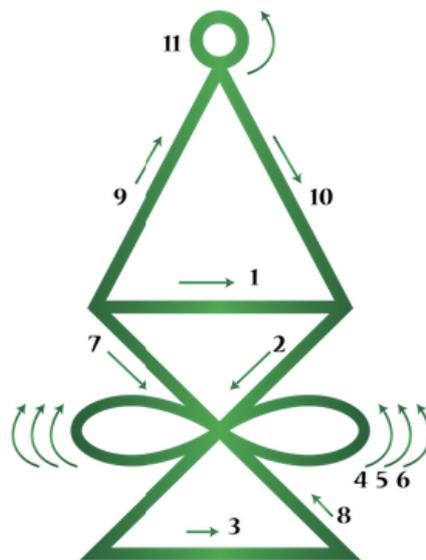
Apart from the above mentioned Zonar is also used to heal body pains, relationship issues and epilepsy.

## Halu

This is an amplification of Zonar. The Z is completed and the pyramid is added. It is said to be more powerful than Zonar and works on higher dimensions and deeper levels. It restores balance physically, mentally, emotionally, and spiritually and brings about deep healing.

This is a great symbol which can be used to break up negative patterns in the unconscious mind and free us from our ego behind which we generally try to hide ex: ***“I just can’t do this because.....”***. The pyramid on the Zonar amplifies it and makes Halu more powerful. Halu helps us to accept the truth and strengthens our Solar plexus by making us take responsibility of our thoughts, actions and words. It also helps us to see through delusions and shatters denial.

Halu clears blockages from all our chakras, open channel to higher consciousness and helps us understand that there is no bad, it is a mere absence of good. Ex Cold is not bad, it is a mere absence of Heat, Halu makes us shine like a diamond even when there is darkness or may I say absence of light.



I firmly believe our auras talk to each other all the time, irrespective of us interacting with another person or not. If we are psychological or psychic attack, we are allowing it somewhere, as we can only be attacked if we perceive ourselves weak. The best way to protect ourselves is to shield ourselves by drawing the symbol on our heart and stating the intention, ***“If anyone tries to attack me psychologically or psychically, I bless the energy and send it back to them”***. This way the energy turns positive and does not cause harm to anyone. We should remember when we send some positive energy to someone more than 10 times of positive energy comes back to us.

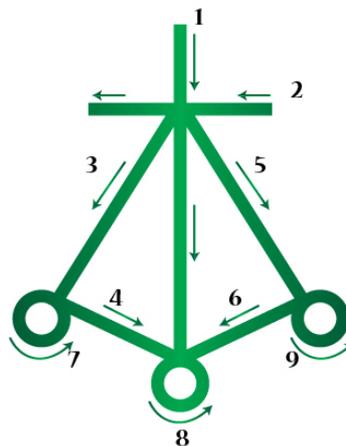
Halu can also be used for sexual and physical abuse issues, as there is a lot of pain associated with both the abuser and the victim. The souls are unable to get over the pain and the trauma. When Zonar along with Harth is drawn on all the symbols, the healing amplifies and deepens, making the pain lighter and to the conscious mind to make it easier to heal.

Halu is so powerful that it can be used for distance healing as well as to connect to our higher selves. It works the best when it is directed to a specific direction for intense deep healing. In some Reiki systems, Halu is also used as Master Symbol.

## Harth

Harth is one of the most important symbols of Karuna® Reiki. It was channeled by William Lee Rand, Katherine Milner and Marcy Miller. Harth is used for all issues of the heart, be it emotional or physical like Love, Truth, Beauty, Harmony and Balance. It removes blocks, uproots fears and fills the empty space with compassionate love.

I personally feel Harth is an upgraded version of the traditional emotional symbol. Harth helps in healing broken relationships and makes us experience unconditional love. It teaches us how expectation can reduce joy and helps us to learn life lessons together with making us a better person. Harth helps us in seeing the scared love for each and every living creature in this planet be it Man, animals or plants; we perform compassionate action only from our open heart. Harth can also be used to develop self love and can help people who suffer from suicidal tendencies. Also protects us from all kinds of psychic attacks.



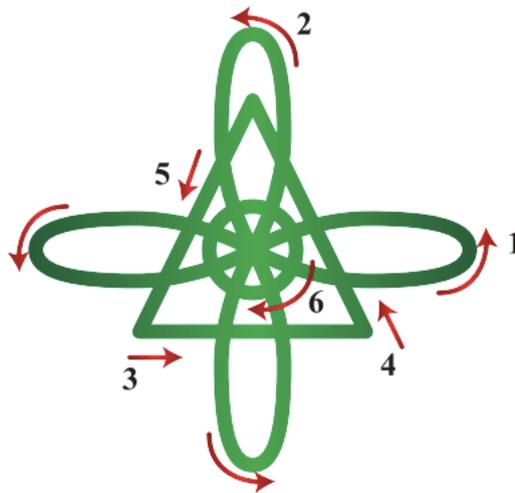
Harth works beautifully for addiction issues. Addiction can be seen as an issue when a person has lost their way and cannot find answers for the questions they have in mind. Harth helps them to understand, all the answers are within us, and we are searching in wrong places, i.e. outside in the physical and materialistic world. It helps in separating the reality and ego, which helps a person heal faster. When we want to make some fundamental changes in our life or want to start our life afresh and anew Harth is an answer to it. We can visualize the situation and send Harth to it where we want to make changes or if we want acquire some new quality. It helps us to understand that we are the creator of our life and we can make changes in our life!

Harth is a great symbol to request for wishes from the higher realms. Connect to any Archangel, Ascended Master, Reiki Masters or guide with the distance healing symbol, and give them healing with Harth. You can ask them for some kind of special blessing. They will definitely help us building our life with love, joy and gratitude.

## Gnosa

Keeping up with my series of Karuna® Reiki symbols, next symbol I am inspired to write about is Gnosa. It is a beautiful symbol, though not as glamorous as Zonar, Halu or Harth, but in itself it is a very beautiful symbol.

Gnosa helps us in clearing our mind from clutter and increases the connection with the higher self. It merges our conscious and sub conscious mind together thus opening our chakras and increasing our awareness. It is drawn on the top 4 chakras.



As our awareness increases with the help of this beautiful symbol, the potential of bringing in a very deep healing is vast. It helps us to reveal the underlying reasons of our pain and trauma hence release it and make us lead a peaceful and a better life.

Gnosa helps us in keeping an open mind about various new concepts and let us know the spiritual and deeper truth about things, irrespective of what our faith is. According to founder of Karuna® Reiki, William Rand, it helps to learn various physical activities such as sports, dancing, martial arts and even playing musical instruments.

It is a great symbol for students as Gnosa clears our minds, which further improves our communication skills, both verbal and written. Best for studies, projects and research as it will help one find the proper resources and nitty gritty about the project.

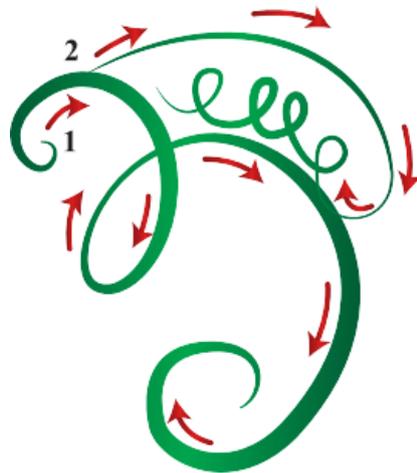
Gnosa works well with Rama symbol helping the Higher Self to manifest on the physical plane.

## Iava

IAVA (EE-AH-VAH)

Karuna® Reiki Symbol Iava helps us to understand that we create our own story, our own future. We are not a part of someone else's projection. Iava helps us to gain personal power and not be a football of other people opinion and is supportive in this endeavor.

Iava helps us in setting goals for ourselves, build strong persistence, follow our path and maintain healthy boundaries. Despite all the above we can honour other people's opinion. It is not necessary we have to agree everyone's point of view, accepting it will suffice. The beauty lies in diversity. It also helps us in removing ego, which makes us believe a person is either inferior or superior.



Iava teaches us we are only responsible for our happiness, emotions and feelings, not of others. The only responsibility we have is the way we choose to respond to others in various occasions of our life. We cannot make others happy or sad; it is a person's decision, which way they want to lean to. Iava helps us in recognizing interdependence.

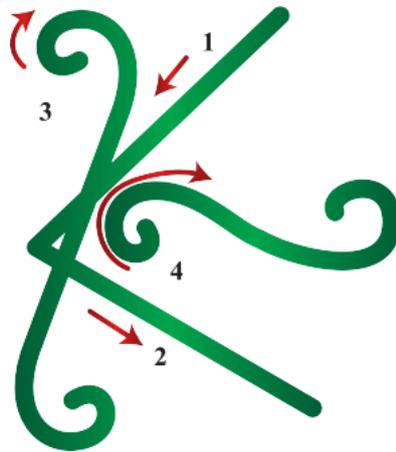
It helps us to take action to fulfill our true divine calling and gives us joy while we do our work, which can be anything from teaching children to cleaning your house. End of the day we are healers following the Universe's path. Iava also works well with Harth to help overcome addictions.

The beauty about Karuna® symbol Iava is that it helps to connect deeply with Mother Nature. It teaches us beautiful lessons in life, which we may learn, we learn to keep our mind silent. It is an excellent symbol to give earth healing every day, and make this place a better place to stay!

## Shanti

The word “*Shanti*” in Hindi means peace. It is a beautiful Karuna® symbol, for me personally it denotes why exactly people come to Reiki: To heal the past, release the future and create harmony in the present.

This symbol is very useful for manifesting the best possible results. It works beautifully for various purposes when combined with other Karuna® symbols. For ex: It helps us in clearing the room when combined with Rama, apart from that when combined with Kriya or Rama, it helps us to realize the goals that we had set for ourselves and manifest them which we may have forgotten in the daily hustle bustle.



Shanti helps us to release all our fears and insecurities; it may be drawn on the Third eye where a lot of fears are stored. In turn it can help people in getting rid of insomnia and restlessness including nightmares.

Shanti is a wonderful symbol to use when fear or panic attacks distress us. Even for chronic fatigue it is been known to help. When drawn on Solar plexus and Third eye, it induces a soothing calmness, helping us to let go of worries about things of the past or those things we imagine yet happening.

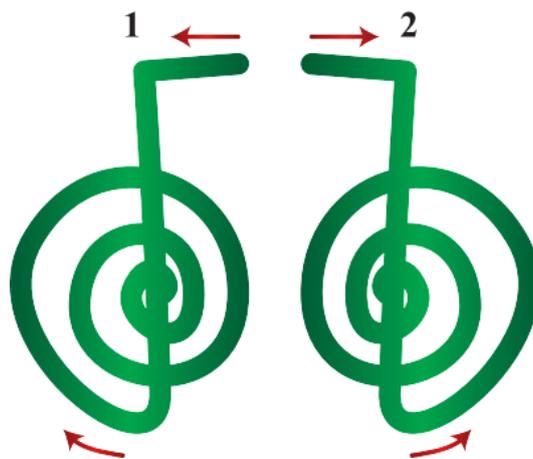
It is an excellent symbol for those who are trying to develop their clairvoyance, meditating with the Shanti symbol on the Third eye will open and balance the chakra and in turn help in improving clairvoyance.

## Kriya

Kriya the last symbol in the Karuna® Reiki Series (Master symbol excluded of course!), it is a double Cho Ku Rei symbol, one being clockwise and the other anti clockwise, it is used for physical manifestation and healing the human race.

Both the symbols can be drawn simultaneously with both hands. People who are not comfortable doing so may draw first the symbol on the right side, then the one the left.

The clockwise symbol connects one to the heaven and has masculine energy and the other to the earth and has feminine energy.



***This symbol can be used in various situations, some of which are listed below:***

1. It helps us to get our priorities straight. It makes us realize each decision we make we have a choice; hence help us to get rid of all attachments we hold on to.
2. Helps in healing bonds with family, everyone co exists peacefully and harmoniously together.
3. Helps in manifesting our wishes and desires, provided they are in alignment with the Universe. It brings in a lot of joy and happiness while healing for the wish.
4. Wonderful symbol for grounding, one can imagine the symbols moving down from thighs to the soul of your feet in spirals, also makes a strong connection of your body with the Universe.

Kriya is a wonderful symbol, which helps us in leading our life in a wonderful, and a practical way.

## Motor Zanon

I have been getting poked by the universe time and again to write about Motor Zanon as not many people are aware of this beautiful symbol. Those who are aware about it think it is an Anti Viral and Anti Aids symbol but Motor Zanon is more than that.

Motor Zanon originally a part of Seichem Reiki, it is also taught in a Karuna Ki and is similar to Usui Master Symbol. Motor Zanon is made up of 2 words Motor, which goes inside our body, and Zanon, which comes out. The symbol separates the virus from our body and brings it out.



To activate the symbol one must energize it with the power symbol and then say Motor Zanon thrice. The symbol enters the body and catches the virus, to remove the virus from the body; we change the polarity of the symbol by saying Zanon thrice and the symbol comes out of our body along with the virus.

This symbol is used to remove spiritual, emotional and physical problems. It helps us in removing all the negative emotions especially self hatred and low self esteem which in turn helps us to improve our interpersonal relations with others, apart from it also helps in DNA healing, and helps us to release all soul traumas. Also it has been used by many Tibetan monks for exorcism of earthly entities and soul transition after death. This multifaceted symbol can be also used for removal of etheric cords and increase our body immunity, hence helping us to lead a better, peaceful and a healthy life.

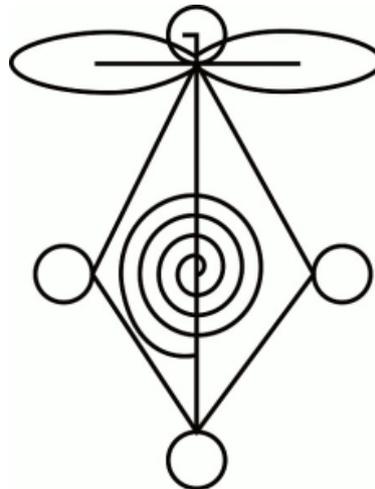
## Fusion Reiki

Fusion Reiki was introduced by Dr. Jason Storm in the year 2000. It was during a group attunement Dr. Jason received the symbol and the instruction for its use. The symbol was given the name “Fusion” as it was a combination of Usui, Seichim, Karuna Reiki and Chi Gong.

I have used this symbol right from my First degree Reiki. It works just as well with other Reiki symbols as it does on its own. The Fusion Reiki Symbol is a very powerful symbol as it’s a combination of different energies.

Once attuned to the symbol, I have noticed the Reiki frequency becomes higher and flows better. Fusion Reiki works best when used for distance healing; the energy flow is not the same when used for direct healing.

It works very well on multiple intentions like our Reiki Box.



### **How to Activate the FR Symbol?**

Chant its name thrice or draw or visualize it on the Reiki Box or the person you are sending healing to. Fusion works very quickly compared to other symbols because of mixed energies and people connect easily with this symbol.

There is no correct way of drawing the symbol. Any stroke can be drawn first (let your intuition guide you!). The Fusion has a consciousness of its own and can also be used for healing, meditation etc.

### **How to Attune to the Symbol?**

Self attunement works best in Fusion Reiki. We need to get meditative for 15 – 20 minutes. If required put on some light meditative or healing music. Take 3 deep

breaths and say “I would like to get myself attuned to Fusion Reiki” thrice. Stare at the symbol for 10 minutes or so till the time you have absorbed each and every stroke of the symbol.

You might feel light headed or feel some tingling sensation all over your body; it is the energy entering your body. Once you think you have “absorbed” the symbol, take a pen and a piece of paper and start drawing the symbol without looking at it. Don’t worry your intuition will guide you to draw the symbol. Draw the symbol 6 times and now you are attuned to the Fusion Symbol. You can use the symbol any place and anywhere, you will be surprised how fast and effectively it works. It can help you in getting rid of pain, to move traffic or anything which is for the greatest and the highest good of everyone.

## Soul Mate Reiki

Most of us are waiting or searching for that “special someone“ to walk our divine path with. We call them soul mates. But, in reality we have many potential soul mates. They are people towards whom we feel a great affinity. In fact our parents, siblings, children, friends, teachers etc. are all our soul mates. And yet for some of us a soul mate is that one person whom we see as a romantic partner.

Soul Mate Reiki does not depend on us believing any specific philosophy regarding soul mates. It’s up to us how we want to channel the symbol. We can channel the symbol to attract our “The one” romantic connection or just friends with whom we share a very deep bond. Since there is a great interest in soul mate as a romantic life partner SMR (Soul Mate Reiki) is can be used to bring our partner in our lives.

The Soul Mate symbol and ways to use it:



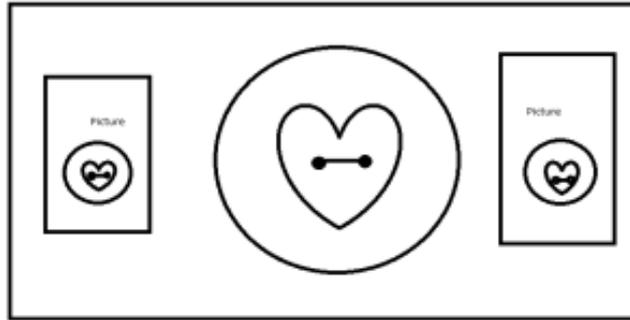
1) Activate the Distance Symbol and draw the SMR symbol on your palms, heart and emotion chakras and chant “SMR” 3 times giving Reiki to these Chakras. You can use it with any other symbol you know. (Let your Intuition guide you!)

Affirmation is very important. You can say:

“I am now ready to receive my soul mate with divine love and wisdom.” or “Thank You, Reiki, for giving me my soul mate with divine love and wisdom.” Or any such statement that appeals to you.

2) In case you want to use it for any particular person, you need that persons and your photo. Draw the SMR symbol in the center between the 2 photos and also on each of the photos to activate.

The Pictorial Representation is given below:



On the other side of the paper the Power Symbol, Emotional Healing Symbol, Distance Healing Symbol, Master Symbol (Optional) can be drawn. Channel Reiki into it for 20 minutes every day.

3) Another powerful way to use this symbol is to connect with your higher self. Sit quietly and do deep breathing. Activate HSZSN and SMR; say: “I ask my Higher Self to help me to connect with my Soul Mate”. When you feel heat on your palms, keep your hand on the Heart Chakra.

For those of us who do not know who our soul mate is, our higher self-connects to the higher self of our soul mate and they may feel some vibrations or guidance from their higher self on how to find us.

## Soul Mates / Soul Families / Karmic Connections

**“All the world's a stage, and all the men and women merely players: they have their exits and their entrances; and one man in his time plays many parts, his acts being seven ages.” – W. Shakespeare**

The above quote is true for our souls. It is said between our death and rebirth, there is a time when our souls are free. All souls report to a master soul. And we have fellow souls who are called soul families. We run over our list of Karma, what we have paid, what is left to learn etc and choose our next reincarnation!

There are broadly three types of relationships we form. Soul families, soul mates and karmic connections.

### **1. Soul Families / Soul groups – parents, siblings, teachers, enemies, lovers, colleagues etc.**

Most of us have a sibling that we are close with, a very special grandparent, a friend that has been there through thick and thin, a cousin that makes you smile, etc. These are your soul family. They often change roles in life times. In one life they might be incarnated as your brother and in the next they will come back as your son, but your feelings for each other will probably not change much. The beauty of these relationships is that we promise to find each other and be together every lifetime.

### **2. Karmic Connections**

Karmic Connections are souls you have unfinished business with. They are characters in your play who will give you the opportunity to learn and expand from bitter experiences and life challenges. Their original design is to stretch you to your limit; they are the most troubling relationships. Some of your closest relationships, your biggest betrayals, and your greatest abusers will be parents, relatives, teachers etc. They have chosen only to torment you. The lesson for you here is to not hate them, but to learn from these experiences.

### **3. Soul Mates**

– most people think of this word in a very casual or romantic sense. And often people say ‘I have found my soul mate or they are soul mates.’

The topic is incredibly complex and beautiful so I will first explain the meaning of a soul mate. It is a person with whom you have shared past lives. Of course some soul mates can be Karmic connections and these are meant to end early in your life. These

can be our short term affairs, lovers, or even marriages that end in divorces. But healthy soul mate relationships continue into a loving marriage.

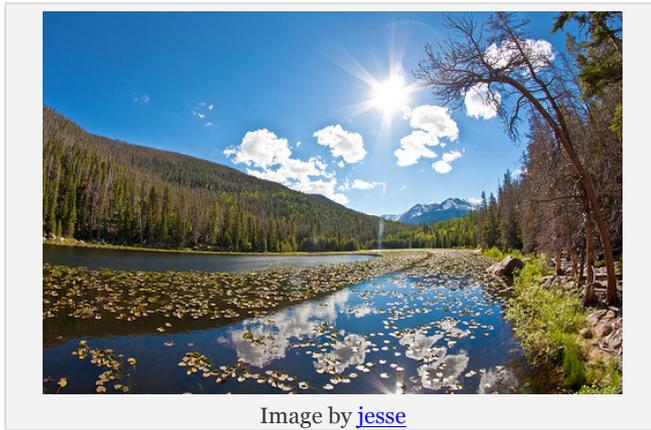


Image by [jesse](#)

### **So how does one find this Soul mate?**

By becoming true to ourselves, by listening to our inner voice, our inner sense of right and wrong, no matter what society says, we heal ourselves and find the soul mate. It is after all the Law of Reflection. What is within us will reflect around us.

They say the “eyes are the window to the soul”, this is how we recognize our soul mates and they recognize us. There is a sense of familiarity, a sense of knowing the person, which has nothing to do with physical appearance.

This sense of knowing happens on the soul level, because we have reincarnated in different bodies in other lifetimes, but the soul is the same, so we instantly recognize each other.

The Universe or God sends frequent messages both spiritual and practical to such soul mates, spurring them to take action. The reason for this is everything including destiny operates on divine timing and soul mates have a sacred mission to meet, to heal, to procreate and serve humanity in some way.

I would like to narrate a personal anecdote here. About a few weeks ago, I had to attend training. I had already decided to make excuses, since I am not the type to sit through four hours training! I guess the Universe was laughing at me. The person who took the training had a startling resemblance to my soul mate or the man I am going to marry in this lifetime! The Universe often gives us wonderful surprises and signs which if we follow, we will come face to face with “The One.”

## **Use of the Master Symbol**

Dai Ko Myo – “Great Shining Light” represents the Heart Beat of Reiki. The Master degree & the Master symbol heals at the soul level. Often, we hear from people some dramatic changes have happened to them after the Master degree. This is because the DKM exposes our divine life path.

It rids us of unnecessary things and people. The DKM connects us to the Christ consciousness. It is the Christ consciousness or God that assigns soul mates and soul families the task to find each other. Hence, the DKM symbol can be used to connect with our soul family.

Use HSZSN to connect to the members of your soul family or soul mate and then activate DKM to add more power to your healing.

## “Reiki” Relationships

If you like me are a self proclaimed Google Queen (or King!), who can almost find any information online for anything then you are no stranger to blogs, articles and subscriptions which read how Reiki heals relationships, how it brings estranged families together, but I have hardly seen anyone writing about the “Damaging” effects that Reiki has on some relationships.

Relationships are very important in everyone’s life, provided they are healthy; else it causes unnecessary emotional troubles and stress in one’s life. The “trouble” with Reiki is, it’s not only the Universal energy but also the Universal Truth. It brings out everything in open, ripping apart the illusion of falsely created images. When one starts practicing Reiki or starts giving healing to relationships, some difficult decisions need to be made by us. My Reiki Colleagues and I have had experience with some relations in which we were thick as thieves to start with, and after Reiki things begun to sour. These relations may be friends, families, children, colleagues and even spouse. There are some relations in which the dynamics cannot be changed but Reiki gives us a better attitude and perspective towards these relationships.

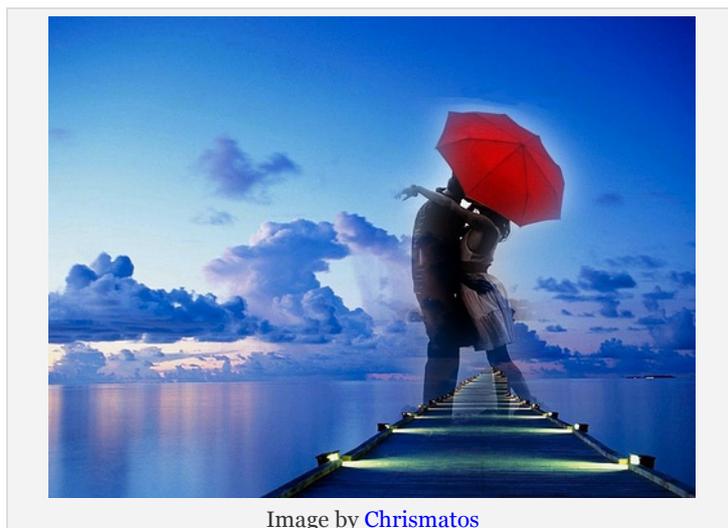


Image by [Chrismatos](#)

Some relationships become better with Reiki, and some heal by separation, in which the separation may be temporary or permanent. The relationship, which does not serve any purpose in your life, may end abruptly or you may just become distant from those people. When one starts practicing Reiki the truth about all your relationships surface. What I have personally noticed is not all relations can be healed in a 21 days healing cycle, it takes around 3 to 6 months for a relationship to heal for better or for good! It is necessary to be out of these negative and toxic relationships as our auras carry the trauma of these toxic relationships. Blockages in our aura affect our relationship with other people as our auras keep communicating with each other.

Those who are expecting to meet their soul mate and giving healing for the same, you have to give it at least 6 months to start showing results. For those who are not sure about the true nature of their existing partner, Reiki will bring it out. This holds true for all other relations as well.

As a Reiki practitioner we retain only the good relations in our life as Reiki ensures we stay at our highest vibrational best. People often question me if Reiki “spoils” relationships because almost with everyone some or the other relationship ends. It is simply because we have some unhealed karma with them and they come to teach us some important life lessons which will help us walking on our path.

I am breaking down the steps for relationship healing for everyone’s benefit.

1. Cover yourself with light and give a lot healing to yourself with the emotional healing symbol or if you are a Karuna Reiki Practitioner you can heal yourself with Harth (It is for harmonious relationships and also helps one attracting love, good for people who have suicidal tendencies).
2. Connect to the person you want your relationship to heal with, with the distance healing symbol and start sending energy to them with the intention “that the relation improve for the greatest good”. If past images crop up in front of you which have hurt you, draw a number of emotional healing symbols on the image. You may feel some kind of release happening.
3. Notice the changes your body and mind feels after the healing. You may sense the other person’s point of view changing in favour of you.
4. Close the healing with the power symbol and thanking the other person mentally for accepting the energy and also being there in your life.

This method of healing can be done without any symbols too! Those who do not use [symbols](#) can heal the relationship by visualizing both the parties in white light.

This healing is not only for romantic relationships. Please feel free to use it to heal any other relationship you are struggling with.

## Reiki and Sensuality

When I came into Reiki, I had a lot of doubts in my mind regarding it, but as I began my practice most of it got sorted thanks to my teacher and also other Reiki practitioners who I met thanks to Reiki Rays! But one thing, which still kept me confused, was each and every practitioner view on Sex. A practitioner told me he was guided by his teacher to remain a bachelor and take up celibacy as that will help him maintain the “purity” of his powers. Though I did not take it very seriously that time it had me worried somewhere back of the mind as I had many people telling me that Reiki decreases ones sexual desire. I still kept on practicing Reiki as I liked working with the energy and it gave me a lot of peace of mind.

It was around last year I met a wonderful lady who herself is a very learned Reiki practitioner and has been in the practice for a while, I asked my question on sexual desires in front of her as I intuitively know she would be able to give me the correct answer, and here is what she told me.



Image by [Atilla1000](#)

Reiki is such a beautiful energy it balances out everything in life – physical, emotional as well as spiritual, but Reiki is also an energy, which is manifested based on our desires and intention. When one gets attuned to the Reiki energy, first thing that people do is balance their Chakras and Karma with help of self-healing. Our sexual desires are mostly controlled by our second or the Sacral chakra, when the blocks are removed from our Sacral chakra not only do we attract better relationships but also our sex life improves. If a person has really low sexual desire, by practicing Reiki their sexual desires can increase as the blocks gets removed and so does the trauma or the hurt associated with the cause of low sexual desire and can have a healthy sex life.

Also it works other way round; she had a student who was a sex addict. The student would end up having sex with random people only to prove it to herself that she was a

very desirable girl, and the root cause for it was extremely low esteem due to a neglected childhood and an extremely abusive ex-boyfriend who she was unable to get over. When she learnt Reiki and started practicing it regularly, her chakras started getting balanced and also her karmic blocks started getting removed, she started treating herself with respect and her hyper sexual activities stopped. Today she is in a healthy and a committed relationship and is getting married very shortly. Hence Reiki does not make the desire go up or down it just balances it for each and every person for their greatest good.

We tend to forget Reiki is also based on our own intention, and I have come across many Reiki Practitioners who have curbed their sexual desires with help of Reiki and blame Reiki for it, they are conditioned to think that sex is a taboo and should not be practiced when one is following such a wonderful and a pure form of practice – Reiki. Fortunately or unfortunately it is not true as Sex is as normal as anything else and is very sacred.

Hence to improve your sex life with your partner give Reiki to all the Chakras of yourself and your partner concentrating more on Heart, Sacral and Root Chakra. If one is an advanced Reiki practitioner, they can follow the same method and use the emotional healing symbol generously.

## Karmic Reiki

We have all heard the proverbs “As you sow, so shall you reap” or “What goes around comes around.” To most people these proverbs appear simple, but they are actually talking about the Universal Law of Cause and Effect – Karma. The word ‘Karma’ is a Sanskrit word which means action.

Karma can be good or bad. The effects therefore will come as rewards or lessons and punishments. However, the law of Karma states that for every deed that is committed by a person, its corresponding effect might not happen in the same lifetime, but can be in other lifetimes. We often experience obstacles, setbacks in our life though we put in hard work. That is our Karma!

Our soul’s purpose of taking birth and rebirth is to heal our Karma. This can be in various forms. Trauma in a past life, can lead to illnesses in the present life. Or a negative relationship in a past life can lead to failing relationships in the next life.

The Karmic debris we bring with us during birth can have “energy objects” found in our Aura. Objects such as knives, ropes, tar etc. in the Aura of course represents negative energy in the body. This energy enters our chakras and causes various diseases. PCOD, Fibroid, Syphilis, etc. are considered karmic diseases. Reiki heals and releases negative energy and blocks from the Aura to the chakras.

### ***Karmic Reiki Symbols:***

Karmic Reiki is a beautiful and gentle form of Reiki to heal and cleanse our Karma. The symbols work on emotional, mental, physical, spiritual and Auric levels. There are 5 symbols in Karmic Reiki. There are 2 symbols which ease the effect of “anonymous karma” or unknown karma and there are 3 sister symbols which are very powerful and can reveal astonishing details from a person’s past lives.

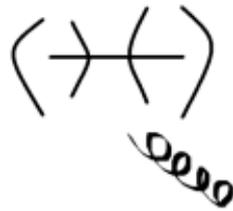
#### **1. The Emotional Butterfly – Channeled Symbol –Karmic Cleanser**



This symbol heals emotions attached with negative Karma. It is similar to a combination of Sei He Ki and Hon Sha Ze Sho Nen. It brings subconscious feelings to

the surface. It should be drawn on the heart chakra and your palms for healing. Emotional outburst may happen during karmic cleansing.

## **2. Taoist Grace – Channeled Karmic Symbol**



Grace is used to remove repetitive patterns of behavior such as negative thinking or birth trauma. Grace neutralizes the negative energy in the body and works at the root cause. Draw it on the whole body of the client or on your palms.

### ***The 3 Karmic Sister Symbols:***

#### **1. Karmic Blockage Vaporizer – Mei Ku Do (May Koo Doe)**



This symbol is very powerful. It helps in removing “energy objects” such as knives, ropes, tar, etc. from the aura by vaporizing it like a Fire extinguisher. Only faint traces of the karmic symptom will remain. This symbol might create pressure, fear, etc. as the healing is very intense.

#### **2. Karmic Shadow Cleanser – Mei Tu nyo (May Too En Joh)**



This symbol helps in clearing the shadow left behind in the aura after the Karmic block vaporizer is used. It restores normal flow of energy. Interestingly, this symbol may create burst of laughter and Euphoria.

### 3. The Guide connection – Shi Te Myo (She They Me Oh)



This symbol creates a closer connection with our Reiki guide hence intensifying the treatment. It works well in Co-dependency issues on Individual and Relationships. This symbol should be used cautiously as its frequency is even higher than the Master Symbol.

## Reiki Psychic Surgery

Psychic Surgery is removing negative energies and blocks from the aura and the body. It is a non-invasive method where the healer can actually pull out negative thought pattern, deep blocks, trauma etc. from the psyche of the patient.

It is taught in the Master degree in Reiki and though it is not a part of traditional Reiki, it works extremely well with it.

Blockages in the aura or chakras can cause physical or emotional diseases. Reiki Psychic Surgery is an effective way of removing these blockages and healing the body and mind of the patient.



Image by [Wonderlane](#)

The most traditional method to perform psychic surgery is using extended Reiki Fingers, which I find too complicated; hence I devised my own method, which works well for me. I have been healing a lot of clients successfully with this method and the desired results have been felt by my clients.

### **Procedure:**

1. Make the client lie on the table or if a distance psychic surgery is to be done then connect to the client using the [Distance Healing Symbol](#).
2. Ground yourself by drawing the power symbol below both your feet and on the 7 main Chakras of your body, this will act as your shield. Do the same for your client.
3. Call upon Reiki Masters, Guides, Angels, Archangels, or just connect to your higher self to guide you through the surgery and state the intention before starting the procedure. I also invoke St. Germain and his violet flame to purge the negative energies I pull out of the client.
4. Do a Byosen Scan on the client; your hand will automatically stop wherever there is depleted energy or a blockage. Start healing that particular place with the white light. I often sense or see the impurities in the form of net, knives,

ropes, pebbles, chord, tar etc. Scrape or pull them out and throw them into the violet flame. Keep doing this till the energy does not feel dense in that particular area.

5. Once the surgery is completed, pass white light on the whole body, and close the surgery by covering the clients body with golden [Power symbol](#).
6. Thank the Reiki Master, Guides, Angels, Archangels, God or the higher self (whoever was invoked during the surgery) for their presence and guidance.

## Pyramid Shield against Psychic Vampires

A few months back my sister and I were victims of a Psychic Vampire. Psychic Vampire is a person who feeds on life forces of others. They do not have any energy of their own and their main victims are animals and children.

I had a feeling he would attack again and was really scared, hence my sisters Reiki colleague was sweet enough to tell me about the Pyramid Shield, which protects one from Psychic attacks, Psychic vampires and also negative energy. I shielded myself by this method and it worked, as the person's second attempt was unsuccessful. Hence I thought of sharing it.



### ***I am breaking down the steps for everyone's benefit.***

1. Sit in a comfortable position where no one will disturb you for at least 5 to 10 minutes.
2. State the Intention "I am going to Shield myself with the purple pyramid, to protect myself from all negative energies" thrice.
3. Visualize a triple layer purple pyramid around yourself, and white light falling on you from all directions, inside the pyramid.
4. Activate the distance-healing symbol; state the intention to remove all the negative energy surrounding you. You might actually see the negative energy being removed.
5. Now visualize all the other symbols, surrounding the pyramid, if you are a third degree practitioner you can also use the Master symbol with all the other symbols.
6. Now you draw a reverse CHK to close the pyramid or just make an action of pulling up a zip, to close the pyramid.

Then State

“This Shield is on for 3.5 days” X 3

“Only Positive Energy can enter this shield” X 3

“No Negative Energy can enter this shield” X 3

This completes the pyramid shield.

## Handful of Rock Salt with a Dash of Reiki!

Rock Salt has been used by mankind for more than 6000 years. In ancient times it was the only salt, which was used, and was considered so precious that it was also used as currency. Though the nutritional benefit of salt consumption is known to mankind, not many are aware of its healing and cleansing properties.

Reiki has been known to mankind forever, it was the method, which was used by our ascended masters to heal others. Though many are aware that Reiki can be used to cure health issues, very few are aware that Reiki can be helped for cleansing and healing different situations.

I have observed, though Reiki is beautiful on its own, I do believe it gets a boost when we use rock salt in combination and the results after that are spectacular.

A Reiki practitioner's vibration is high and is hence prone to much more psychic attacks. Though there are many ways to shield one, not all practice them and hence can pick up a lot of lower vibrations from their surroundings, which may reflect in their life through health or situations. As we have to interact with people from day to day life and our aura brushes with many others, we may clean it with Reiki but can be boosted if we take a salt water bath by putting some rock salt in a bucket of water and pour it on ourselves, we shall feel energized and refreshed immediately. When I moved into my new house, I did not hold any prayer meeting at my place; instead I just sprinkled rock salt at my place, and after 24 hours swept it out. The energy had become very light, as it felt a lot of stagnant energy got removed, and when I did Reiki cleansing, it just was an icing to the cake, and the house was full of positive energy and vibes, making us much more cheerful and problems were getting automatically solved!



Image by [larryjh1234](#)

I love to swab my house with Reiki water. I fill a bucket with water, and energize it with Reiki and then swab the house. My house energy becomes lighter and much more refreshed, but when I add a handful of rock salt to my Reiki water and then swab, the house is cleaner and the energy is lighter almost instant. Also another instance where I use rock salt often with Reiki is when I clean my crystals. I just bury the crystals in a bowlful of rock salt for a couple of hours and then charge them with Reiki, the crystal is free from all clogged energy and energy flows beautifully. Another great way of combining Reiki and rock salt is to use rock salt for preparation of food, and energizing it with Reiki and then consume it. The health benefit is known to all.

Use of Rock salt and Reiki are very ancient practices by mankind, and one can combine the two and have the best of both worlds ☺

## Why Each Chakra Is Represented by Different Colour?

My brother had once attended a Reiki Seminar, when he asked the Teacher, why each chakra was represented by different colour, he was admonished saying that, it's just how it is and he should accept it. I guess many people have the same question in mind or might have not struck some people why are the chakras denoted by different colours? I tried to figure out the answer by meditating on it, but couldn't find any concrete answers, I asked others too, they too were not sure, then my Reiki Teacher explained me the concept, and I would like to share it with all of you.

If we have noticed, the chakras are of the sequence VIBGYOR, which is also the colour of the rainbow. The Colour Spectrum lies between Violet and Red. Above Violet is the White light, which is Christ light, and our body too is covered with the White light. Below Red is Black, which consists of all the negative energies and is the lower dimension.



Image by [hannahsmetana](#)

### **Crown Chakra:**

The last Chakra in our body considering we start from bottom, It is related to Oneness of God and Wisdom. It represents our connection with God. It is represented by violet because Violet is associated with our spiritual awareness. It's the Violet energy that gives us guidance and wisdom.

### **Third Eye Chakra:**

The sixth Chakra in our body that is the center of our forehead. It is related to our Intuition and intelligence. It is Indigo color because Indigo is associated with following our divine path through Intuition. This chakra draws energy from the Indigo color of the rainbow.

**Throat Chakra:**

The fifth Chakra in our body, which is our Throat Chakra, is related to our ability to communicate and express ourselves. It is Blue in color and draws energy from the blue band of the rainbow. Blue is associated with expression of one's self by speech and communicating our needs.

**Heart Chakra:**

The fourth Chakra of our body is the Heart Chakra. It is related to Self love and love for others. It is Green in color and gets its energy from the green band of the spectrum. Green is associated with the ability to give and take without any conditions. When we are balanced, we are able to give love and also receive love to nurture and take care of ourselves. Green energy connects us to unconditional love.

**Solar Plexus Chakra:**

The third Chakra of our body is the Solar Plexus. It is related with our personal Strength, Assimilation of experience, Career, Digestion, Reaching ones goal. Its represented by Yellow as Yellow is associated with one's Self Worth. It's how we feel about our own selves, and how we feel others think about us. It deals with our ego. This is the largest chakra and draws its energy from the sun.

**Sacral Chakra:**

The Second Chakra of our body is the Sacral Chakra. It's related to our feeling and sexuality, also with sense of pleasure and abundance. It's represented by Orange and draws energy from the orange band of the color spectrum. It gives us the strength to cut ourselves some slack and enjoy our freedom, expand our areas of Interest and in general enjoy life. Its an emotional stimulant and helps us to shed our inhibitions.

**Root Chakra:**

The First Chakra of our body is the Root Chakra. It's related to our basic instincts of survival and physical energies of life. It's represented by Red, as Red is associated with Self-awareness. It is our survival and stability on the planet. It gives us power from earth and energy on all levels. Red Energy connects us to our physical body. Every action that we do needs the life force of red.

## Smart Reiki!

I have been practicing Reiki for quite some time now. Before committing to the practice I spoke to a number of Reiki Masters and after a lot of R&D I finally realized the power of intention with Reiki.

After the first degree, my life had taken quite a turn. There were many positive changes in life. I was much happier and satisfied, and no exaggeration but felt It was a new me. It felt like Reiki just knew what is good for me and what is not.

The second degree was even better; It took me almost a month to understand each symbol and their deeper meaning. I had my ups and downs during this phase. My family went through a lot of trouble only to understand it's for the greatest and the highest good of everyone! And not to mention Joint Karma cleansing was happening.

Then came the Master degree to me. During attunement I just felt each and every Ascended Master had come to bless me that day. Life has never been the same again. It was the third degree, which made me understand the power, sacredness, and beauty of the energy. With each new experience I just fell in love with the energy more. It amuses me, how just a single thought can turn into reality since Reiki flows by thought.



Image by [VinothChandar](#)

For example once, my Labrador was extremely unwell, I went online to search for some remedy, but instead came across an article on Reiki Rays about Animals and Reiki. Yet another incident, which really amused me, was I was trying to reach my sister, but I just couldn't get through her, I came across a beautiful article how to send across messages through Reiki, again on Reiki Rays. I thought to myself, Reiki Rays really knows what I want!

Another time my mom had got this beautiful piece of cloth to make herself a dress, I just thought Oh! What a beautiful piece, I wish I had one too! When mom got back

the dress from the tailor; he had made it my size! I was so amused that I could hardly stop giggling. With food craving it's almost instantaneous. If I crave for Pizza someday, a friend comes over with my favorite pizza.

My point is that even when we are not channeling Reiki, Reiki is always flowing in us. It is there to help us and protect us and even pamper us! We should remember even though Reiki works on Intention, it also works for the greatest and the highest good. So if someone does not have good intention and it's not for the greatest and the highest good, Reiki just won't manifest that goal!

Just think of Reiki as the sieve that surrounds us only passing the purest form of energy through us leaving behind the lower vibrations and protecting us from it. We should stop worrying if the energy can be misused. It's a smart energy. Reiki is definitely not for everyone. It chooses its practitioners. So we should stop for a moment and thank ourselves that we must have done something right to have the privilege to work with this energy!



*Sunetra Dasgupta is a Reiki Teacher. She is emotionally attached to Reiki, as she feels, when she was nowhere, Reiki came to rescue her. She heals and teaches Traditional (Usui) Reiki, Karmic Reiki, Karuna Reiki, Soulmate Reiki, Fusion Reiki, Wagle Reiki, Angel Reiki, Tiger Reiki, Lavender Flame Reiki, Magnified Healing, Akashic Records, Access Consciousness, Aura Brushing, Cord Cutting, Hypnotherapy, Past Life Regression, EFT, Psychic Surgery, Angel and Tarot Card Reading. She is also an Angel whisperer. She lives in India and can be followed on her Reiki Page: Soniele Daniel Reiki <https://www.facebook.com/SunnyDReikiPractice>.*