# KARUNA® REIKI SYMBOLS EXPLAINED

#### OM

- considered the source of all creation, the eternal oneness of all that is.
- creates a pathway to God and Higher Consciousness
- purifies, protects, seals and stabilizes the Aura regular chanting leads to open and activate the Third Eye Chakra

# HALU

- an amplification of Zonar due to the added pyramid. It works especially on higher dimensions and deeper levels.
  - breaks up negative patterns and dissolves the ego
  - clears blockages from all chakras
  - opens channel to Higher Consciousness
  - shields from psychic attacks when the symbol is drawn on the heart

# RAMA

- represents the bonding between male and female energy
- symbolizes joy and happiness
- helps to ground in all directions
- revives one's chi and creates determination
- used to manifest materialistic goals
- used to cleanse and purify crystals
- combined with CKR and SHK, will optimize the effect of healing

# KRIYA

- is a double Cho Ku Rei used especially for physical manifestation and healing the human race
- helps to get our priorities straight, manifesting our wishes and desires
- get rid of all attachments
- heals the bonds with family
- wonderful symbol for grounding



#### SHANTI

- manifests desirable results and releases all fears and insecurities
- brings calmness and develops clairvoyance

#### ZONAR

- stands for healing past lives, karmic and inter-dimensional issues
- Zonar along with HSZSN releases all traumatic events from cellular level
- amplifies distance healing
- dissolves addictions, breaks repeated patterns, and eliminates toxic relations
- releases shame and unworthiness from subconscious mind

# HARTH



- used for all issues of the heart,
  be it emotional or physical.
- removes blocks, uproots fears,
- heals broken relationships
- helps one experience unconditional love
- develops self-love
- protects from all kinds of psychic attacks
- sustains fundamental changes in our life

### GNOSA

- helps to clear clutter from the mind, while strengthening the connection with the Higher Self
- reveals the underlying reasons of pain and trauma
- helps to keep an open mind
  about new concepts and acknowledge the spiritual and deep truth about things
- improves communication skills best for studies, projects, and research
- used along with Rama, helps the Higher
  Self to manifest on the physical plane

#### IAVA

- helps us to understand that we create our own history and future.
  - recovers personal power.
  - helps in setting goals, build strong persistence, follow our path. maintain healthy boundaries
  - connects us deeply with Mother Nature

