







Reiki Tips

<https://reikirays.com>

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