

Reiki Rays

ANGELS

**in Reiki Practice and
Life**





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Angels in Reiki Practice and Life

By Haripriya Suraj



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.

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. :-)

Ten Signs from the Angels

By Haripriya Suraj



All forms of energy healing share a connection in ways that are not always obvious. The energy of the angelic realm compliments the energy of Reiki. The angels are pure energy forms of love and light. They love connecting with Reiki healers. It usually happens that the angels come looking for us first rather than vice-versa.

If connecting with the angels happens to be part of your life's purpose, here are a few signs that may help you discover if the angels are reaching out to you ☺

1. As a child, were you ***fascinated with angels and fairies?*** If yes, it is a sign that the angels are part of your life. To quote my own example, no one in my family connected with the angels. Most didn't even believe in them. But I always felt a deep fascination for them. When my sister and I role played as children, I often played the role of an angel. The word '***angel***' sounded melodious to my ears! I also loved dressing up like an angel and singing angel songs.
2. You ***feel naturally connected with the angelic realm*** though you may not have all the information about it. You reach out to the angels in your own way.
3. You are inclined to ***learning about angel healing.***

4. You **feel a sense of peace when you hear someone talking about the angels**, read about the angels or see angel pictures.
5. You often **sense warm energy near you**. This energy, which often signifies the presence of an angel, feels comforting to you.
6. You have **dreams and third eye visions of angels**. This is especially significant when you have these visions out of the blue rather than after you've read something related to the subject.
7. You **feel a fascination for crystals and colours**. The energy of every archangel is associated with the energy of a specific crystal. Feeling attracted to a crystal may signify that the corresponding archangel is trying to reach out to you.
8. You **stumble upon feathers** in unexpected locations.
9. After praying for help, you often **witness the sudden appearance of birds, butterflies and certain animals**. Seeing them gives you feelings of peace and reassurance. The angels often appear in different forms and bring us messages and healing.
10. **People often use the word 'angel' to address you** (especially when they don't believe in angels themselves)! This is because people are able to pick up the energy of the angels in your energy field, even if they are not consciously aware of it.

If you resonate with any of these, it is almost a certainty that the angels are part of your life, even if you were not conscious of it all these years. But now that you know the signs, trust that the angels are part of your life. You can start connecting with them right away. The more you connect, the stronger their presence becomes in your life and in your Reiki practice. For this, all you need to do is talk to the angels or write a letter to them. You can use the following lines as a reference and change the wording to suit your personal style.

“My Dear Angels, I wish to connect more with you. Please connect with me in whatever way is best for me. Thank you for being in my life.”

Thereafter, let go and allow the angels to work their magic in your life. Enjoy connecting with the Angels!

Spirit Guides, Angels, and Archangels

By Ananya Sen



Everyone has a spirit guide. These are usually deceased loved ones on the other side, people who we once knew in some lifetime and who have ascended. They become our guides. There are several dimensions above the earthly plane and these guides, angels and archangels exist in these dimensions.

Let us understand the differences between these higher beings. This is entirely from my own experience and understanding after working with them for sometime.

A spirit guide is your guide for life. He or she is a deceased loved one or a close soul family member or friend. This is your personal guide; they only cater to your needs.

Your spirit guide is always with you in all of your life's experiences and hardships, in your sorrows and joys. They feel your pain and joy along with you. And I know from experience they appeal to God and the higher beings on your behalf for things you're trying to manifest or struggling with.

As I have mentioned before, Zino Athens is my spirit guide. When I got to know him first, I was not sure whether I was imagining it or did I actually see someone from the Roman / Grecian era! I even thought he looked like a 'Gladiator.' I got to know about my other guides from him. I have a total of three guides in this lifetime. Each of them are responsible for a particular area of my life, though I am free to call them anytime for anything.

The Angels and Archangels higher than the spirit guides, they are not particularly assigned to you, but can be called upon by anyone and everyone. There are millions of angels in the cosmos and they are all waiting to help us. These angels are headed by leaders called the Archangels. The word 'arch' means chief. Archangels have a mission to help humanity in a large way. They only help if we ask for it as they never interfere with our free will.

The Angels and Archangels are also very close to the earthly plane, but help many people all at once. This is the main difference between the guides and the angels. The guides are yours exclusively and the angels can help many of us at the same time.

I am enclosing a simple and yet effective method to connect with these beings. I learnt this method in my Reiki 2 class. Do not give up as it may take a few attempts to make the connection.

1. Connect with HSZSN to your spirit guide or any Archangel. When you use HSZSN, you instantly make that connection with the other being's energy, so don't doubt whether you have connected or not.
2. Start by asking simple questions such as "Am I on the right path?" or "What do I need to know today?" etc. You will hear the answer as whispers in your head; you may feel pressure or goose bumps or a tingling sensation when the connection is made. That is a direct confirmation that your guide or angel is present with you.
3. To know the name of your spirit guide, you need to say "I want to know the name of my spirit guide" a few times and wait. You will hear a name inside your head, the name may make sense or not. It doesn't matter because names are an earthly requirement. Spirit guides do not have a name; they just have a vibration. Accept whatever you hear as their name and start your bonding exercise!
4. Do keep a journal and jot down whatever information you gather after each connection. With time you will see the messages are becoming clearer and stronger, so persevere with the process. All the best.

Healing the Scars of Verbal Abuse with Reiki and the Angels

By Haripriya Suraj



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.

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.

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

By Justine Melton



I am a Reiki Master and have used Reiki for all sorts of things from healings, to room cleansings to protection, to charging things. I have my own Reiki business and feel it is my calling in life. But even with all of this it was in a moment of desperation, and burnout at the end of my day from being a single parent of two little girls that did not like bed time that I came up with a way to easily put my children to sleep.

While laying in bed one night completely and utterly exhausted from 2 hours of bargaining, tears and deal making about bedtime with my children I thought to myself that there has got to be a better way to do bedtime. Then it hit me like lightning. Why had I not been using Reiki and all of the other work that I do? I use it in every other area of my life. Why not bedtime with my children? At that moment I formed a new plan. The method that I used uses a symbol that you must be attuned to a Reiki Master level to use. However, I believe that use of the other symbols would have wonderful effects as well and get you to the same peaceful place. I do call in the help of Angels here. If you are a Reiki Practitioner but do not believe in angels you could just use the Reiki and color work alone.

My new routine is as follows:

1. I put my daughters in their bed and Reiki their room.

2. I put the Master Symbol on every wall, window, bed, ceiling, floor and door.
3. I create a ball of white light in my hand that I then visualize going up and expanding throughout the room removing all that is negative out.
4. I then begin a guided meditation where I call in the Angels. I have a special connection with Archangel Raphael so that is the angel I start with but any will work for you. I go through my mediation with each Angel standing around my children's bed throwing a color up into the room that clears the room, goes down through their body (starting at their head then working slowly down to their toes). Then finally the light goes down into the ground taking all of their troubles away and then heals the Earth. I go through the chakra colors here, one color after another.
5. I then end it with the Angles giving thanks for allowing them to bring these loving colors to the children and do one big Master healing symbol in the center of the room.

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

Reiki with your Guides and Angels

By Haripriya Suraj

When was the last time you received Reiki from someone? As a Reiki healer, you probably spend plenty of time giving Reiki to others. Or maybe you give too much of yourself in general and drain your energies in the process. Do you also receive at times?

It's a different feeling altogether when you can stop giving for a bit and enjoy receiving from others!

To receive Reiki from another person, you don't need to visit a friend or a practitioner. It can be received in the comfort of your own home.

Guess from whom?

From your ***Reiki Guides and Angels!***

I once had a powerful experience and learnt that it is OK for us to sit back, relax and receive Reiki at times. A rather hectic professional week had thrown me off balance. I then had a beautiful encounter with Archangel Raphael who guided me to just relax for a bit and receive Reiki from him and his team that included several guides and angels.

I had never imagined that such a thing could be possible and was rather stunned to be told this. But my body seemed delighted to receive this message from Raphael and forced me to do as instructed. I then lay down and began to receive the energy. I could sense the presence of Raphael and many guides and angels in the room. The energy was magical. I drifted into a state of deep relaxation and felt so very loved and pampered.

If you've been giving too much of yourself, it is a good idea to take these breaks and receive Reiki from higher beings. Reiki remains the same, irrespective of whether it is channeled by Reiki practitioners in human form or by Higher Beings. However, our Guides and Angels radiate unconditional love and peace while healing us with energy. This adds a whole new dimension to the Reiki experience and makes it truly divine. It also helps us absorb some of their qualities and helps us radiate love and peace when we get back to working with clients, friends and family.

Here's how you do it:

- Light candles, burn some incense and play soothing music.
- If you have pictures of Masters and Angels that you connect well with, place them in the room. Oracle cards work just as well.
- Call on Archangel Raphael and all your other Reiki Guides and Angels. Request them to give you some Reiki.
- Lie down, take a deep breath and allow yourself to receive.
- Let go completely and allow them to work on you. Do not try to control the session or instruct them to follow any particular sequence. Just relax and go with the flow.
- As they work on you, you may notice sensations of warmth and tingling or you may feel safe and loved. Enjoy feeling pampered.
- Shift positions in between if you need to. You may need to lie on your stomach while they work on the back chakras.
- Once you feel it's done, thank them for their kindness.
- Get back to your routine feeling great!

This is not a substitute for daily self healing. It is best done whenever you've given too much of yourself or feel out of balance in general. It can also be done when you feel unwell or exhausted from a hard day's work. The idea is to help you relax and learn to receive. We must remember that the ultimate responsibility for our healing lies with us. Having said that, a bit of pampering every now and then doesn't hurt either. It only serves to compound our efforts at healing our lives!

Connecting with our Guardian Angels

By Haripriya Suraj



We all have guardian angels who have been assigned the role of being in charge of our safety and welfare on Earth. It is possible for us to form a conscious connection with our guardian angels. It is said that we are normally assigned two guardian angels each. But I have observed during meditations that some people only sense the presence of one guardian angel. It does not matter whether we have one, two or even more than two. What is more important is connecting with their energies.

There are two ways of connecting with them:

1. Meditation
2. At Bedtime

Meditation

This is a very simple meditation that can be done anytime.

- Sit or lie down comfortably. Light a candle and play some soothing music if you like.
- Close your eyes and take a few deep breaths.
- Draw the distance symbol in the air.
- Open up your palms, such that they are facing up. Start the flow of Reiki and visualise the energy forming a bridge between you and your

guardian angels. You can visualise your angels standing at the other end of the bridge if you wish to.

- Say these words: ***“My Dear Guardian Angels, please connect with me now. Thank you.”*** Your open palms serve as an invitation for your angels to connect with you.
- Trust the impressions you receive. You may feel someone placing their palms in yours. Your palms may feel warm or tingly. Or you may just know that your guardian angels are by your side. You may sense the presence of one, two or more angels. Whatever you experience is fine.
- Slowly draw your palms towards your chest and keep them crossed over your heart chakra. This will draw the loving energies of your guardian angels into your heart.
- Express your gratitude to your angels, ***“Please guide me and help me with my purpose here on Earth. Thank you for being my guardian angels.”***
- Open your eyes when ready and get back to your routine.

At Bedtime

This is very relaxing and highly recommended! It can be done every night and is particularly comforting if you’ve had a hard day.

- Once you are in bed and ready to fall asleep, request your guardian angel to sit behind you, such that his or her lap is over your pillow.
- Raise your head slightly and place it on the angel’s lap. Physically, your head would still be on the pillow but energetically you will sense a difference. Feel the comfort and warmth emanating from your guardian angel. You may sense the angel stroking your forehead with love. It is deeply relaxing! Enjoy being cared for and pampered.
- You will fall asleep feeling safe, peaceful and loved.

Note: If you connect with two or more guardian angels, you can request one of them to sit each day. Or do it any other way as per your intuitive guidance. There is no right and wrong.

How to Have a Powerful Relationship with Your Guardian Angels?

By Ashima Gautam

All those learners of healing therapies are always curious about Guardian Angels. I was also one among them when He got me alert to my life purpose and put me in the healing therapies. I used to have so many questions running around in my mind about guardian angels and I was even more excited to make a better connection with them. I researched many sources to seek the answers of all the questions. At last, my higher-self guided me to meet my eagerness and since then I have been having experiences with these spiritual beings. I'm a learner and always will be. I'm often asked many questions about how to communicate with guardian angels. And my guardian angels directed me to put my experience in writing for them to help all the fellow-souls on same journey as mine. So what are guardian angels exactly? Well, Guardian Angels are heavenly helpers assigned by God at the moment of conception not only to every human soul but to all the inhabitants of earth. They know exactly what you need on your spiritual journey for your divine life purpose.

Guardian angels are always there to help and they **never** leave your side from birth through death no matter what mistakes you make, they love you no matter what. In fact, as you are reading this, recognize the fact that your guardian angels is standing by your side and watching you reading this. Actually, when humans incarnate on earth, we come down here with no past memories. We're given freedom of choice. Our guardian angels will always give us guidance and love, but it is our free will whether we listen to it or not.

How Do Angels Communicate with Us?

If someone is wondering how angels communicate? The answer is very simple, they are constantly communicating with you with the help of signs and omens but you are always blind and often ignore them. Every one of you is being offered many signs and you not at all need to be a professional psychic for receiving the messages from them. When you ask them for help, if you are able to receive the message from them directly, they will communicate directly with you. But if you are unable to communicate directly with them, they will find indirect ways to communicate with you.

I'm going to discuss a few ways that I have experienced so far about how they talk to me:

- Angels may answer your questions in your dreams. You may get information in your dreams for solutions to the problems you are going through.
- All of a sudden, you may have a strong desire to meet someone or get something done.
- If you meditate, the answers may come through thoughts. If you are able to feel their vibration, you may feel this as tingling energy moving through the body.
- They may communicate with you by a moment of unexpected vision, pictures on the Third Eye chakra.
- If you are in library, a book may fall off a shelf unexpectedly near you. Because they want you to read it or you will get answers in that book. I got a book as present from one of my friends, and I got many answers from that book.
- Someone may appear at the right moment, when you are in great need of their assistance.
- You may have a strong urge to turn somewhere while driving you hadn't planned to. And later on, you come to know that there was a problem at the road that could make you late for an important meeting. That's how your guardian angels assist you.
- You may get your answers through online sources, a song playing on radio, newspaper or magazine.
- You may overhear a conversation between strangers sitting beside you. And get an idea to solve your problems.
- You might experience coincidences very often. You get used to unexpected offerings and help all the time.
- Miracles might become a daily routine and that make you feel so blessed that you may even cry of happiness!

After asking your angels for assistance, always pay close attention to the repetition of words or numbers you see, hear or think. Notice the song you are hearing repeatedly or seeing something particular most of time. **Keep asking** until you feel you have properly understood their guidance.



How to Make a Good Connection with Your Guardian Angels?

- You **must** ask your guardian angels for help even though they are permanently appointed by your side. Angels want to help us but can't help us unless we ask. Just ask!
- Create your own way of invoking them and sincerely pray them in your own language filled with love and devotion.
- After praying and asking for assistance, have deep faith in angels that your prayer has already been answered. Be patient and avoid being judgemental. Angels will shower their blessings on you soon!
- Invite your guardian angels to work with you. Welcome them always to be around you. They provide aid in number of unexpected ways that are often misunderstood as coincidences.
- You always get assistance when needed, but the thing is how fast you walk on the path shown by them. The faster you act, the faster you receive more assistance.
- Ask for a sign that they are near you. But never ask them with the intention to prove themselves. They can read each and every thought of yours.
- Start keeping an angel journal. Try to express what you feel for them and pay gratitude for all their help. Write why do you need their assistance? Why you want to feel their presence? etc.
- Start writing down all the messages or signs you notice in a journal and analyse them later.
- Talk to your angels aloud or silently in your mind. Express yourself with unbreakable trust, "O my dear Angels, I regard you from my heart and soul. Please guide me for _____."

- Start seeking information dedicated to Angels. In this way, you will open your mind, body and soul to their higher realms and you will start feeling their presence and high energies at the very moment of reading the information on them.
- Visualize yourself surrounded by a white golden divine energy. This will raise the vibrations of your aura and it will be easier for you to connect with angelic energies.
- Sit and send them vibes full of love and true feelings. Send them Reiki and healing energies.
- Imagine an Angel standing beside you. Try to feel their energy and presence. Start talking to them and feel the bliss!

In the end, I'd suggest whenever you ask anything from your guardian angels never forget to thank them. It may take days, weeks and even months to receive the answers you are seeking for. They might give you the answer same day, but you might not be able to understand. Simply relax and quiet your mind and be realistic with your expectations. Angels are supernatural beings with supernatural powers and vibrate at a very high level and it may take a while to get aligned with their vibration. Try to awaken your senses by meditating regularly. Patience will help you establish a better connection with your guardian angels. Be patient!

Angel Reiki: Who to Call on in a Rut

By Justine Melton



If you are a believer in Angels, then Angel Reiki can be a fun and rewarding venture to bring into your Reiki practice. While Archangel Raphael is known as the supreme healer, Archangel Gabriel is an angel that has a special purpose in helping people to heal. He is known as the supreme messenger and likes to go out of his way to help anyone who does anything involving delivering spiritual messages. As Reiki Practitioners a lot of what we do is to help a client heal through energy, but also many times it is through messages, and spirituality as well.

Archangel Gabriel can be called on to help you overcome fear and procrastination. If you feel like you are in a rut anywhere in your life Gabriel is the one to call on. He can help give you a clear vision or message of how to move forward. He likes to state his presence through the ***color blue, small flowers, unity, love and white stars.***

Here is a short guided meditation routine to help you connect with Archangel Gabriel:

1. Light a white candle and put on some relaxing music. You do not have to spend a lot of money trying to find the perfect relaxing mix for you. You can

simply go online to youtube and type in “relaxing meditation music” in the search section.

2. Reiki the room by putting the Master symbol or whatever other symbol you feel called to use on every wall, window, closet, door, as well as the ceiling and the floor.

3. Sit in your meditative space. Make the master symbol in front of you or whatever other symbol you feel called to use.

4. Close your eyes and let your mind relax for a few min. Concentrate on your breathing and allow all of the muscles in your body to relax.

5. Next, imagine a ball of blue light in front of you. This ball of light has a very bright crystal blue color in the middle while the outside layer of it is a tranquil soft blue. The ball slowly becomes bigger over a 2 min period until it bursts and fills the room with a beautiful blue light.

6. Once this ball of light bursts imagine that hundreds of small, soft white flowers fill the room and are gently falling from the sky. They bring unity and love to the room. Next, notice that bright white stars start appearing throughout the room. They are magical, peaceful and loving, and are adding a tranquil feeling to your space.

7. At this point imagine that Archangel Gabriel walks into this space and stands before you. You are able to easily converse with him and ask any questions that you may have. Listen to what is said in that moment. Stay in this space for 5-10min.

8. Surround yourself with a white bubble of white light, open your eyes, and ground yourself with the reiki grounding symbol. Give thanks for your time with Gabriel and any messages that you may have received.

Archangel Gabriel loves to visit people in dreams so be extra sure to take notes on any dreams that you have in the days following this meditation. Be open to whatever you receive. If the messages you are getting do not make sense to you just sit on them for a few days. Often times a few days or even a week later a puzzling message will suddenly no longer be a puzzle. Wishing you love and light.

Being a Reiki Angel on Earth

By Haripriya Suraj



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.

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!

About the Authors

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