

*REIKI RAYS*

# Archangels Glory

*Archangels and Reiki Wisdom*





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# Archangels & Reiki

*By Sunetra Dasgupta*

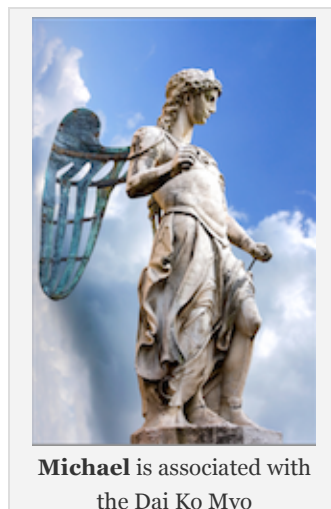
The term “Archangel” means “An Angel of higher kind.”

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.



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.

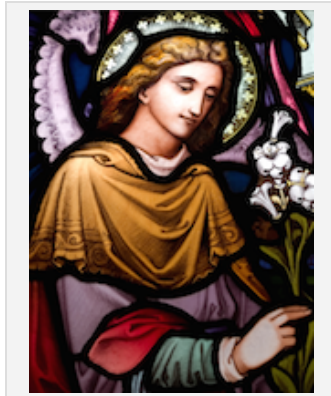
Deadlines to reach and people to handle.

## **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.



**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.



**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 Infographic

<http://reikirays.com>

Archangel	Colour	In charge of	Call when in need	Reiki Symbol
 Michael - "Who is Like God"	Royal purple that's so bright, it looks like cobalt blue.	Protection, Justice, Truth	If you find yourself under psychic attack.  When your job is too demanding or impossible.  When you have deadlines to reach and people to handle.	 Dai Ko Myo (Master Symbol)
 Gabriel - "Messenger of God"	White and purple light.	Communication	If your third eye is closed.  If you want a child she may help you conceive or bring news of conception.  Very helpful for women who have been abused.  To stay on life path and to know soul's plan.	 Cho Ku Rei
 Raphael - "God heals"	Green light	Love, Miracles, Grace	When you are traveling.  When you need to heal from physical, emotional and mental pain. Heal wounds from past lives & childhood trauma.  Finding lost pets and even lost soul mates. Can help in marriages.	 Sei He Ki
 Uriel - "The Light of God"	Golden light	Transformation, Transmutation	Heals all natural calamities.  Heals the Earth.  When you need to release the painful burdens and memories of the past.	 Hon Sha Ze Sho Nen

Distributed with thanks and gratitude, with Reiki Master Sunetra Dasgupta's permission.  
 Images by bobosh\_t and DominusVobiscum.

# **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.

# Setting & Fulfilling Intentions with Reiki and Archangel Michael

*By Haripriya Suraj*

When we desire something, the first thing we need to do is set an intention.

Often, our intentions are not strong enough. When this is the case, we end up sending mixed signals to the Universe. It is no wonder then that desires that are not backed by strong intentions take longer to manifest. We will have to struggle and stress ourselves a lot more when our intentions are not strong and clear.

One of the primary reasons for the inability to set clear intentions is that we often feel undeserving of what we desire. Many of us are conditioned to believe that life involves plenty of sacrifice and hardship and that an amazing life is the privilege of a chosen few. This is a self-limiting belief that can make life boring and hard.

The first thing we need to be aware of is that everyone deserves to have a good life. No matter how a person appears on the surface, deep down he carries the same light in him as the one carried by a Saint or other Higher Being. Every single soul is a child of the Universe. People make mistakes, go through hardships and face challenges in order to learn life lessons and balance karmas. However, no one is less deserving because of who he is or what he might have done in the past.

So, before you set an intention, it is crucial that you first change any self limiting beliefs you may have about your right to deserve. To aid this shift, we can use written affirmations. Start by writing a page of the following affirmations in a journal every day. You can either write all of them or choose one that you resonate most with.

1. *I am a child of the Universe. I deserve to enjoy all the good that life has to offer.*
2. *I deserve to have all of my heartfelt desires fulfilled.*
3. *I open my arms to receive all that I have asked for. I truly deserve it.*

After writing a page of this affirmation, draw the Reiki symbols Hon Sha Ze Sho Nen, Sei Hei Ki and Cho Ku Rei anywhere on the page. You can draw as many as you feel like. Give Reiki to the page. This will help strengthen your new positive belief and also heal any feelings of not deserving that may be

buried deep in your subconscious. You could also write or say the following prayer to connect with Archangel Michael and take his assistance to heal self limiting beliefs.

*“Dear Archangel Michael,*

*Please help me feel the truth of my own divine light. Please help me to see that I am a child of the Universe and that I deserve to have all my desires fulfilled. I request you to clear and heal all the self limiting beliefs that I carry in my subconscious. Thank you.”*

Once you are clear about the fact that you deserve and have absorbed this new positive belief, start working on your intentions. Keep these pointers in mind as you work on your intentions.

1. Writing is extremely powerful when it comes to intentions. Write your intention down in a journal. Write it in the present tense. Draw the Reiki symbols on the page and give Reiki to it once every day.
2. Visualise how you would feel or what you would be doing if the intention has already manifested. For example, if your intention is to conceive and give birth to a child, visualise how it would feel to be carrying that baby and also to hold him or her in your arms after the birth. Visualise the details of the pregnancy and birth and make everything extremely positive. Feel it like it is happening now.
3. If you feel any discomfort or fear as you set your intentions, call upon Archangel Michael for help. Talk to him and express your fears. His warrior like energies will help heal any blocks that you may be holding with respect to fulfilling your desires. If you are unable to pinpoint the exact fear, call upon Archangel Michael just before falling asleep. Ask him to work on your fears and blocks as you sleep. When we are asleep, our rational mind is at rest and we are naturally more open to healing. Do this every night until you feel extremely comfortable with your intentions.
4. Once your intentions are set, do not worry about how they will manifest. Take any action that you need to in order to manifest your intention and then let go. Remember your intentions have been charged with Reiki. Reiki is an intelligent energy and we do not have to instruct it on how it should go about fulfilling our desires. It knows exactly how to manifest our desires and also the timing in which to manifest them. Set the intention, give positive energy to it every day

and then let it go. If you begin to feel anxious about the manifestation, call upon Archangel Michael again and request him to help you let go.

Strong intentions produce clear results. ALWAYS! And with the loving unconditional support of Reiki and Archangel Michael, you will be well on your way towards living your desire :-)

# Healing Fear with Reiki & Archangel Michael

*By Haripriya Suraj*

What is your greatest fear? What makes your heart beat fast, your hands sweaty and your mind spin? What triggers your anxiety?

Almost everyone has at least a couple of fears. Some fears are small, while others are big and strong. The strong fears are infused with a power so great that they overpower even the strongest and sanest of folks. A person who is normally composed can turn into a nervous wreck when in the grip of fear. Rationality and logic vanish and no amount of reassurance from people helps.

As a child, my greatest fear was that I would lose my mother. I had an irrational and almost obsessive fear of losing her. It was so strong that I would cry in fear if she travelled without me or left me alone with other family, especially at night. This fear of losing a loved one is quite common among people.

## **Some other common fears include:**

- Fear of death
- Fear of illness
- Fear of being harmed
- Fear of darkness
- Fear of travelling
- Fear of failure
- Fear of ghosts
- Fear of abandonment
- Fear of flying

This list is practically endless. If you ask everyone you know about their fears, you will come across a variety of fears, some of which you can't even connect with! But that is the nature of fear. It is most often irrational and imaginary. This is different from the kind of fear you feel when faced with a truly dangerous situation. However, being in dangerous situations is certainly not an everyday occurrence.

This kind of logical thinking does not stop us from being fearful! So, how can we help ourselves when we stand face to face with our fears?

**Here is a technique that can help you when you find yourself in the grip of irrational fear:**

- Sit or lie down comfortably.
- Close your eyes and take a few deep breaths.
- Feel your fear in all its intensity. Do not be afraid of feeling the fear. For instance, if you are afraid of an illness, feel the fear and all the scary details your mind projects about this illness. Don't worry, this will not manifest the illness. Since the intention behind feeling the fear is to release the energy associated with it, know that you are safe.
- Now bring your awareness to your body. In which part of your body do you feel the effects of this fear? Do you feel tightness in your solar plexus or chest? Or do you feel heaviness in your head?
- Once you locate the part of the body in which the fear manifests, place one of your palms on that part.
- Give a shape and colour to this fear. Go with the first image that comes to your mind. Do not analyse. View this image in your mind's eye.
- Now stretch your other hand, with the palm facing up. Request Archangel Michael or any other Spirit Guide you are comfortable working with to place their palm in yours.
- Feel the powerful energy emanating from this fearless being. Breathe in and absorb some of his energy.
- Now feel the power of your own being. You are inherently powerful. The scary voice in your head that makes you feel weak and fearful is the voice of the Ego.
- With this awareness of your power, see yourself blowing the symbols Hon Sha Ze Sho Nen, Sei Hei Ki and Cho Ku Rei to the image of the fear you hold in your mind's eye. Third level practitioners can also use the Master Symbol.
- See the symbols flying towards the image of the fear and attaching themselves to it. See the fear being enveloped in Reiki and being transmuted into power and love.
- Do this for as long as you feel like. If you feel weak or powerless while in the midst of the process, remind yourself that Archangel Michael (or your Spirit Guide) is with you. What is there to fear when you are in the company of such powerful beings? They are there to assist you and help you recognise your own power. So, take their help.
- Once you feel peaceful, thank Reiki and Archangel Michael (or your Spirit Guide) for their assistance.

Do this process whenever you find yourself in the grip of irrational fear. It may need to be done several times, often over months, before the fear is healed fully. You may also receive intuitive messages about other steps you can take to help with the healing. Cord cutting is particularly useful to heal deep-rooted fears.

If the fear overwhelms you to such an extent that you cannot even lie still and relax to do this process, it would be wise to work with a competent Reiki Master. Once the fear is at least partially healed and you feel comfortable, you can start working independently.

Your fears can be healed. You are much more powerful than any fearful projection of your Ego. You just have forgotten how powerful you are and it is now time for you to remember it!

# **Safety and Protection with Archangel Michael**

*By Haripriya Suraj*

There are times when all of us experience feelings of being unsafe. In such moments, we allow our thoughts to rein over us and create monsters that scare the hell out of us. These monsters are usually of our own making but it is hard to see this truth when gripped by fear.

Feelings of fear and lack of safety are all vibrations in our energy field. We have the power to heal them by connecting with the part of us that is well grounded, safe and free from fear.

The energies of the mighty Archangel Michael resonate with strength and courage. Michael represents that aspect of Source (or God) that reflects safety, strength, purity and courage. By connecting with Michael, we allow the same aspect in us to grow stronger. In addition, we can also use the Reiki symbols.

Here are some ways that you can invoke protection and gain strength whenever you feel unsafe.

## **Chanting/ Singing**

The moment you notice feelings of being unsafe taking over you, chant or sing Michael's name and connect with his energy. This is not done as worship. The intention is to connect with Michael's energy and to thereby get in touch with the aspect in us that represents courage and strength.

## **Home Protection**

If you ever feel unsafe at home, either because you live alone or because you have other kinds of irrational fears, you can call on Michael to watch over your home. This is especially powerful when done before bedtime. It can help you sleep in peace. Just before drifting off to sleep, call on Michael and request him to surround your house with his presence. Visualise him standing at the front door and at the back door. Then visualise him standing by the left of your house and also on the right. You will be able to sense his powerful energy envelop your house. Give thanks and fall asleep in peace.

## **Outside Protection**

If you are travelling or going to a place that makes you feel unsafe, request Michael to accompany you. All you need to do is say these words before you



get going. ***“Dear Archangel Michael, Please accompany me. Please protect me and help me feel safe. Thank you for your presence.”*** You can also do this when you find yourself walking or driving alone in an isolated place. You can do this on an aeroplane if flying makes you nervous. You may sense a warm presence beside you or just know that Michael is with you. Irrespective of whether you feel anything or not, calling on Michael will bring his energy to your side. All you need to do is trust.

### **Protection for Children**

Children are often afraid of darkness, monsters and the like. But the good thing is that they are also more receptive to divine energies when compared to adults. Let your children know about Archangel Michael. Show them some pictures of Michael from the internet or from your set of oracle cards. Tell them that they can call on Michael any time they feel afraid and that he will be right there to take care of them. If it is a younger child, you can call on Michael on the child's behalf. Do this loudly so the child hears what you are saying and feels reassured. If your children are older and have begun to move around independently, you can request Michael to accompany them and to keep them safe.

### **Symbol Protection**

Apart from calling on Michael, you can also invoke the Reiki symbols. Third degree practitioners can visualise the symbol Dai Ko Myo in front of them. Dai Ko Myo represents truth, light and power. Visualise it over your house at night. Visualise it surrounding your house on all four sides. Second degree practitioners can use Sei He Ki or all three symbols. Chant the names of the symbols for a deeper connection. First degree practitioners can just visualise a blanket of Reiki enveloping them, their house, vehicle etc.

May the energy of Archangel Michael be with you always.

# Cord Cutting with Reiki and Archangel Michael

*By Haripriya Suraj*

As we go about our lives, we form energetic cords with various people and situations. These cords keep us confined to unhealthy patterns that rob us of precious energy. We may have formed several cords over years (and lifetimes) without any awareness that we were doing this. But hereafter, we can choose to pay attention the minute we become aware that we are forming cords and nip it in the bud. Prevention is always better than cure.

Cord cutting is a powerful tool used by energy healers to chop off energy draining cords. It can be a rather intense experience and you may benefit by taking the assistance of your **Reiki Guides** and **Archangel Michael** during the process. It can be used to cut cords that have been around for eons of time and also to cut cords that are just beginning to grow. In case of cords that have been present for long periods of time, it might take several attempts before all cords are cut. Subsequently, the cords may grow back if there is something more that needs to be healed. So, keep working at it and always follow your inner guidance about how you must go about it. The following procedure only offers basic guidelines on cord cutting. It does not work the same way for everyone or even every time for the same individual. Use this as a reference but always remember to go with the flow and modify it as per how your process unfolds.

## The Procedure

1. Purify your healing space by burning some incense and drawing the Reiki symbols on the walls and everywhere else that you feel guided to.
2. Light a white or violet coloured candle. Play some soothing music if you wish.
3. Sit before the candle and look into its light for two minutes. This light represents the truth of your Being- your Higher Self. Let your Higher Self be your guide as you embark on this process of healing.
4. In this meditative space, make a request as follows: ***“My Dear Reiki Guide and Archangel Michael, please come to me now and assist me with this process of cord cutting and healing. Thank you.”***
5. Wait until you sense the energy of the Higher Beings by your side. Trust the impressions you receive.

6. Now focus your attention on the person (or situation) with which you have cords attached. Feel any emotions that come up. Feel it as intensely as you need to. You are safe and protected in the light of the Higher Beings and your own Higher Self.
7. Take a moment to locate that part of your body from which you sense these cords stemming. They are very often found stemming from the heart, solar plexus and third eye chakra. But they can be found in other areas as well. You may also find them stemming from multiple areas, in which case you will notice multiple cords. You must trust all the impressions you receive without stopping to analyse them logically.
8. Put out your dominant hand out and ask your Reiki guide to bless it. Visualise your hand turning into an energetic Reiki sword. You may also draw the symbols on the sword. And use it to chop off the energy cords that you previously located. As each cord is cut, visualise or intend that it drops into the light of the candle or to the ground and transforms into light.
9. Go slow and take the time to cut each cord that shows up. As you cut, you may find that more cords emerge. Continue to cut them. If you begin to feel overwhelmed, take a break, drink some water and request Michael to step in for you.
10. Lie still and allow Michael to chop off the remainder of the cords with his own energy sword. This is a deeply healing experience. As the cords are cut, you may also get a sense of how the cords feel. Some cords feel sticky, while others feel slushy. Some feel dense, while others feel like threads.
11. As the cords are cut, you are likely to feel various bodily sensations. You may also feel a sense of relief, relaxed, emotional etc.
12. For the final few cords, it would be good for you to get back in action again. Use your Reiki sword of light to chop them off and let them all go.
13. Now lie still for a few minutes and request your Reiki Guide and Archangel Michael to fill you up with divine healing energy. You may also request several guides and angels to work on you and to heal the areas that were most affected by these cords.
14. Finally, express your gratitude to Reiki, your Reiki guide, Michael and to everything and everyone else who facilitated this healing for you.
15. Give yourself a pat on the back for having made an empowering choice in life.
16. Drink lots of water, relax and enjoy the feelings of freedom and liberation that this exercise brings!

# Build Your Healing Practice with Archangel Michael

*By Haripriya Suraj*



Are you aware of your life's purpose? What is your calling? What special gifts do you have that you can share with the world?

If you are a Reiki practitioner, Reiki is something you may wish to share with the world. Are you doing justice to your Reiki practice and to all your other gifts? If not, what is holding you back?

Several healers feel a calling from the depths of their heart. They can vaguely remember what they came here to do. They are aware that they have innate healing abilities with which they can make a difference. However, they feel stuck on their path. Does that sound like you? That was me too, some years ago.

Right through my college days and a subsequent six years in another career, something didn't feel right about what I was doing with my life. I had a hard time figuring out what that "something" was. All I knew was that I was not happy with the academic courses I did or the jobs I worked at. People thought I was an idealist on the lookout for a perfect career. But I knew deep down that I was not looking for an ideal set up. I knew I had a different purpose to fulfill and it just took time for me to figure out what that purpose was.

The purpose was actually unfolding all along. All the experiences I had and the challenges I faced before and even after I became a Reiki practitioner helped me reach where I am today. Being determined about my life's path and not being swayed by others' opinions helped immensely.

The good news is that you can do it too! You can follow your heart and fulfil your purpose. You can use your healing abilities and teach others about it too. You can create a life that feels meaningful to you and which satisfies the longing of your soul. All you need is a strong will and a bit of courage.

### **Take Small Steps Each Day**

If you wish to have an independent Reiki or spiritual teaching practice, start moving in the direction of your dreams today. Maybe you can't afford to quit your current job and set up a full time Reiki practice right away. But you can certainly accomplish a little bit each day. If you wish to do more healing work and you don't have clients and students yet, heal with Reiki in other ways. You may have a garden at home. Why not give Reiki to your plants? If you have pets at home, why not pamper them with Reiki treatments? Give Reiki to Planet Earth and play a role in its healing. And most important of all, heal yourself with Reiki every day. Remember, the more you heal yourself, the more you are able to help others heal. These may seem like small steps but they can go a long way in helping you fulfil your life's purpose. With every small step you take, you inspire the Universe to take ten steps more. And you will soon find yourself living life at your highest potential.

### **Call on Archangel Michael**

You can also call on Archangel Michael to help you move ahead on your life's path. Michael loves to help healers and spiritual teachers fulfil their purpose. The best way to connect with Michael is to have a personal interaction with him. This is one technique you may want to try:

1. Go outdoors in nature (preferably in your own private garden or roof terrace). If that is not feasible, don't worry. You can do it indoors too.
2. Take a few deep breaths and relax. Call upon Archangel Michael and request him to be by your side. Call him from your heart.
3. When you call on Michael, you can be certain that he will be there. You may feel a warm presence beside you or you may just sense that he is by your side. Once you intuitively sense that Michel is beside you, hold his hand. If you ask for your hand to be held, rest assured that it will be

held (even if you can't feel it). Or you may find that Michael puts his arm around you. Trust your intuition and go with the flow. Stroll around your garden with him. Walking with Archangel Michael is like walking with a wise old friend and sharing your life's story with him along the way!

4. Pour your heart out to Michael. Talk to him loudly (if possible), as it can help you connect better. No one is around to judge you or laugh at you. Tell him about your desires and aspirations with regards to your life's purpose. Tell him about your fears and about everything that is holding you back. Ask him to guide you.
5. Notice all the empowering thoughts and feelings that enter your awareness as you walk. These are Michael's messages for you. If you receive a message that does not feel right, know that it is coming from the Ego and not from Michael. The angels always give us empowering messages, even when the messages have challenging guidance. Trust your intuition and accept only those messages that feel right.
6. Thank the Archangel for his guidance and request him to continue helping you with your life's purpose.

Just the act of walking with Archangel Michael will help you feel powerful. It can help you develop a strong will and to become your own Master and guide. His messages serve as additional guidance.

There is no better time to start than now. Do whatever you can to fulfil your life's purpose today, no matter how small the step. And allow Archangel Michael to be your mentor. Do you know how blessed we are to have angelic guides and mentors?

Be fearless and know that you can accomplish your life's purpose. You can be an amazing Reiki healer, a powerful spiritual teacher and everything else that will make a difference to you and to the world!

# Guided Meditation to Connect with Archangel Raphael

*By Justine Melton*

Archangel Raphael is known as the supreme angel of healing. He reaches across numerous religions and belief systems just as the healing art of Reiki does. He loves to be called upon and welcomes any opportunity to show you a sign of his presence. Raphael's greatest joy is to bring healing to your life. He has a special affinity for those who feel the calling to work as healers. He will watch over you and use you as a vessel to help others. He emits a beautiful green emerald healing light.

I first came in contact with Archangel Raphael during a meditation session. I knew that I loved the world of Reiki and that my calling was to help others heal. I wasn't sure however if Reiki was something I should pursue as a business or if it was just a hobby. Raphael appeared to me in my meditation and said that I was to move forward and be a healer. He promised to look over me and help me be a vessel to bring healing to many around me. He instantly alleviated any worries I had and helped give me confidence in the direction I was to go. Before each Reiki session I have with a client I ask him to please help heal the client for their greatest good. He has brought so much peace to my life and inspired my business name of Divine Light Therapies.

One of the things that I love the most about Archangel Raphael is that he is so easy to make contact with. He loves to show you his presence and receives a great deal of joy from making a connection with you. Raphael can help bring so much love and healing to your life as well as being able to show you how to bring it to others.

**Here is a very simple guided meditation routine of how to easily connect with Archangel Raphael.**

1. Pick a **place** where it is quiet and you are most at peace. This can be an outdoor space or indoor space.
2. Reiki the room or space with whatever **symbols** you feel called to use. I like to use the Master symbol but any symbols you feel called to use will be correct for you.
3. Next, if you prefer to mediate with **music** put music on. Music can really help some people to clear their mind and have a better connection.

4. Next, light a **candle**. I like to use white or pink but many people find it easier to connect by using a green candle since that is the color that radiates from Raphael.
5. Sit in your prepared meditative space and close your eyes. Spend a minute slowly breathing in and out, in and out, in and out. At this point picture Raphael coming to you and standing before you. Open up to whatever **messages** you feel he is trying to tell you.
6. If you have any **questions** for him now is the time to ask! Pay attention to whatever thoughts you suddenly have. These thoughts could be your answer! Do not dismiss any information you are receiving. If it doesn't make sense right away it may make sense to you a few days or weeks later.
7. After ten minutes of being in this meditative state (or however long you feel called to stay) picture a **majestic green light** filling your space. This light is clearing your space of anything that is bothering you and is bringing healing energy to you.
8. **Thank** Raphael for his loving presence and then open your eyes feeling relaxed and at peace.
9. At this point you may like to write down any **messages or symbols** you feel you were given so you can refer back to them later.

Wishing you all love and light!



# Working with Archangel Chamuel

*By Rinku Patel*

Chamuel's name means "**He who sees God**" or "**He who seeks God**". Archangel Chamuel helps us in many ways, but one of the best characteristics is to deliver the sense of inspiration that makes us want to enhance our relationship with God. He is love and he can bring us out of the lower energies of sadness and depression. Just ask for his help and he will immediately come to start the healing process. We all have experienced butterflies in tummy at one point in our lives, that's Archangel Chamuel's way of showing he is around.

Archangel Chamuel helps us in innumerable ways. Call upon Archangel Chamuel during your Reiki session for fast healing and manifesting. Start the flow of Reiki for self-healing or clients, invoke symbols that you are attuned to and ask Archangel Chamuel to be with you, help you and guide you. Below are some of the points where you can merge Reiki and Archangel Chamuel's power:

- To have happiness and help discover love in our heart.
- To help us rejuvenate and improve strained relationships as well as help find our soul mates.
- To help us strengthen our relationships so that it becomes loving, meaningful, healthy and lasting.
- Archangel Chamuel frequently communicates with us by giving us new ideas to improve and strengthen our relationships with our partners, family and friends.
- To help us find new friends, help us learn how to bond, forgive each other, help us resolve misunderstandings, and restore back broken relationships.
- To help bonding between parent-child. Many a times teenagers becomes rebel or parents are not able to cope with today's generation, call upon Archangel Chamuel to bring peace amidst your relationship and to re-strengthen the parent-child bond. Also draw CKR+SHK+CKR sandwich as add-on energy.
- Very few people know that Archangel Chamuel is also a spiritual career counsellor. If you need guidance regarding your career, ask Archangel Chamuel to show you the right career path.
- Archangel Chamuel represents peace and calmness.

- Last but not the least, Archangel Chamuel can also help you find lost objects. Nothing is hidden from the eyes of Divine. Along with Reiki and Chamuel's power, you will find your lost object. Draw SHK and start Reiki flow. Just say simple invocation, "*Archangel Chamuel, I seem to have lost my earring (any object), please help me find it so that I can be at ease. Thank You*". He will give you some or other signal.

### **Invoking Archangel Chamuel**

Archangel Chamuel represents the planet Earth. So perfect spot to call upon Archangel Chamuel would be in garden. If it is not possible, you can sit near potted plants. Pray simple invocation: "*Dear Archangel Chamuel, Help me expand my heart chakra and to love unconditionally. Thank You*" Alternatively you can call upon Archangel Chamuel and tell him all your problems and ask him to guide you.

### **Meditation with Archangel Chamuel**

Light a candle (preferably pink). Hold crystal (rose quartz or fluorite) in your hand. If you are attuned to Reiki symbols, draw symbols on candle and crystal for concentration and grounding. Sit comfortably and relax. When you are totally relaxed, call upon Archangel Chamuel. Simple invocation that I personally use is "*Dear Archangel Chamuel, Please assist me in (my situation here). Heal my heart chakra and let love flow in my life. Thank you for your assistance*". Take deep breathes and relax. Let your thoughts flow. Don't try to stop them. Let go of bad or unwanted memories. Keep a watch on your thoughts or any sign from angel.

### **Crystal**

Rose quartz and fluorites are associated with Archangel Chamuel. Rose quartz helps to open heart chakra. Heal your pain/condition with the help of Archangel Chamuel, rose quartz and fluorites (pink, green or purple). Rose quartz helps to open your heart and mind to unconditional love. Green fluorite helps to heal your heart (others too). Purple fluorite helps to connect with soul-mates. These stones can be carried with you, as a single stone or worn as a jewelry. Meditate with these stones, hold the stone in your left hand if you are a right-handed person and vice-versa.

### **Archangel Chamuel's associations:**

Planet - Earth, Mars  
Day of the week - Monday, Tuesday (debatable)  
Direction - Southeast  
Element - Fire  
Zodiac - Aries  
Chakra - Heart  
Crystal - Pink Quartz, Fluorites  
Aura - Pale Green  
Twin flame - Charity

Hope this article helps you connect easily with Archangel Chamuel to heal your broken heart, to find your soul-mate or to recreate magic with your partner.

# **Reiki and Archangel Haniel**

*By Haripriya Suraj*

Archangel Haniel has a lovely energy that resonates with the moon. The crystal associated with her is moonstone. She can help us when we feel sensitive and out of balance. Working with her may be particularly helpful to women who find themselves going off balance at varied times of the menstrual cycle. If you are a woman and you face this problem every month, you can connect with Archangel Haniel. Haniel's soft energy can ease hormonal fluctuations and help you maintain a state of harmony and balance. This apart, she also helps anyone who feels sensitive, unworthy/unlovable and out of balance in general (men included).

The best time to work with Archangel Haniel is during the time of the full moon. But you don't have to wait for the full moon to connect with her. You can also call on her at other times and she will be happy to help you. Using or wearing a moonstone crystal can help you connect with her energies better.

## **Healing with Reiki and Moonstone**

- Ensure your moonstone crystal has been cleaned and cleared of all negative energies.
- Hold the crystal between your palms and charge it with Reiki for a while.
- Call upon Archangel Haniel and ask her to bless this stone with her energy.
- Request Archangel Haniel to sit beside you as you prepare to heal yourself with Reiki.
- Begin to do a full body Reiki healing.
- As you heal yourself, place the moonstone crystal on whatever chakra or part of the body that you are guided to. Trust your intuition and feel free to move it around. You will not make a mistake when you trust your feelings.
- You can also request Archangel Haniel to heal you with her energies and just relax as the energies work on you.

This act of receiving from Haniel will help you understand that it is OK to receive in life. A lot of energetic imbalances occur when we become perpetual givers and also when we try to be in control at all times. We must also learn to receive and to let go of control at times. This helps our energies stay in harmony and balance.

## Full Moon Healing with Archangel Haniel

- Go outdoors on the evening of the full moon. Your own garden, balcony or roof terrace would work best. If that is not feasible, you can do it indoors in a space that offers you a view of the full moon.
- Take a few deep breaths to relax and center yourself.
- Call on Archangel Haniel. Say, “*Dear Archangel Haniel, Please be with me now and help me heal.*”
- Look at the full moon and visualise Archangel Haniel standing behind it.
- Intend that the energies from Haniel and the moon wash over you from head to toe and bring balance to your body, mind and spirit.
- Bask in this energy for as long as you like.
- Once done, thank Haniel and the moon for their help.
- Drink plenty of water.

This meditation can also be done when the full moon is not around. All you need to do is visualise a full moon and proceed to heal yourself as described above.

Enjoy feeling balanced and harmonious!

# Communication with Departed Loved Ones: Reiki & Archangel Azrael

*By Haripriya Suraj*



Archangel Azrael is known as “The Angel of Death.” He helps souls cross over comfortably to the other side. He also helps these souls communicate with near and dear ones on Earth. People who are alive can also take his assistance to establish communication with the souls of their departed loved ones.

As Reiki practitioners, we have the added benefit of using Reiki along with help from Archangel Azrael. Reiki energy being soft and loving creates a safe and peaceful space for soul communication to happen.

This kind of communication should only be done only to express such things that would help us and also help the souls of our loved ones. Positive and kind words that were unexpressed when the person was alive can certainly be expressed. Asking for forgiveness for any pain we caused them and sending our love is also perfectly fine.

In short, any message that comes from the heart is good. Love is the key.

If what you wish to convey is not coming from a place of love (that is, it is coming from the Ego), don't express it. Your intuition will guide you.

## **Here is a brief outline of the process:**

- Keep a piece of paper and pen with you.
- Sit in a quiet place where you will be left undisturbed.

- You can play soothing music and also light a candle if it helps.
- Take a few deep breaths and get into a meditative state.
- Visualise the room being flooded with Reiki. You can also draw any symbols that you are guided to in the air.
- Bring your awareness to your heart. You can place your palm on the heart to connect with it. What message of love does your heart wish to send to the soul of your loved one? Start writing the message on the piece of paper. Keep your words positive and loving.
- Give Reiki to this piece of paper. This will strengthen the element of love in your message.
- Call upon Archangel Azrael. If you work with angel card decks, pick any card of Archangel Azrael from the deck to connect with him. If you wish to, you can also place the card along with your piece of paper. Request him to take this message to your loved one.
- You can also request Azrael to bring a message back to you from your loved one.
- Express your gratitude to the Archangel for his assistance.
- Put the piece of paper away in a safe place.
- Thereafter, notice any messages you may receive from the other side. These messages may come in the form of feelings- you may feel a deep sense of peace or you may feel a surge of love. Unhealed feelings that you may have carried about your past relationship with this person are suddenly healed. You may also receive messages in the form of words that you read somewhere or as songs that play on the radio or television. It may also be in the form of visits from certain animals or birds. Each one's experience is unique. You will know it is a message for you when you receive it.
- Do not analyse the message by allowing your logical mind to kick in. Trust your feelings and accept the message you get.
- Once you have received your message, discard the paper by either burning or burying it.

This technique is particularly useful when we wish to express love and forgiveness to our departed loved ones. When people are alive, we sometimes take them for granted. We may also focus only on the negative aspects of their personality. And when the person is no more, we realise their value and also recognise their positive traits. This tends to bring up feelings of sadness and guilt in us. However, feeling sad or guilty does not help anyone. As we grow spiritually, it is important to remind ourselves constantly that the core of our being is pure love. Anything that is not love is not who we are. Due to our

identification with the ego, all of us err from time to time. So, if you feel sad or guilty about something you did or did not do (or something you said or did not say) when a loved one was with you, it is not too late. It is possible to express your feelings even now. Rest assured that the power of love will heal everything that is unhealed in all of space and time and restore the flow of love in your relationship.



# Chakra Clearing with Reiki and Archangel Metatron

By Haripriya Suraj



I do Angel Card Readings every single day to receive guidance for my personal growth. For a period in time, I kept drawing the card of Archangel Metatron. This card asked me to clear my chakras with his help. I did not take this guidance seriously and kept putting off working with Archangel Metatron for several days. But like all card readers would know, you keep drawing the same cards until you follow the guidance being given to you. I drew the card so many times that I finally decided to work with this mighty Archangel.

Archangel Metatron heals with sacred geometric shapes and uses a tool that some refer to as a “*Metatron Cube*”. In order to facilitate healing, he passes his cube right through your energy body. The cube rotates as it moves through your energy field and clears toxins from each of your chakras.

When I finally used the Metatron cube to heal myself, I found the results to be quite amazing. I could feel the cube clearing away all toxic energies as it rotated. Since then I have begun to take the assistance of Archangel Metatron and his sacred cube during some Reiki healing that I know would benefit from this additional help.

If you have pressing issues with any of your chakras or would just like a thorough cleansing of all your chakras, you will benefit from working with Archangel Metatron as well. This technique can be easily incorporated with your daily routine of Reiki self healing. You will not need to use this technique every day. You can use it once every few days depending on the health of your chakras. Trust your intuition and use it when you feel like.

## Here's how you go about it:

1. Take a deep breath.
2. Call upon Archangel Metatron to assist you with clearing your chakras. If you work with angel cards and have the Archangel Metatron card with you, you can place it close to you during the healing.
3. Visualise the Archangel and his cube. Do not worry too much about the visual details. Your intention to connect with the Archangel and his cube will ensure that you are connected.
4. Visualise the Archangel sending his cube towards the top of your head. Visualise the cube spinning inside your crown chakra. Intuitively scan the chakra for traces of toxins. Feel these toxins being cleared by the spinning cube.
5. Next move to the third eye chakra and repeat the same process. Similarly, move the cube through each of the chakras and allow it to work on each one, thereby clearing every chakra of toxic debris.
6. Trust your intuition. Let the cube move as it wishes to. There is no strict rule to be followed as to which chakra must be cleared first. You may find the cube moving randomly from chakra to chakra and also moving back to do more work on chakras that were already cleared. Do not analyse. Just go with the flow and relax. You will not make a mistake when you trust your intuition.
7. Once you feel that you are done, thank the Archangel for his assistance with this healing.
8. Proceed to do a full body Reiki healing as usual.
9. Drink plenty of water.

There is no limit to the number of ways in which we can heal ourselves. It is always nice to experiment with different techniques and absorb the benefit that each technique has to offer. The beauty of Reiki lies in its flexibility. It can be incorporated with most other techniques and it works so beautifully. If you like healing with the angels, you are sure to enjoy working with Archangel Metatron and his sacred cube!

# Archangels, Chakras and Crystals

*By Sunetra Dasgupta*

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 Chakra**

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 Sugelite.

### **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.

## Archangels, Crystals, Chakras Infographic

<http://reikirays.com>

Archangel	Crystal affinity	In charge of	Chakra
Sandalphon – "The Protector of Unborn Children"	 Turquoise	His main role is to carry our prayers to God, so they may get answered.  He is associated with music.	 Root Chakra
Chamuel - "One who sees God"	 Rose Quartz or Fluorite	He helps in love, confidence and career matters.  He helps heal relationships.	 Sacral Chakra
Uriel – "The Light of God"	 Amber	He helps release the painful burdens and memories of the past.  He is considered as one of the wisest Archangels because of his intellectual information, practical solutions and creative insight.	 Solar Plexus
Raphael – "God heals"	 Malachite	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.	 Heart Chakra
Michael – "Who is Like God"	 Sugilite	He is in 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.	 Throat Chakra
Gabriel – "Messenger of God"	 Citrine	She helps us with creativity, communicating, guiding others and nurturing our inner self.	 Third Eye
Zadkiel – "Righteousness of God"	 Lapis Lazuli	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.	 Crown Chakra

Distributed with thanks and gratitude, with *Reiki Master Sunetra Dasgupta's* permission.  
Images by SuziJane, chyap28, sdixclifford, ~Brenda-Starr~ and balanced.crafts.

# Guide to Archangels and Crystals

*By Haripriya Suraj*



This is for everyone who likes working with angels and crystals.

## **Who are the Archangels?**

The angelic realm is like a celestial workforce with varied departments. There are guardian angels, archangels, nature angels, romance angels/cherubs and many other categories of angels working together.

The Archangels belong to one department. Their energies are very pure and of a high vibration, resonating closely with the energies of Source or God. They each represent one aspect or quality of Source. By connecting with the archangels, we get in touch with the same qualities latent in us. We strengthen those aspects, thereby dropping layers of conditioning and negativity. We step outside the veil of amnesia and remember who we truly are. We recognise the light shining within us.

It is often misunderstood that the angels are around only to fulfill our wishes or to perform miracles in our lives. While it is true that wishes get fulfilled and miracles happen, it is not true that the angels do this for us. By connecting with angelic energies, we raise our vibration to a level, which enables us to live a life of miracles. The energy of the angels only acts as a medium for us to get in touch with that part of ourselves where everything is a possibility.

The table below provides a brief summary of fifteen archangels that I learnt about from the work of Doreen Virtue. Ever since, I have worked extensively

with each of them both to heal myself and to help others heal. Every archangel is associated with a crystal. If you feel a connection with any of the archangels, you may benefit by working with the corresponding crystal. And if you are drawn to a particular crystal, you may enjoy working with the corresponding archangel!

The more you work with angels and crystals, the more you will discover their resonance with Reiki. You will also learn to seamlessly integrate one with the other. Reiki, angels and crystals form a soul stirring combination indeed!


There are no complicated rituals or practices you need to do to connect with the archangels. Just call on them, talk to them, write letters to them and express your gratitude for their help. Do anything that will help you connect. Once you take the first step, their energies will pour into your life and show you the path.

Archangel	Helps With	Associated Crystal
Ariel	Environmental issues, animal welfare and healing, healing plants, healing the planet	Rose Quartz
Azrael	Peaceful passing over, comfort to the grieving and heartbroken, development of counselling skills	Yellow calcite
Chamuel	Finding new love, friendship, career, job, lost objects, peace in relationships, healing soul mate relationships	Green Fluorite
Gabriel	Conception, pregnancy and birth, adoption, early childhood issues, life path of spiritual teachers and writers	Citrine
Haniel	Menstrual cycle, hormonal issues, fertility, personal harmony, balance, honouring sensitivity	Moonstone
Jeremiel	Healing unhealed patterns, conducting life reviews, emotional healing	Amethyst
Jophiel	Clearing negative energies, artistic projects, development of inner beauty, radiating grace	Pink tourmaline, Rubelite
Metatron	Chakra clearing, issues with older children, developing spiritual awareness in children	Watermelon Tourmaline
Michael	Freedom from fear, safety and protection,	Sugilite

	spiritual life purpose, spiritual growth, building a healing practice, guidance or assistance for mechanical repair work, cutting energetic cords	
Raguel	Conflict resolution, justice and fairness, harmony	Aqua aura, Aquamarine
Raphael	Physical healing, good health, assistance to healers, travel safety	Malachite, Emerald
Raziel	Clairvoyance, manifestation, third eye healing, esoteric learning, past life healing	Clear quartz
Sandalphon	Healing through music	Turquoise
Uriel	Uncovering divine wisdom, intellectual learning and growth	Amber
Zadkiel	Memory, spiritual teaching and learning, healing the heart	Lapis Lazuli



## About the Authors

	<p><i>Haripriya is a Reiki Master, Angel Healer, and Spiritual Teacher. She was drawn to Reiki right from her childhood and Reiki went on to become part of her life's purpose. Reiki is her constant companion from which she derives peace and contentment. After reaping the fruits of Reiki practice in her life, she was inspired to spread the joy of Reiki. She is the founder of Aananda Holistic Center where she conducts as well as teaches Reiki and Angel Healing. Haripriya resides in Bangalore, India. Reach Haripriya at <a href="mailto:aanandaholistic@gmail.com">aanandaholistic@gmail.com</a> and at Aananda Holistic Center on Facebook.</i></p>
	<p><i>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 <a href="https://www.facebook.com/SunnyDReikiPractice">https://www.facebook.com/SunnyDReikiPractice</a>.</i></p>
	<p><i>Justine Melton is a Reiki Master/Teacher and an Intuitive Counselor. Reiki came into her life a few years ago and changed it in amazing ways. It is her passion now to bring Reiki to others and help them to heal in a holistic way. Justine is lucky enough to be an Empath, Clairaudient, Clairsentient, and Clairvoyant. She is able to use these gifts with Reiki if asked to give extra messages during a session for the client's highest good. Justine believes that love is the greatest healing energy. She has founded a holistic healing association called Amore Holistic Health Group where people can go and choose from a variety of different healing modalities. <a href="http://www.letthewhitelightshine.com/">http://www.letthewhitelightshine.com/</a></i></p>
	<p><i>Rinku Patel is a Reiki Usui Master, Karmic Reiki healer, Kundalini Reiki, Angel Reiki Healer, Crystal Healing, Dowsing, Soulmate Reiki and Angel card Reading. Chi Ball and Psychic surgery are her personal favorite tools. Classes and Healing: Usui Reiki, Karmic Reiki, Kundalini Reiki, Angelic Reiki, Soulmate Reiki, Crystal healing, Angel card reading and Dowsing. Rinku can be reached via her email address <a href="mailto:reikithemiraclehealing@gmail.com">reikithemiraclehealing@gmail.com</a> and on Facebook at <a href="http://www.facebook.com/pages/Reiki-The-Miracle-Healing/1495936974022242?ref=hl">www.facebook.com/pages/Reiki-The-Miracle-Healing/1495936974022242?ref=hl</a>.</i></p>



*Ananya is an Usui and Karmic Reiki Teacher and is also certified in Magnified Healing. She teaches and reads the Akashic Records, Oracle, Tarot and Angel cards. She is highly aura sensitive and gifted with claircognizant abilities. She lives in Bangalore, India. Ananya can be reached at <http://www.zinoathensreiki.com/> and via her email address [zinoathens@gmail.com](mailto:zinoathens@gmail.com).*