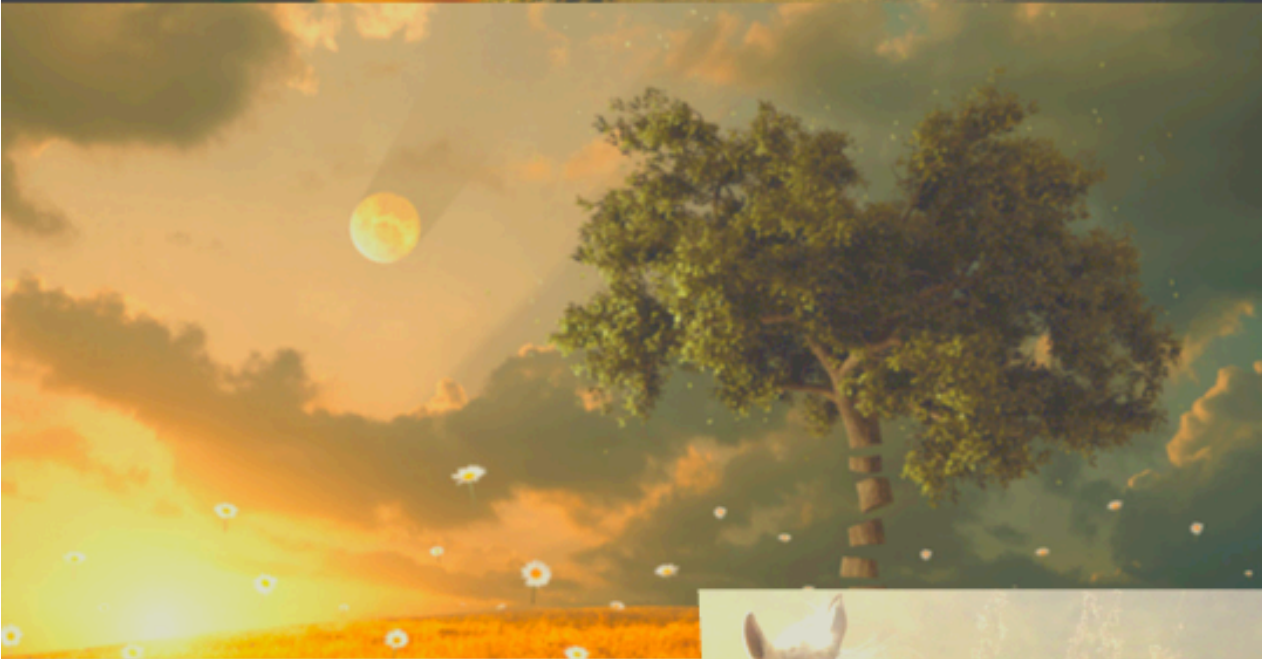




Reiki Rays



COMBINE REIKI

WITH OTHER HEALING
TOOLS



Reiki Rays

Combine Reiki with Other Healing Tools

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Add a Touch of Shamanic Reiki to Your Practice

By Patti Deschaine



Shamanic Reiki is Reiki with a deep connection to nature, the elements, and spirit. Using a process called "**journeying**" the healer can access helping spirits who answer questions to provide insight into medical, physical or spiritual problems. A journey is meditative practice where the practitioner can visit spirit guides, ancestors and power animals to bring back messages of healing for themselves or others.

As part of a Reiki practice, many practitioners connect to spirit guides, ancestors, or angels to enhance and strengthen their healing. Shamanic Reiki takes this a step further. A journey is mindful meditation done to a drumbeat or while listening to a recorded drum track. The drum is a powerful tool as its vibration and frequency closely matches that of the earth's vibration. In addition to drumming, a healer will often incorporate rattles, whistling, or singing as a way to quiet the mind of chatter and connect to spirit by way of the heart. An invocation to the elements and four directions will help create sacred space for the journey.

During a journey, meditation takes the healer to different energetic planes: the Upper, Middle and Lower Worlds. Here the healer can access information for their own use, or on behalf of a friend or client.

Just like connecting to energy in Usui Reiki, a journey is initiated by breath and by setting an intention. The intention is straightforward and simple. It expresses where the journey will take place and what the desired question or outcome is. An example would be: ***"I will journey to the Lower World to meet with my power animal to discover what is holding me back from a more spiritual existence."*** A simpler beginner's request would be: ***"I will journey to the Lower World to meet up with my power animal."*** A power animal can be any animal or bird: a crow, a fox, a whale, a raccoon, rat or opossum. Spirit takes many forms and it is best not to judge a power animal by outward appearance. It is the message that the animal brings that is important and all have vital messages to share.

The Lower World resides at earth's core and the journey will take the practitioner down through the layers of grass, dirt, tree roots, rock and finally, into a stream that will carry them to a beautiful garden. The garden is available to visit at any time. It is a place of peace and regeneration: to rest and recharge. In the Lower World, you may meet your power animal or another helping spirit who will offer wisdom and help you grow. You may discover old wounds that affect the choices you make today and by healing them, create a new and better way of life. The Upper World is the sky, the stars, the universe. Here you can seek a teacher or other helping spirit to answer questions you have, or meet a supportive ancestor. Ask how you can deepen your relationship with them. The Middle World is the world we are most familiar with. It is used to travel to places common to us in the world today. You may journey to a favorite spot in nature to commune with the spirit of the land that you live on or communicate with birds, animals and trees. It is even possible to visit a past or future event in the Middle World.

By connecting to teachers and guides in the Upper and Lower Worlds, we can gather information about past wounds obtained during our time here on earth, pain associated with traumatic events. We all have our share of wounds, blockages, limiting beliefs about ourselves, and journeying can assist with healing unreleased pain and removing blockages that hold us back from our true destiny. We may have old ideas that were passed on to us by family, teachers or bad experiences. Using journeying, we are able to identify and release them.

Soul Retrieval is an advanced method of healing through journeying. During times of trauma or pain, we may lose pieces of our essence, our soul, and the healing seeks to reunite the lost soul pieces, located and recorded in our chakras, with our spirit to create wholeness. You must have comprehensive training to perform a Soul Retrieval.

Shamanism and Reiki are, each by themselves, powerful ways to heal. Together, their power multiplies, and healing methods become available that aren't accessible when used separately. This article is only a brief introduction of the world of Shamanic practice. If these ideas resonate with you, there are many great books available on this subject. You may also visit a practitioner and learn about how they practice, or find a qualified Shamanic teacher.

Reiki and Pendulum Dowsing

By Sunetra Dasgupta



Image by [Marcelo deOliveira](#)

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

Before we proceed further let us understand what is dowsing?

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

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

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

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

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

How to charge a pendulum and get answers with Reiki?

Let me break it into few steps for your convenience:

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

7. As you bond more with your pendulum and ask questions, the answers shall be more and more accurate, practice it a number of times before you start doing it professionally.

How the Pendulum helps with healing?

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

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

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

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

Ho'oponopono - The Magical Words

By Ashwini Chube



The name sounded to me like some kids show on TV. Little did I know this was a touch of gold in our lives.

There are so many of us trying to find answers to many questions. We have known and tried so many spiritual practices and methods but there seems to be some missing link. We have read books but always feel the link is missing.

Well I went through similar upheaval a month ago and was just guided to use this meditation through various signs including my friend sending me book screenshots, another friend inviting me for a group Ho'oponopono exercise and finally "*bumping*" into a video about it on youtube. Like a good girl I took this as signs and especially so because I felt I had reached rock bottom. And the results were unbelievable. Peace of mind, cheerful attitude towards life and most importantly hope and faith that all is and will be fine.

Ho'oponopono is an old technique which comes from Hawaii. It is not just a technique but if embedded in day to day life can create miracles. It acts like an internal shower or bath cleaning every bit of our systems.

Ho'oponopono has created miracles. Right from Dr Hew Len who cured an entire batch of criminally insane patients without meeting them to every common man who has had achieved 100% results. So what is this about and how is it done?

Ho'oponopono is an easy technique which frees us from all kinds of negative emotions and any destructive patterns which we may have picked up. It requires no formal training or initiation or a teacher. All you need is a quiet place, time about 15-20 mins and an open mind and willing attitude.

How to Do It

1. Sit in a quiet comfortable place where you won't be disturbed.
2. Take a couple of deep breaths.
3. Now think of a problem bothering you. It could be anything. Right from a troublesome boss troubling you or that colleague who took away your promotion or that guy who duped you charging extra money for your purchase or that ex who has hurt you badly and no longer is in your life or age old best friend with whom you fought. Think of the situation. Draw DKM and HSZSN connecting to the concerned person.
4. Think deeply about it and feel the emotions. Yes it could be and will be a bit painful but you have to think about it. Invoke the SHK symbol here.
5. Now say 4 magical sentences in the same order
' I am sorry
Please forgive me
I love you
Thank you'
6. Keep repeating these four till you are fully satisfied and feel lighter. Draw a CKR to add power.
7. Or you can set an alarm for 15 -30 minutes and keep repeating these 4 sentences.
8. You can alternatively use the person's picture, it works very well too.
9. Finally seal with a Cho Ku Rei.

Ho'oponopono works across time and space and creates positive vibrations resolving even the toughest of issues, as they say ***It Is Love in Action!***

Here is wishing you all the best as you Ho'oponopono:-)

Love and Angelic blessings!

Fun Things to Try with Reiki

By Patti Deschaine



There is a whole myriad of awesomeness to explore when you are in tune with energy. While there is no real need to look further than Reiki for healing methods, sometimes it is just fun to mix things up and try something different. You may find some of the suggestions below are not for you, but then again, you could discover something that brings about powerful change, makes you feel great and enhances your daily practice.

Candle Rituals should always be done with a brand new candle in a sacred space. Burning a white candle can symbolize purity, provide protection and cleanse negative energy. Green can encourage prosperity or fertility; silver can be used to create a lunar connection. Brown is good for grounding and centering. Once your candle is lit, state an intention and visualize your desired situation. You are now manifesting! Candles of different colors are used for moon rituals and to celebrate religious or spiritual days in the calendar year. Burn your candle each day until it is gone to remind you (and the universe) of your intent.

Crystals hold energy and intensify energy work. A crystal grid is a group of stones, set together to create a geometric pattern, in order to harness and direct energy toward a specific goal or situation. Properly aligned and charged, a grid will hum along, generating energy even when you are not actively

directing Reiki to it. This is a very powerful tool that can be used for healing and for manifesting. Build a peaceful grid of amethyst under your bed to help you sleep. Add Herkimer diamonds to enhance dream work. For an abundance grid, try orange calcite, citrine, pyrite and clear quartz. Do your research and pick specific crystals for your target goals.

Browse through a book or better yet, visit a store where crystals are sold. Use your intuition to see which ones you are drawn to. Smaller crystals are available in vast varieties at a reasonable price and you're sure to find one that resonates with you. Once you bring it home, remember to clear it and give it a job. Hold the stone between your hands while calling in energy and set an intention for it. *You are cleansed of all prior programming; I program you for light, love and healing.* There are many methods of cleansing and programming. Find the one that works best for you.

Essential oils are important as they provide relaxation, pain and stress relief, can energize or sooth your mood, depending on which scent you use. Aroma can trigger memory and help solidify a moment in time in your mind. Use a high quality, medicinal quality oil to treat depression, skin and sinus issues, aches and pains, even use in place of an antibiotic.

Lavender oil is lovely in a bath or on your sheets at night. Add Epsom salts to the lavender bath and you have a soothing combination that also provides a full body detox and eases sore muscles. Orange essential oil will supply energy and stress relief and I love peppermint as a wake up scent or to help with an upset stomach. Rosemary will soothe your scalp, promote hair growth and increase memory skills.

Tarot cards - Tarot cards are so much fun. While they take a while to master, they offer a different perspective on any situation. There are typically seventy-eight cards in a deck, 22 Major Arcana and 56 Minor Arcana cards across four suits representing the elements, Wands (fire), Pentacles (earth), Swords (air), and Cups (water) To me, tarot is very much in tune with energy. In fact, when you purchase a new deck, it is a good idea to put it in a cloth bag with a cleansing crystal and sleep with it under your pillow for a week or so. Using this method, the deck becomes infused with your energy. This will personalize your readings in tune with your vibration.

It literally takes years to be able to learn to "read" intuitively. The cards can be interpreted many ways and should not be taken too literally. We have all seen old movies where the fortune teller draws the death card and loudly gasps as the heroine bolts from the room. Dramatic, but really, the death card rarely foretells an actual death. More likely, it represents the "death" of a project or a lifestyle and the opening of a door to a new one.

Tarot will work best for you if you choose a deck that you feel drawn to. It then becomes personal to you. Find a mentor who has extensive experience with Tarot and spend time with them. It takes a considerable time commitment to become fluent with Tarot, but it is a very satisfying and highly engaging pastime.

Divination or predicting the future - Tarot aside, there are several other tools for divination.

Pendulums - a pendulum is an object (typically a crystal) suspended on a chain that intuitively swings in one direction or the other in response to yes or no questions. Like crystals themselves, they come in many varieties and you might try several before you get one that you feel connected to. You will hold the end of the chain, called the fob, between your thumb and forefinger, then ask your question. Should I leave my present situation? Will I be able to start my own Reiki business soon? A pendulum allows you to connect with your higher self to get answers that you already know but aren't consciously aware of.

In a Reiki session, pendulums can also be used to check the strength and direction of the chakras as they spin. You can also use a pendulum to assist with finding lost objects such as keys or jewelry. Ask where the object is then use the "warm, warmer...cold" method to see if you are getting closer. Is that handy, or what?

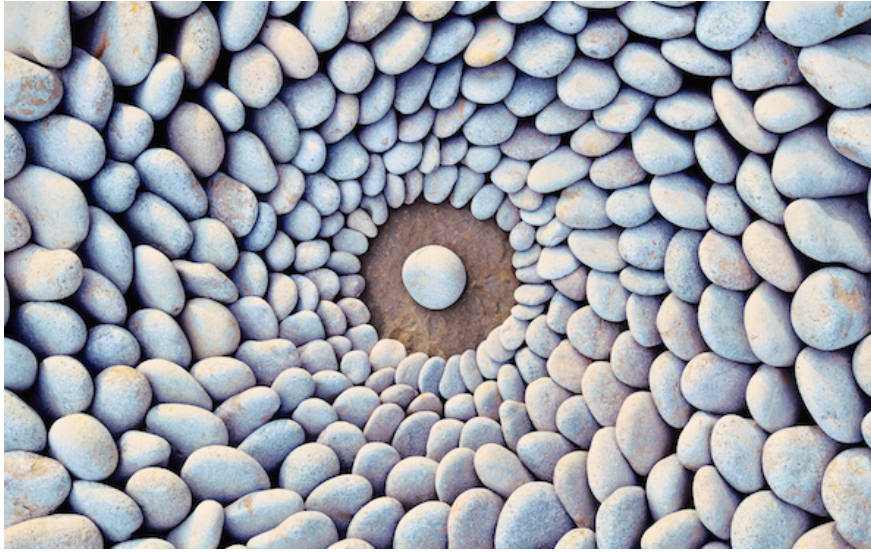
Runes- these are stones, or sometimes glass or wood, that come in a set of twenty four, each engraved with an ancient letter/symbol of the runic alphabet. Each symbol has a meaning and readings are done by tossing or "casting" a stone, then reading the corresponding translation. Casting three symbols makes for an in depth reading, a single one might just give you information about the day ahead.

I Ching - translated this means The Book of Changes - The I Ching is an ancient book of wisdom, used by kings and emperors for thousands of years. Each inquiry results in a hexagram and sometimes additional line readings that correspond to sections in the book. There are a possibility of 8 trigrams: Ch'ien (Cosmos), Chen (Thunder), K'an (Water), Ken (Mountain), K'un (Earth), Sun (Wind/Wood), Li (Fire), and Tui (Lake). Each trigram has three lines which is either broken or solid, Yin (negative) and Yang (positive). There are sixty-four different hexagrams, and each hexagram has six changing lines, which may or may not apply to particular reading. All of these are determined by the coin toss. For each toss, one line is determined, so six throws create a hexagram. Spend an afternoon with the I Ching. Though it seems complicated, it is absolutely fascinating.

These are but a handful of ways to keep your energy work fresh and interesting. Stay curious, learn new things. Connect with other healers and see what they have to share. We all have varied and diverse experience. You never know what you might find.

Reiki and Past Life Regression

By Sunetra Dasgupta



***“We live in accordance with our deep, driving desire.
It is this desire at the time of death that determines what our next
life is to be.
We will come back to earth to work out the satisfaction of that
desire.”***

-The Upanishads

What is Past Life Regression?

Past life regression is a method to visit your past or rather go back to that part of your subconscious mind which has memories stored off all the lives you have lived and can see flashes of it to understand, what are the deeds done by you in those lifetimes whose consequences or repercussions are being faced by you in this lifetimes. It is not only the consequences but also few repeated patterns which keep happening to you in this lifetime too.

How does PLR (Past Life Regression) help?

When we access our past life memories it helps us release the pain, confusion, estrangement, negative emotions and painful memories instantly, hence immediate healing happens. Also it stops the occurrence of repeated patterns in our life as we have released the negative karma associated with it hence helping us to live a much happier life.

Who should not get PLR done?

People who are just curious what they were in their previous or what happened in their past lives should not get PLR done. Also one has to be ready to accept what they “**see**” what happened in their past lives. I have known some people when they come for a PLR they would like to see someone they really like as their partner, some people do not realize over the years we all have been with each other but in different relations. One should realize PLR is a very sacred process and one should only do it if they are in some severe problem or have perpetual repeat patterns in their life.

How Reiki comes into picture?

As I keep saying in all my articles that Reiki is such a beautiful energy as it can travel across time and space, I generally use Reiki when one wants to get PLR done. As there are 2 healings happening at the same time, one through PLR and the other through Reiki. Though most people do PLR with hypnotherapy, it takes much longer for it to get done, and the pain is too much sometimes for the person to bear, the “**effect**” of the PLR can take some days to come in terms with.

How to combine the two?

If one wants to take the client to their past lives, one should balance their own and the clients chakras. Else later one can feel very tired and drained out.

1. After balancing the chakras, make the client lie or sit in a comfortable position, and ask them to take 3 deep breaths, so that their mind can become blank.
2. Ask them to state their intention thrice, after they do connect to their guides with the help of the distance symbol, and ask them to get your client through the past lives.
3. State the intention “**Take my client to that life when he/she walked on this planet with some other identity, and the root cause of the intention that has been stated**” thrice.
4. As you do so draw the distance symbol or the master symbol on their head, heart and solar plexus.

5. As you guide the client through the PLR session, keep drawing the emotional symbol or if one is a Karuna® Reiki practitioner they can draw Zonar on their third eye, heart and Solar plexus. Keep drawing them, till the time the process is not over. This is done to soothe the client's emotions through the process.
6. Do not push the client for any information, as the conscious mind is always active and hence the client may start using their conscious mind and the whole purpose of the PLR will not be successful.
7. Once the client has done accessing their past lives, guide them back slowly to their current environment. It is ok for the client to feel any pain, hurt during the process. It is to throw out the negativity.
8. Thank the guides and disconnect from their past by drawing a reverse Cho-Ku-Rei.

Blending Reiki with an Intuitive Guidance Session

By Lisa Rose Lodeski



Image by [©Barbara Higgins Photography](#)

Blending Reiki with an Intuitive Guidance Session is a natural for me as I was a practicing Intuitive before I was a Reiki Master. So, from the start, offering intuitive guidance as part of a Reiki session was a win-win for me. What I'm talking about here is different than Dr. Usui's method of using intuition to guide delivery of Reiki to clients. Reiki history describes Dr. Usui's use of intuition as a guiding force in his own Reiki practice, and he trained students to intuitively deliver Reiki to clients, however it's not clear if he also relayed intuitive guidance to clients as part of his treatment sessions.

When I began offering Reiki sessions in my own practice, both in-person and by distance, I quickly noticed I was receiving not only information about blocks and imbalances in my client's energy system and how to select and direct Reiki energy and symbols for use in the session, but also specific guidance in the form of messages to share with my client. The type of guidance I receive to share, includes, for example, causes of energetic blockages and imbalances with suggestions on how my client may dodge them in the future; recommendations on how to change perspective to create balance in my client's lives that would be reflected in the energy body; external situations contributing to the state of their energy; and also straight-

up, direct messages from spirit guides, mine and theirs, including episodes of mediumship.

When I realized what was happening, that I was conducting a guidance session within a Reiki session, I just went with it. My finely-tuned intuitive language of personal signs and symbols created for clarity with my guides blends beautifully with all things Reiki. So, I began to create blended Reiki and Intuitive Guidance Sessions where Reiki energy did it's work, and intuitive guidance received was passed on to my clients by me, the delivery girl. Today, my clients are delighted with this option of service. I continue to offer traditional Reiki sessions, in-person and distant, but this blend is the service my clients request again and again. Over time, I've incorporated the use of crystals, oracles, and meditation as part of individually designed sessions and no two sessions are alike.

It's common knowledge that a side benefit of a Reiki practice is an increase in the strength and clarity of natural intuition. Tapping into intuition is easy with training and practice. In the next paragraphs, I discuss why I offer this blending of healing modalities and the benefits to my clients. I also share how I do it; what it feels like on the my end; and examples from actual sessions on the types of information I receive and share with my clients that add value to their experience with Reiki.

Why do I blend Reiki with Intuitive Guidance Sessions, and what are the benefits to clients?

I offer a blend of Reiki and Intuitive Guidance in a session because it greatly benefits my client by providing information and guidance they may use immediately to make new choices to support themselves in creating their lives while enjoying the benefits of a Reiki session. Often, the guidance creates new understanding for my clients of their participation in the creation of their energetic imbalances that may be contribution to dis-ease. Reiki stimulates deep, deep relaxation in a safe environment, and in that state, I'm more easily able to read the subtle energies present in and around my client, and my client is more open to receiving what is coming for their benefit.

How do I do it?

First, I prepare myself and my studio for both Reiki and Intuitive Guidance work. I open the Reiki session for my client and go through a full Reiki session while receiving intuitive guidance from the guides. I close the Reiki session and ask the Spirit guides to remain and continue the Intuitive Guidance Session. I relay the information received to my client with an opportunity to ask questions while I am still “connected” to the guides, and I relay the answers provided. When I sense the energy of the guides dissipating, or when the messages seem to have come to a natural end, I thank our guides, close the session, and ground both of us with intention, energy clearing, and something physical, usually a drink of water. Afterward, my client and I have a conversation about the experience from my client’s perspective. We finish with a discussion on how my client may best use the information gained during the session to move forward.

More specifically, my preparations include my own Reiki cleansing, an energetic clearing of my studio space using a dowsing rod and pendulum followed by a smudging with sage, palo santo wood, or incense, before I seal the space with Reiki to create a strong energetic boundary. I light natural beeswax candles to call in the Light (meaning my connection to Source, The Universe, All). I ask my spirit guides and those of my client to come forward to support the boundaries. (I want only high vibrational participants that have my client’s highest and best interest to be present in a session). I ask the guides to offer guidance while I do the Reiki session. I can sense the spirit guides in the room, and it’s a separate entourage from the Reiki guides.

Without exception, when my clients walk into my studio, they mention how the energy in this room feels different, inviting, safe. I place my clients on my Reiki table, give them a few minutes to settle-in, and ask if they would like to know of the intuitive guidance I may receive for them during the Reiki session. Although my clients are aware of the type of session they’ve scheduled, I always give them an out if they don’t want to hear the guidance for whatever reason. I haven’t had that happen yet. I begin their Reiki session and as I work, I pay attention not only the quality of energy in their system, but also to my own body and my third-eye where I receive guidance in the form of pictures, words, images that appear like movies, language, sounds,

signs, clues, symbols, and scents. The hard part is organizing the information that is delivered like a big bowl of vegetable soup wherein I have to figure out which pieces go together in order to communicate a clear message. Practice makes perfect. Some of the messages or guidance is straightforward: “Stop giving until it hurts”, for example. Others, not so much. “There’s a male figure here wearing a suit from the 1930’s and an English bowler-style hat who was ushered into our space by an excitable dog with light, long, poofy hair”. To which my client responded, “That’s my grandfather who served in the military in England and the dog is Frisky, our family pet. My grandfather died when I was an infant.” After several more clues were delivered to me, it was clear that this was a message of love. Usually, I hold the messages and guidance in my mind until the Reiki part of the session is complete. I begin sharing the messages, guidance, and information received toward the end of the session when I am still connected intuitively and can have a conversation with my client and the guides at the same time. It just seems to flow better that way for me. I don’t like to break up the meditative, relaxing quality of the Reiki delivery to my client.

What sensations do I experience while during a session?

Before I begin preparing my studio space for this type of session, I often sense the guides coming forward. To me, it feels as if several people have walked into the room I’m in, but they are invisible. If you close your eyes, or were blindfolded, and had headphones on, I believe you would sense, with your sixth sense, that of vibration, if and when someone is in the room with you. You would sense their vibration. Much may be determined from the qualities of vibration. When guides are in the room, I sense it the same way, but it’s more subtle. I also sense the presence of my Reiki guides, however they tend to arrive and leave with the timing of the actual Reiki part of the session. Sometimes I start receiving intuitive “hits” of information for my client before they arrive. I’ll make a mental note of it and put those pieces all together with the additional information I receive during the session. After the client has arrived, and I begin the session, I feel the Reiki flow and I go to work. I scan the body to see where the issues lie, and ask the guides to start downloading the guidance in addition to the information I need to do a great job. Chakra by chakra, messages are delivered. I may receive, for example, information about their soul history, present issues that are causing imbalances, personal habits

and perspectives that are contributing factors to the reasons that brought my client to me for a session in the first place. I can also sense the fading of the energy, the signal to close the connection.

What role does Reiki play during an Intuitive Guidance Session?

In my experience, Reiki energy supports what I call “sacred space”. It’s the type of space I create in preparation for an Intuitive Guidance Session. The Reiki energy shores-up the energetic boundaries of the space, raises the vibration in the space to facilitate a quick and clear connection to the guides, and holds that vibration through to the finish. As a Reiki Master and Intuitive, I serve as the conductor of the different sources of energy and guidance that enter the energetic field within the blended Reiki and Intuitive Guidance Session.

In summary, Reiki energy blends well with many different forms of energy work and healing modalities. I hope my experience will inspire you to create services of your own that expand the possibilities of your Reiki sessions to benefit your clients, and bring new clients to your practice. Thank you for your interest (you’re still here at the end with me!) and I wish for you peace, love, and Light.

Color Therapy

By Ananya Sen



Everyone is curious about colors, the healing properties of them, how to enhance your healing abilities with color, what is the significance of colors if used in healing. Colors have a certain frequency; they are after all light energy. Each color helps in healing certain kinds of ailments or situations in our lives. Our bodies are essentially made up of light. You may heard of the term ‘Light Body Activation’. This basically means activating all the color vibrations in our bodies.

Our chakras have seven colors which are the same as the colors of the rainbow VIBGYOR. Each chakra draws its energy from the color spectrum in the universe. Let’s look at the significance of all the seven colors and other colors as well.

1. **Violet** – this is the purest color, color of the crown chakra. You can use violet color or the Violet flame to purge and transmute impurities and karma.
2. **Indigo** – this is bluish purple color. You can use this color to open your third eye, enhance your psychic abilities and even for protection. This is the color of Archangel Michael as well, so it has natural shielding properties.
3. **Blue** – this is the color of your throat chakra, you can use this for effective communication with someone and call upon Archangels Gabriel and Michael. Blue, also can be used to heal court cases and legal problems.

4. **Green** – this is the heart chakra color. It is Archangel Raphael's color, so can bring in physical or emotional healing to everyone. Use green to bring in money and luck in your life!
5. **Yellow** – color of solar plexus chakra. Use this color for career success, improve digestion and increase personal power.
6. **Orange** – this is the color of your sacral chakra. You can use orange to enhance your creativity, clear blocks from your sacral chakra and have smooth relationships with the opposite sex.
7. **Red** – this is the root chakra color. Use red to bring passion into your love life, improve sexual performance and for personal power. You can also use red if you want action or movement in your life. Red removes stagnancy.
8. **Pink** – you can use pink to get true love in your life, attract your soulmate and anything that you have compassion for. It could also be used to heal animals apart from green.
9. **Black** – this is a powerful color. Use this to ward off evil, psychic protection and removing unwanted people from your life.
10. **Brown** – this can be used for financial stability, protect your investments, home etc. It has a neutralizing effect. Brown balances anything that has excess. You can also use brown for Grounding.

Now, when I say 'use' these colors, these are some of the ways to use them. You can wear these colors when you want energy in a particular situation in your life. For instance, if you have a court case that you want to win, you can wear blue on that day or any day when you're meeting your lawyer and discussing legal issues. You will just have to be mindful as to why you're wearing that particular color.

If your boss or mother in law is troubling you, you can wear black or put a black shield between you both, so that your auras remain separate. To heal specific situations, you can use crystals or candles of these colors. If you don't want to use any of these above techniques, simply visualize these colors coming out of your hands as beams and going to the person or situation. Hope this is helpful!

The 12 Colour Slow Release Reiki Pill

By Isabela do Val Santana

Since coming across the 12 colour meditation by Mary Derr on Alains's Herriott's book Supercharging Quantum Touch, I was inspired to use it within my Reiki practice for both myself and my Reiki clients. I have already been using colours with my Reiki channeling and chakra balancing work, but the moment I learnt this simple yet powerful meditation technique, I instantly visualised it as a perfect, compact slow release Reiki healing pill, slowly and continuously releasing Reiki and enhancing the fundamental colours present in every healthy cell in our body as well as mind and spirit.

Before getting on to the Reiki pill technique itself, let me first go through the 12 colours and their healing benefits. According to Mary Derr, there is a fundamental group of colours in healthy cells that indicates the body's overall health and well-being. She studied in -uterine babies and noticed that a healthy baby has 12 colours or vibrations associated with its entire body and they are present in each and every cell. She noticed that as long as these colours were bright and even the babies were healthy and when under stressful experiences or toxic environment in the womb, these colours were affected. She extended her studies to people of all ages and concluded that these fundamental colours were also affected and in disharmony in people experiencing stress and health problems. To restore the harmony and brightness of these colours and maintain the balance of our physical and emotional bodies, she developed de 12 colour meditation. Whereas I am not going to go into details of how to do the 12 colour meditation here, I will briefly expand on the principles and colours as they are the basis for the technique for the 12 colour slow release Reiki pill.

Also known as the Mind-Body-Spirit Integration Meditation, the 12 color meditation, simply and powerfully balances our mind, body and spirit simultaneously. The 12 colours are divided into inner and outer colours. Each color surrounds the next in layers and each layer is linked and works in harmony with each other. They are:

Inner Colours

- Expand from the center to fill all space within your body and just beyond the skin in this order:

White - core life force energy. If there is no white, there is no life.

Violet - Spirit. Intuition, link to the source of all life.

Indigo - Facilitates communication between spirit and body via the senses. Inner awareness of the physical body, link between physical and spiritual realms.

Metallic copper - Governs the neurological and cardiovascular systems.

Metallic silver - Governs bones, teeth , tendons, muscles, cartilages and nails.

Metallic gold - Governs the functions of all the organs, glands, soft tissues, skin, hair, eyes.

Outer Colours

- Like a sea of colour, they flow from outside the body into its center, filling it and enveloping it in layers in this order:

Yellow - Holds the vibration of internal alignment with that which brings you the deepest sense of wellbeing. Spiritual integrity helps maintain the desire to live.

Emerald Green - Supports the emotional body in matters of self-love, self-worth and self-esteem.

Cyan - helps you speak your deepest truth, aligns your thoughts with your heart.

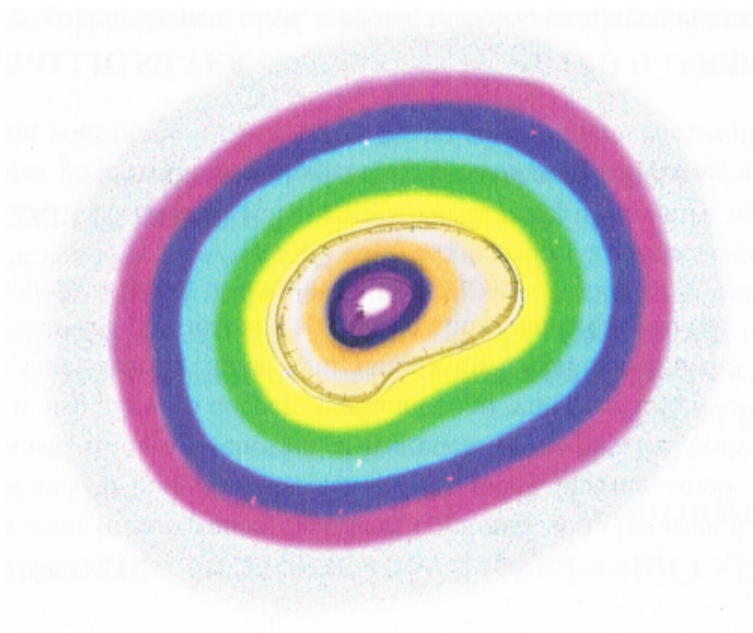
Safire Blue - link between brain and mind, creative thinking, ideas, spontaneity.

Magenta - compassion, universal love.

Mother of Pearl - outermost field of the body, protective field.

The preparation of the 12 colour of slow release Reiki pill is just as simple as the meditation:

1. Visualise a small Reiki pill, filled with unlimited, self generating amounts of Reiki.
2. Just as you would visualise the colours filling your body in the meditation, first visualise the 6 inner colours beaming from the center of the pill and filling all the space inside it and then creating a layer of each colour from the center of the pill to its edge, one at a time in the following order: white, violet, indigo, metallic copper, metallic, silver, metallic gold.
3. Do the same for the outer colour, changing the direction of the colours from the outside into the center of the pill, like an ocean, filling it and enveloping it layer by layer with the outer colours in the following order: yellow, emerald green, cyan, safire blue, magenta and mother of pearl.
4. Once all 12 colours are placed and evenly bright, insert Reiki symbols inside it, if you feel inclined to do so. You can insert whichever symbol you are drawn to at the time, and as many as you are guided to.
5. Ask your Reiki guides and masters your work with, and the Universe to charge the pill with infinite amounts of Reiki and for it to release continuously and gradually in just the right amount for the receiver's highest good for the next 24 hours.
6. The pill is now ready! It looks very much like the energetic blueprint of a healthy cell. Visualise it descending through the crown of the person into the hara, just below the belly button, where it will slowly release Reiki and boost each and every colour in their body enhancing their blueprint for perfect health.



Picture of energetic blueprint of a cell from Allain Harriott - Supercharging Quantum Touch

This process of visualisation is really quite brief and should take about a minute or so. It gets even quicker as you practice it as the colours come in instantly and promptly after a while. I like to use the slow release Reiki pill at the end of a treatment and distant healing on other people but I also find it invaluable for self healing, and a wonderful way to start the day with a healing meditation which keeps on giving and healing through the day. I find it very beneficial, try it and see what you think!

Practicing Synchronicity in Reiki

By Patti Deschaine



Wikipedia defines Synchronicity like this: ***Synchronicity is the occurrence of two or more events that appear to be meaningfully related but not causally related.*** A simpler definition is: ***synchronicity is a loving communication from the universe.*** If you are reaching out with energy, prayer, or mediation, you can be assured the universe will respond in kind. Communications arrive in the form of signs or omens, be it a loving nudge from a higher power or daily guidance to point you in the right direction. These can be large and life changing, or just the universe's gentle way of expressing its sense of humor and letting you feel its presence. In any case, you will want to take note of things that give you pause.

Use all of your senses. Listen for sounds in nature and on the land where you live. Become aware of the breeze on your skin. Connect with trees and breathe in their fresh scent. Watch for small creatures or birds and notice when they show up for you. Send loving energy to the moon and the stars. Practice awareness in your everyday activities and you will become more adept at communicating with the Universe.

You may receive information directly or through channels such as these:

Timing - universal timing always flows perfectly and influences the outcome of everyday situations. Even a small change affects every interaction with others. Notice the small nuances of your day, the people who cross your path

and the way events unfold. Consider how your day might have gone differently except for the gentle influence of universal timing.

Number sequences - particularly repeating ones, such as 11, 22, 33 on digital clocks, license plates, or written communications. Numbers that have special significance to you will often show up in your day. When this happens pay attention to what you are doing or thinking about at that moment. There may be a message for you there, though often it's just the universe telling you that it is aware of you! Have you found yourself glancing at the clock when it reads 11:11 or 2:22 and had this happen often over time? If there is a number that catches your attention, look up the corresponding page in your spiritual reading material and see if there is something helpful there.

People who come into your life at critical points - It is said that when the student is ready, the teacher appears. Just when you may be struggling with a life changing decision, you connect with an old or new friend that offers insight. The universe works through people as well as through nature and other mediums. Be aware that you may not always like the message. Sometimes the message compels us to let go of situations that no longer serve our best interest. If you are getting messages you don't understand or are conflicted about, seek out a spiritual advisor or caring friend that can help you work through the decision.

A written message on a billboard that resonates with you, special meaning when applied to your life circumstance or a situation that has been worrying you. A passing thought or fleeting image of someone. If you find yourself thinking of someone for no apparent reason, perhaps you should reach out to them. Messages can also come in the form of the words of a song that you hear in passing or suddenly find yourself singing for no reason.

A knowing, when you have no previous experience with and no rational explanation of how you came across the knowledge. Suddenly you simply realize the answer.

Finding a **feather** at your feet on your afternoon walk means the universe is paying attention and wants you to know that it sees the divine light in you. Feathers can also represent angels and remind us of their presence.

Animals very often carry communications from Spirit. If your cat or dog crawls up into your lap for no apparent reason, ask yourself why. Animals are sensitive to our feelings and can detect stress and even physical maladies. Perhaps it's time to take a break for walk in nature or just spend some time in play.

Synchronicity is very personal and the universe will communicate in ways that are meaningful to you. Energy is interwoven with synchronicity. The more you practice Reiki, the more aware you will be. Use Reiki and your guides in daily meditation to increase your awareness.

A final word on synchronicity: everyone who seeks contact can effectively communicate with the universe for wisdom and guidance. The key is to not be distracted by worldly events and watch for subtle signs. Turn off your television and social media apps and get out in nature. A higher calling awaits.

Psychic Skills, the New Normal. How to Develop Yours!

By Patti Deschaine



You may feel like you don't have any psychic ability, but let's think about that for a minute. Just because you don't see dead people, does not mean you are not blessed with inner vision. There are many ways you can use your intuition. Clairvoyance, clairaudience, clairsentience, among them. Everyone has the potential to use these gifts, though it does require time and continued effort.

First, consider the limitations you may have placed on yourself in childhood. Often parents, teachers, and peers may have poked fun at your admission of sight. Society is getting better at accepting metaphysical ideas but if you are in my own generation, these things were frowned upon: promptly squashed and hidden away, never to be spoken of again.

So in examining your intuitive nature, ask yourself: have I restricted or blocked my intuitive nature? Take some time with this question. It may very well take months or even years for you to develop or re-develop what you have put consider effort into hiding from the world. This is a process, not an event, and you are only beginning to realize your talents.

My own gift: I read energy. You may very well have a troop of ancestral relatives following you around, and while I do not see spirits frolicking around your head, I can tell you in a second if you have a gentle, positive aura or a

dark, depressed one. I can tell what kind of a day you're having before you even open your mouth to tell me. During a Reiki treatment, I can "see" energy blocks that cause you pain and discomfort, whether physical, mental or spiritual. My intuition is spot on and I have come to rely on it. Like any other talent, it has been developed over time.

Also, I have a tremendous connection with nature. I read trees and birds and flowers. I read sunsets and the waves in the ocean. I am a part of mother earth. I connect with spirit – the power of love and healing in this world and other worlds. Can you relate? Do you see yourself in these words? Would you like to?

I recently attended a business conference at a wonderful old hotel, nestled in the valley of a gorgeous mountain in New Hampshire, for my day job. The conference a committee had hired a psychic for the entertainment portion of the meeting. Now, she does see dead people. That's her gift. She went around the room and did a number of readings for people. It was interesting, but what I found fascinating was the reaction of the people gathered. Even though they had no advance notice that there would be a psychic reading presentation, they were open and interested. Sure, a few left. Supernatural energies scare the heck out of many people. But I was pretty impressed with the crowd that remained and their attitude of curiosity. For a typical gathering of business people, they were surprisingly aware, even seeking, information. Of the participants, I noticed some were wearing crystals and overheard a couple discussing spiritual principles. Amazing!

Thankfully, the world and its opinions about energy and spiritual matters is changing for the better. Allowing yourself to relax and become comfortable with your own energetic skill set is the wave of the future.

Here are some ways you can explore and expand your psychic consciousness:

Watch for ways that the universe may be trying to communicate with you. Be open and pay close attention, the communication will be subtle. Look for repeating number sequences. 11:11 on November 11 is considered magical. Perhaps you have seen a pattern like this. You may have your own favorite number sequence that shows up regularly. What is going on at the moment it

appears? What were you thinking about at the time? What is spirit trying to tell you? Awareness is key.

Notice if you often see a certain animal in dreams, photos or in real life. When you are out in nature, you may see a hawk, a rabbit, butterflies or hummingbirds. This could be your totem, or spirit animal. Animal totems assist us in understanding our purpose and creating a richer, fuller life. Look your animal up on line and see what it represents in a metaphysical sense.

Develop your intuition with stones and crystals. Go to a crystal shop and breathe in the energy there. Take your time picking out a stone that resonates with you. Then take it home and sit quietly with it. Do this regularly and note your impressions.

Take some classes or read books to expand your knowledge. There are so many options to choose from: Reiki I, II and III, Shamanic Reiki, Violet Flame Reiki, Karuna Reiki, Kundalini Reiki, Crystal Healing, Communicating with Archangels, among them. If a class is not local to you, consider distance learning. This is different than taking an on line course because it typically includes one on one instruction. Do your research and be comfortable that the instruction is legitimate and reputable.

As always, practice Reiki. Connect to energy daily, whenever you have a few minutes or when spirit moves you. Send loving energy to the earth and its creatures. You will be happier and more comfortable in the world when you become a part of it in this manner.

The Power of the Violet Flame in Reiki Healing

By Haripriya Suraj



If you have practised Reiki for a sufficiently long time, you will know that there are some problems and patterns that are highly stubborn. These could be physical, mental or emotional issues.

Often, just channelling Reiki is enough. The energy manages to set things right over time and brings the body back into a state of harmony and balance. However, there are some kinds of blocks that are highly stubborn and almost tend to resist any kind of an intervention. Such blocks could be compared with water pipes that are blocked due to obstructions of any kind. In such pipes, there is no way the water can flow freely until the block is removed.

In cases of stubborn patterns, the energy is like the water that is unable to flow freely until the block (physical/emotional/mental) is cleared from the energy field.

In such cases, the violet flame is a powerful tool that can come to our aid. The Violet Flame is associated with the seventh ray of spiritual light. It is said that, in the past, the power of the violet flame was known only to a few Ascended Masters and other Higher Beings. But in the New Age of today, its power is being made available to all those who are ready to work with it. Saint Germain

is the Ascended Master responsible for making the power of the violet flame available to the world today.

The power of the violet flame ensures that it not only absorbs energetic patterns and debris from the aura, but it also transmutes them into light.

This technique of healing with the violet flame is particularly effective after one is attuned to the Master Degree. However, it can fetch results after other degrees as well (depending on how deeply connected the healer is to energy work). Many people who go on to do the Master Degree are highly sensitive to energy and they can literally play around with energy to heal! So, if you resonate with the idea of using the violet flame to heal stubborn patterns in yourself or others, here is how you can go about it.

1. Before you begin, request Archangel Michael to protect you. You can say something like, " Dear Archangel Michael, as I prepare to do this healing work, please surround me in your golden light and please protect me. Thank you"
2. Then call upon Archangel Raphael. You can say something like," Dear Archangel Raphael, please assist me as I work towards healing these blocks. Please help me to remove and clear these blocks from my (or client's) energy field. Thank you"
3. Call upon Saint Germain. You can say, "Dear Ascended Master, Saint Germain, please help me work and heal using the power of the violet flame. Thank you"
4. Take three deep breaths and prepare yourself for the healing.
5. Invoke the Violet Flame, "Dear Violet Flame, please receive all these blocks that I am going to pour into you and transmute them into pure divine light."
6. Imagine a violet fire burning in front of you. If imagining is difficult, you can also use a violet coloured candle and look at its flame as the violet flame.
7. Open up the fingers of your hand/hands.
8. If you wish to, imagine them being extended so they can reach the block easily.
9. Sense the energetic block in the body and start scooping it out with your fingers.

10. As you scoop it out pour the energetic debris into the violet flame. If you are using a candle, you will pour the debris over the visible flame of the candle.
11. As you pour the debris into the violet flame, you can visualise it being transmuted into light.
12. Do this process for as long as you feel like. Once you feel you have cleared enough for one session, you can stop.
13. Once you decide to stop, express your gratitude to the Violet Flame and to Saint Germain. It could go like, " Dear Violet Flame and Ascended Master Saint Germain, please accept my gratitude for your assistance during this healing session. Thank you, thank you, thank you."
14. Now visualise the violet flame turning off. If you are using a candle, put it off.
15. Proceed to do a full body healing with Reiki, paying particular attention to the area that was treated with the violet flame. While treating that area, visualise it being flooded with Reiki. Also, visualise it being whole and healed.
16. Once you are done with the full body healing, express your gratitude to Reiki, Archangel Michael, Archangel Raphael and other higher beings you may have called upon to assist you with healing.
17. Drink lots of water and relax.

Note:

1. Keep in mind that blocks that require the power of the violet flame may take time to heal. The bigger the block, the more the time. So, you might have to use the violet flame continuously for some sessions to achieve a full healing. This process can go on for a few days, a few months and occasionally even years.

2. This is a very high level of energy work and it can sometimes be followed by a healing crisis. It is recommended that you work with this only if you are very comfortable with energy work and can support yourself in the event of a healing crisis.

Deep Cleansing with the Violet Flame

By Haripriya Suraj



The Violet Flame is a magnificent healing tool. Not only does it help with transmuting blocks into light, but it also acts as a source of strength, protection, and power. It can be very helpful during those moments when we feel weak, low on energy, fatigued, anxious, fearful etc. It can help us feel stronger in all ways- physically, mentally, emotionally, and spiritually.

Keep in mind that the Violet Flame brings about deep and intense healing. It would be wise to use it only when you feel the need for deeper healing and cleansing. At most other times, it would suffice to stick with gentler energies such as Reiki and pink light. As always, you must trust your intuition and work with violet energy only if and when you feel guided to.

Here are some ways in which you can invoke the Violet Flame and heal from its energies.

1. Energy Companion

If you are going through a stressful period in life, request the violet flame to stay beside you like a gentle healing companion. All you need is to have it beside you. Nothing more. Its radiance will emit powerful energy and help you relax and heal. For this, you just have to request the energy in a few words

like- *“Dear Violet Flame, Please stay by my side and have me enveloped in your radiant light. Thank you.”*

2. Violet Flame Bath

If you feel unwell or drained of energy, request violet light to wash over you from head to toe. Lie still for a few moments and allow the energy to work on you. Feel it purging your energy field of impure energies. Feel every cell in your body lighting up with health and brimming with fresh new energy. Alternately, you may visualise a huge violet flame in front of you. Step into this energy field and allow yourself to be bathed in a shower of healing violet light. Spend as much time in this energy shower as you feel guided to and then step out.

3. Healing with the Breath

You can use your breath as a means to breathe in violet light into any part of your body or energy field. For instance, if you wish to heal a block in your heart chakra, as you breathe in, visualise violet light flowing right into your heart chakra and healing the block. Similarly, you can breathe in violet light into any part of your body that is not in good health. And as you breathe out, release all toxic energies from that part of your body. Spend a few moments doing this breathing exercise. Alternately, pause to inhale violet light as and when you remember to.

4. Violet Candle Meditation

Light a violet coloured candle and look into its flame for five minutes or so. You do not have to do anything or say anything. Just looking into its flame is meditative and brings about deep cleansing. You can also have a violet candle burning in your vicinity while you lie down and relax requesting the energy to work on you as needed. Additionally, lighting a violet candle can help everyone who is yet to develop their visual skills. As you perform the above exercises, having a violet candle near you will help you connect with its energy easily.

As you work with the violet flame, please keep the following in mind:

1. The Violet Flame can bring about intense healing and cause toxins to be released from the system. This can make you grumpy and fatigued if you do not take care. Whenever you work with the violet flame, ensure you keep yourself hydrated by consuming water frequently. Water helps to flush out toxins from the system.
2. Practise Reiki alongside using the Violet Flame. Reiki being gentle will help to balance the body's energies and induce a deep state of relaxation, thereby creating fertile ground for healing.
3. Stay grounded. The more we work with higher energies, the more important it becomes for us to stay rooted to the Earth. Get outside in nature, talk to friends and family, laugh, have fun, walk around the block, do house hold work and devote enough time to all Earthly activities. If this balance is not maintained, our system will be overloaded with higher energies and can cause more problems than benefit. And that is not what we are aiming for. So, stay balanced!

Love and Light to you!

Reiki and Candle Healing

By Haripriya Suraj



Candles are magical instruments that can serve us well in our efforts to heal. Candle light lends a soft loving touch to healing sessions. Candles can also be programmed to send healing energy. If you practise Reiki regularly, candles automatically tune into your intentions and do not require any programming. If you have been irregular with practice, it is recommended that you program your candles so you get more effective results.

There are countless ways to include candles in your healing work. Here are a few ideas that may be of help. You can of course get creative and build on these ideas in a way that suits your personal style.

Homes of Love and Light

Burn a white or yellow candle at home every day.

You can do this when you are cleaning, cooking or just unwinding after a day's work. The intention is to allow the energy of the candle light to flood your home and turn it into a haven of love and light. Candle light has the power to transform lower energies and invite higher energies into your home.

Reiki Self Healing

You can light violet and green coloured candles when you practise self healing with Reiki. Both green and violet have the power to bring about deep healing. Violet absorbs and transmutes any toxins that are released during the process of healing. Green facilitates healing and repair.

Emotional Healing

When you find yourself in emotional turmoil, light a pink and a white candle and sit in front of them. Pink is the colour of love. Looking at the flame of a pink candle can help heal the heart and ease its pain. White candles can help you reclaim your power and feel strong. You can also place pink and white candles in your vicinity while healing yourself with Reiki.

Distance Healing

Candles can help when we need to send continuous healing to a person, cause or situation. Examples of this would include people who are unwell, global crises such as natural disasters, areas inflicted with war and violence or to Planet Earth in general. Light a white, pink or yellow candle, draw the symbols of your choice over it and request that the candle sends Reiki to the intended recipient, cause or place as it burns.

The more you work with candles, the more you tend to fall in love with their healing energies! There are no rigid rules and you cannot make mistakes with candle healing. Ultimately, all light is one. Experiment with a variety of candles in both Reiki and non-Reiki situations and do whatever resonates most with you!

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. :-)

Using Reiki with Other Healing Tools

By Angie Webster



I write frequently about the many ways to use Reiki in your everyday life. The uses are endless. There is actually nothing you can't apply intention and Reiki to. There are many other useful healing tools we can make use of throughout our day which Reiki energy can boost the effectiveness of, even if we don't use these methods in a professional Reiki practice.

Once you begin to develop your understanding of the fact that we are literally immersed in the Universal Energy that supports all life, you begin to understand that we are actually always interacting with it. It is within us and all around us. It is within and all around everything and everyone we encounter. Recognizing this allows us to begin to interact with this Universal Energy and the healing energy it holds in every situation.

Here are a few other healing tools you can use Reiki with during your everyday life and some interesting ways to use them. Enjoy.

1. Healing/medicinal herbs or teas. Prior to using an herb to assist with healing during an illness, send Reiki to it for a minute or two, just as you would to bless food you were about to eat. Ask for the greatest good and send your intention/prayer.

Herbs can be seen as representing the Earth, so you may wish to offer a moment of thanks to the Earth for the healing plants she offers us. If you are having them in hot tea, you may also thank the water, the fire which heats it, the air which lifts the warm steam to your nostrils, making them feel so comforted and perhaps opening them when they are congested. Remember to thank Reiki as well, which is the life force energy which supports all of it and brings healing energy to you.

You may also find benefit in making herbal pouches or sachets to either wear or to place around your home. Their healing energy is amazing and they smell so divine! Rosemary, lavender, sage or rose are wonderful to bring a feeling of blessing, serenity and protection. Whatever you are using herbs for, offer them Reiki first and their benefits will increase.

2. Essential Oils. When you buy a bottle of essential oils, or when you are blending essential oils with a carrier oil, you can boost its beneficial properties by sending it Reiki for a couple minutes. Ask Reiki to work for the greatest good, as always.

A nice way to further use Reiki with essential oils is to apply a drop or two of an essential oil in a carrier oil, such as sesame, olive or jojoba oil, to your hands prior to doing your self Reiki treatment. You could also choose an oil that is good for anointing, such as frankincense, sandalwood or myrrh (use in a base oil, never alone), and touch a drop to each foot, hand and chakra point after your morning bath or shower, asking that each work that day in the purest possible Divine light.

3. Crystals and stones. The healing properties of any stone or crystal can be greatly magnified by sending Reiki to the stone. You can use Reiki with crystals and stones for a variety of purposes. Reiki can be used to cleanse the stone, to set an intention for the stone and charge it, you can even program a stone to release Reiki on its own, as needed, whenever it is for the greatest good.

Reiki grids using crystals have benefitted many, but very simple uses such as charging a crystal with Reiki and keeping it in your pocket, on your desk or nightstand is very useful as well. You can also write a concern on a piece of

paper or draw a picture of something you are trying to work on, if you like. Then place one or more Reiki charged crystals on top of the paper, asking that they assist with the issue. I also always ask the assistance of my guides and Mother Mary. If you use this process, be prepared to let go of the issue after you set the intention and prayer. It may take time to resolve. But the process is very beneficial and can be useful for emotional issues, in particular.

Sending Reiki to medications and homeopathic remedies, or flower essences is also very beneficial. I find that herbs, essential oils, crystals and flower essences all have a very particular vibration all their own. I can feel their unique life force energies quite strongly and I enjoy honoring that with gratitude as part of the healing process. Tune in and notice the ways we are surrounded with life force! Honor it and embrace your ability to heal.

Reiki and Crystals

By Taryn Walker



While traditional Reiki doesn't involve crystals, over the years many practitioners discovered that crystals work beautifully with Reiki. This is why you'll often see crystal healing taught by Reiki teachers.

There are many ways to use crystals during a Reiki session. Here are a few guidelines based on my own experience with crystal healing.

1. When choosing crystals, let yourself be guided by your intuition. You'll know which crystals are right for you or the person you're working with. Always trust your gut feeling. If you're not able to fully trust your intuition become knowledgeable on which crystals are beneficial according to the chakra system you use. This will give you a crystal for each chakra, thereby covering the different vibratory levels of a person. Clear quartz is a good default crystal that can be used generally.

2. Get to know your crystals by holding them while meditating and tapping into their wisdom. Use the distance symbol to connect with a particular crystal and notice the unique qualities of the crystal by the sensations you feel and the insights you receive during meditation.

3. Before and after a crystal healing session clear your crystals simply by holding them one by one in your left hand and drawing the power symbol over them with your right hand, offering each crystal the opportunity to connect with Reiki, just as you would with a person.






4. Never use crystals during a Reiki session without prior consent from the receiver. Always talk about what the session involves and show the person the crystals you'll be using. Sometimes a client has an intuitive aversion to a crystal and this should be respected. You can even let the person receiving healing choose their crystals for the session.





5. During the session crystals can be placed on particular areas of the body, such as over an organ or on the chakras. Let the receiver's response to Reiki guide your placement of crystals. Removing a crystal is also intuitive but is often guided by a noticeable response from the receiver such as a big sigh.

6. The distance symbol can be used throughout the session to facilitate a deeper connection to the crystals being used. The power and mental/emotional healing symbol can also be used over the crystals just like in an ordinary Reiki session. As always with Reiki don't try to do anything. Simply establish the connection to Reiki, place crystals as needed and let the person respond naturally. That response is felt as the different sensations in your hands, which helps to guide the experience.

Stay connected to your crystals by meditating with them often. Honour them by keeping them in a special place such as on a sacred altar or in comfortable pouches. Let yourself be humbled by what they have to teach.

About the Authors

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	<p><i>integrating complementary and alternative therapies into our current orthodox medicine for the greater benefit of public healthcare. Energy medicine is her primary focus and Reiki is part of her daily routine at home, at work and at every opportune moment. Isabela can be reached through her facebook page Reiki Yoga Integrated Bodyworks and email santanaisabela@rocketmail.com.</i></p>
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