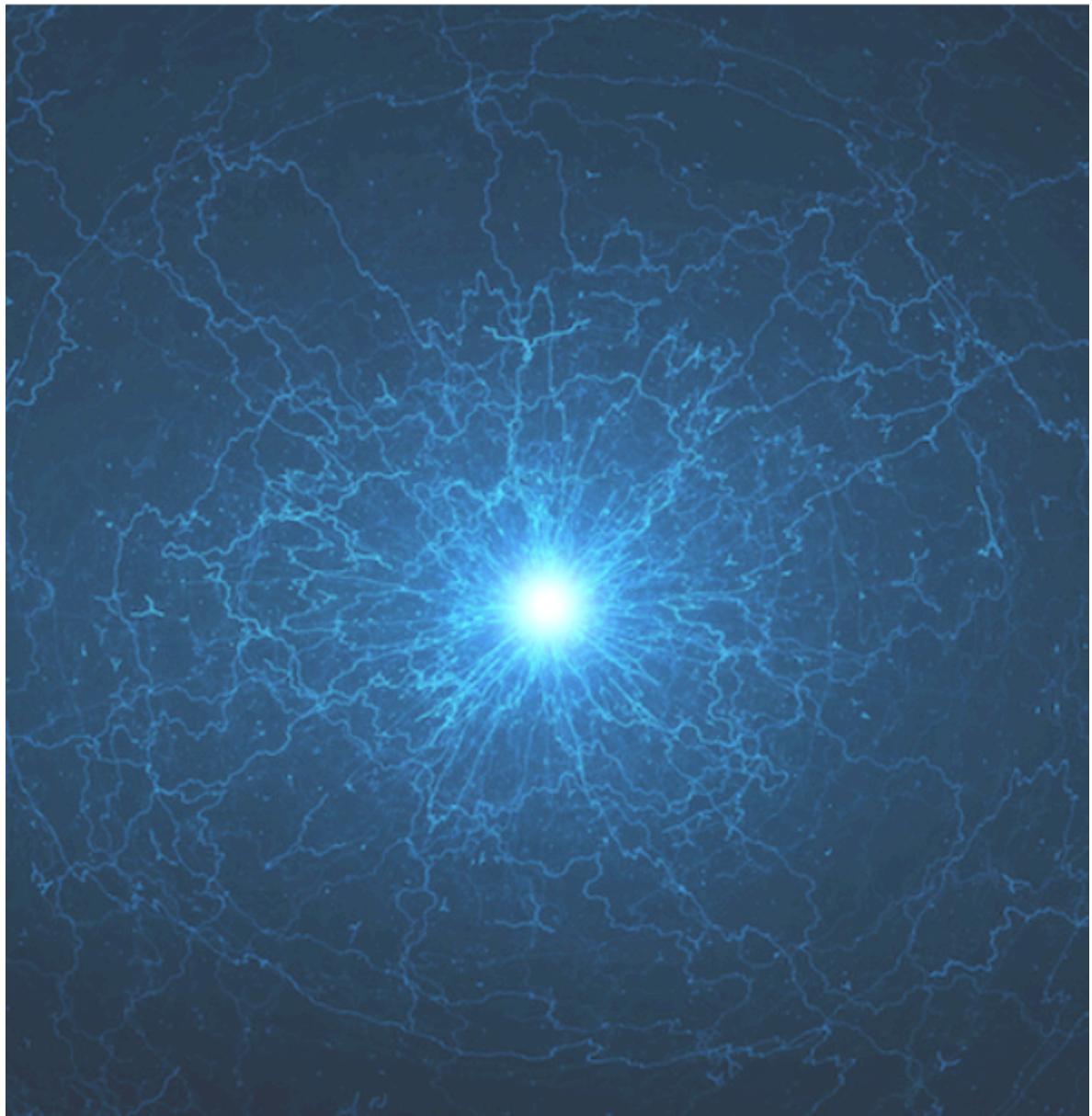


**REIKI RAYS**

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# **FAR AWAY**

**A MUST READ FOR ALL DISTANT  
HEALERS**





Reiki Rays

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A Must Read for All  
Distant Healers

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# Explaining Distant Reiki

*By Angie Webster*

I have written about “Explaining Reiki to Others”, but I find that when someone who doesn’t know about Reiki wants to know about distant Reiki, it becomes more difficult. Particularly if they want an explanation for how it works. Many people are somewhat able to understand the basic concepts of Reiki in general, but the thought that this could work for someone on the other side of the world can seem too much to take in.

My experience has been that those who are unfamiliar with energy in healing will ask if distant Reiki works through computers, via the internet or over the phone. They have a hard time understanding how a treatment can be sent without connecting it to something tangible for it to flow through that connects both parties.



I admit I was very skeptical of healing energy being real over long distances until I had had several experiences with it. My first experience was in almost 6 years ago. A woman I was friends with was part of a group that met once a week to send healing energies to those in need. She offered to add my name to the list to help me with numerous health problems I had struggled with for years. I said yes, more to humor her than anything. I felt it couldn’t hurt because I didn’t think it was real.

I was surprised that I could actually feel the energy flow from this group of people each week on the night they met. Even when I forgot about the healing, I would realize I felt peace wash over me and my pain would ease. Within a short time, my health issues began to fade away. I also had more clarity of thought and ability to cope with life.

Yet, even when I learned about Reiki and energy healing, I was still skeptical that it could work. I had seen prayer work from long distances. I believed there also might be special people that could heal from far away. I doubted

that anyone could be taught to do it. And I still doubted anyone who said they could do energy work from a distance until they proved it to me.

The telephone, cable TV and Internet all use energy frequencies we can't see in order to function. The electricity in our homes does the same, as does a radio. All of these have to be tuned to the particular frequency they operate at in order to work. They all have ways to adjust the flow of energy built in so that we can turn them on, off or use them in a different way. And all of them were thought too unbelievable to be true when people first heard of them.

Distant Reiki works the same way. It is energy that must be "tuned" to the person it is being sent to. Once it is "tuned in" it will flow through the energy currents that exist naturally, just the same way that a phone signal or wifi signal does. Distance is no object for it, just as it is no object for the internet or phone communications. The energy that surrounds us carries all of these energies to the intended receiver. With Reiki, the practitioner is the conduit of the energy.

It can be a difficult concept to understand that our thoughts, intentions and emotions are energy. Yet most people can feel that their emotions create an energy sensation in the body. They may also understand that the nerve endings and spinal cord help to carry these energies throughout the body. If you go one step further, you can see the relationship between our thoughts and our emotions. It's not much of a leap from there to see that our thoughts and emotions have an effect on our perceptions and the people around us. These things truly change our environment! It is all energy.

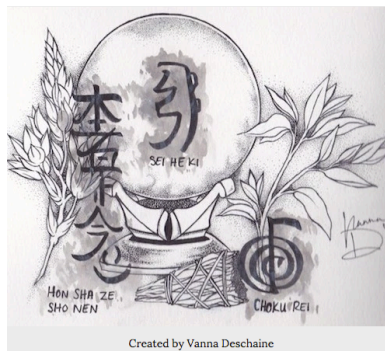
We have to be careful to start where the person is when we explain Reiki and distant Reiki to someone. All of this begins to feel like second nature to us. Telephones, internet, radio and TV all seem like ordinary things to us, too. But to someone who has never experienced them, they seem mysterious and unreal at first. Some may even be frightened by them, until they have experienced them. The same is true with Reiki and other energy medicine techniques. Be patient and clear. Share your experiences and offer to share distant Reiki with them, if they are open to it. As always, experiencing Reiki first hand seems to clear up any doubt!

# Planning a Distance Reiki Treatment

*By Patti Deschaine*

Becoming attuned to Reiki II will strengthen your connection to energy many times over. It also provides powerful new tools that will help you grow both physically, mentally and spiritually. Reiki II will allow you to use your healing at a professional level and offer treatment to people other than just family and friends.

After advancing to Reiki level II, distance Reiki is available to you using the symbol Hon Sha Ze Sho Nen. This means you can send healing universal energy across space and time. You can send Reiki to events in the future and in the past, or to people or animals anywhere in the world!



A distance healing treatment need not be a complicated matter, any more than a normal "hands on" session would be. All you really need is a quiet place to connect to energy and a little information to help you provide the best experience possible.

The distance treatment will follow the exact format you would use at a "live" session. If you typically incorporate crystals into your session and balance and clear chakras, you would do the same in your distance session. If you sage and bless the room using the symbols before a physical treatment, practice this same ritual for your distance session.

To appropriately deliver a great experience to a person who is a virtual stranger, it is helpful for you, as a practitioner, to have some understanding of the issues being dealt with. A phone conversation can help give you a good overview without delving too deeply. For example, you don't need to know medical statistics like cholesterol or blood pressure numbers. A broad description is fine. Remember, Reiki energy will flow to where it will do the most good.

Did the request come in an email? Make some notes on what you already know. Is your client male or female? Do you already have their full name and physical location? Before you start the session, make a phone connection with your client.

You will want to review the following:

- What is your primary health concern? Is it physical? Emotional? Spiritual?
- Have you had medical treatment for your issue? What type and for how long? Include a reminder in your conversation that Reiki is not a replacement for traditional treatment.
- Have you had experience with Reiki before?
- What goals do you hope to attain using Reiki treatments?

The last two items on the list are important ones. For a satisfactory experience, set expectations about what the session will feel like and what can be accomplished in a thirty or sixty minute session. Obviously, you are not going to promise a one hundred percent mending of a broken ankle or miraculous recovery from a long depression. Make sure your client knows what Reiki is and how it can help. Depending on the symptoms, I typically recommend a thirty minute initial session. With a satisfactory result, I do two or three sessions as a follow up over the next six weeks or so. After that, monthly is fine depending on the condition and how things are progressing. If they are interested, I almost always encourage my clients to become Reiki I and II attuned. That in itself is such a healing process. It is not to be missed!

If you haven't done so already, schedule a time for the treatment and instruct the recipient to find a comfortable position in a quiet room where they will not be interrupted. I like to tell my clients to set their intent to receive healing. I tell them to take some cleansing breaths to relax and to close their eyes. Make sure they know exactly what time the session will start and what time it will end. Then be sure to begin and end on time. Follow up with a phone call to see how they are feeling when the session is complete.

Sometimes the recipient is an animal - someone's beloved pet who is experiencing physical or behavioral issues. A history of when the issues started and notes of any changes in the household (like new pets, absence of a family member, a relocation to a new home) can be very helpful.

If it is a medical issue, make sure to stress the importance of veterinary care and don't treat an animal that you feel requires immediate attention. Again, stress that Reiki is not a substitute for proper medical treatment, but it will assist with and make recovery more comfortable. It is wonderful for easing discomfort in an aging pet.

Having a photo of the animal is great, but not essential. Connecting to an animal at a distance is not usually difficult. As with any distance session, you must be relaxed and open to the connection. I also like to check in with the animal's owner to see if there is improvement after a session. As per Reiki etiquette, request the animal's permission when you connect, then let Reiki flow. It's their choice as to how much Reiki they will receive or even whether to accept the treatment or not. Don't worry, most animals are very open and will welcome your invitation!

Here is another question: how will you get paid? Obviously there will be no money changing hands physically, so you need to have an idea of how the exchange will work. Paypal offers a service that connects to your bank account and that allows you to send invoices. The recipient can choose to use their own Paypal account to pay, or to simply use a credit or debit card. There may be other services similar to this out there, but Paypal is one I have used successfully. You are providing an important service. Make sure you are fairly compensated.

A properly conducted distance Reiki session will lead to repeat business and referrals. You will not want to miss this opportunity to be of service as a Reiki II practitioner.



# Clearing Chakras via Distance Reiki

*By Tammy Hatherill*

Recently I received a very interesting email from an International Reiki Practitioner. She was curious about the possibility of clearing the chakras of a person via distance Reiki. Was this possible? Can it be done? The short answer is YES. Most definitely it can be done. You must be attuned to the third traditional symbol: Hon Sha Ze Sho Nen also known as the Distance Healing symbol (I teach this in my level 2 classes).

Keep in mind before you start with any Reiki, that it's essential that you have the person's permission to send Reiki, or if this is not possible, than ask permission from Source. You will get a distinct feeling of 'yes' or 'no'. Trust your intuition.

“Every answer you ever need lies within your own silence..” — Ian Tucker, Your Simple Path - Find Happiness in every step.

I personally like to use the “substitute” method of distance Reiki. I use a teddy bear to represent the person or animal, I am doing the Reiki for. I open my session with my invocation/prayer, just as I do with my one-on-one session. For a distance session I will draw and invoke the Hon Sha Ze Sho Nen 3 times. Then I go into my treatment exactly the same way I would if I was doing the treatment in person.

So for me, that means sweeping over the body 3 times initially (mind, body, soul) and ‘feeling’ through the auric layers if there is anything amiss or if I can pick up what may be going on in the client's body. Remember the teddy bear ‘becomes’ the person and so energy and information will be emitted to me. Then I go through and ‘clear’ the auric field using the different Reiki symbols (both traditional and non-traditional.) If doing Crystal Reiki, I use my crystal pendulum otherwise I use my hands. Sometimes I will use sound vibration as well as light.

Once I've done the sweeps and aura clearing, then I go into clearing the chakras. For the purposes of this article I will demonstrate using my pendulum and chakra stones. I tend to start at the Crown chakra and work my way down to the Base/Root Chakra. In reality it doesn't matter where you start, as long as you are comfortable.

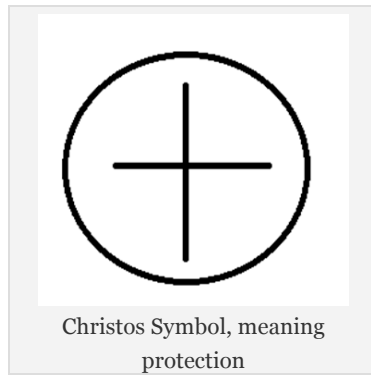
I hold the pendulum over the Chakra and ask a number of questions: “Does this Chakra need clearing?” or “Is this chakra over active?” The pendulum will rotate either clockwise or anti-clockwise. Keep in mind, I have asked the pendulum before commencing the treatment, what is a yes and what is a no. Every time you use your pendulum you should ask it, what is yes? What is no? It will possibly change. So if you assume clockwise is always a ‘yes’ then you might run into strife. I strongly suggest that you ask the pendulum what direction is yes and what is no, at every new session. Always clear your pendulum after use as well. Always thank the pendulum as well.

So holding the pendulum over the Chakra, I ask for assistance. If the pendulum indicates the Chakra is blocked or over active, I hold it there with the intent of the pendulum healing the blockage or over stimulation. Whilst the pendulum is still swinging, I will use my free hand to inject the corresponding colour into the chakra and use the Reiki symbols, to help clear and soothe the issue. I imagine pushing the colour and symbols in, whilst pulling out any issues. Once the pendulum stops, I thank it, seal the chakra closed with the Christos symbol, and move to the next chakra. If you are not familiar with the Christos symbol you can seal the chakra with any of the symbols you’ve been attuned to and are comfortable with.



Pendulum over chakra

If not using a pendulum to clear the chakras simply use your hands. Hold your dominant hand in a gun like posture, and rotate. Use your intuition and guidance on this. If the chakra ‘feels’ clear then it is. Notice the thoughts that come into your mind – if you feel peaceful and calm then it’s likely the Chakra is clear. If you suspect it’s blocked (negative feelings and emotions), then it probably is. Keep rotating your hand in a circular motion until you feel more peaceful and calm, indicating the chakra has balanced. Trust your intuition and I can’t emphasise this enough. After you’ve cleared the Chakra, seal it with the Christos symbol (or a symbol of your choice) and continue onto the next one.



Once I've been through and cleared all seven of the major chakras, I tend to do another 3 sweeps of the body, and then I go into my hand positions. Just as I would, if the person was here, physically here in my Reiki Room.

I end my session with "thanks" to Spirit/Universe/Angels and Reiki Guides. I write my report and email it to the client.

Overall though, I most definitely feel that distance Reiki can be used to clear chakras. I hope you've found this article helpful.

With love, light and harmony.

# How to Do an Aura Scan: In Person & Distance Scanning

*By Haripriya Suraj*

Scanning the aura is an integral part of energy work. The following approaches can be used to scan the aura:

**Visual Approach** - Some people are highly visual. They can just take one look at someone and receive information about the health of his or her aura. They may also see colours and shapes that represent the flow of energy in the aura. There are yet others who are able to see disruptions in the flow of energy in their third eye.

**Kinaesthetic Approach** - Some people are more kinaesthetic. They may not actually see energetic blocks with their eyes, but they can sense disruptions in the flow of energy in the aura. They may feel these disruptions as sensations of heat, cold, tingling etc.

**Combination Technique** - It is also possible to use a combination of the visual and kinaesthetic approaches.

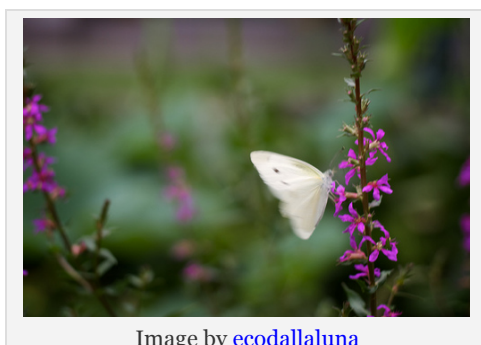


Image by [ecodallaluna](#)

There is no right or wrong way to scan the aura. You can do whatever works for you. The only prerequisite is that you practise Reiki regularly. Regular Reiki practice develops our sensitivity to energy. This in turn makes scanning the aura a very simple task. When we do not practise regularly, we lose our sensitivity to energy and this makes scanning the aura a lot more challenging.

It is possible to scan the aura of people who are in proximity to us and also of people who are at a distance. The techniques are described below.

## **In Person Scanning**

- Ask the person to lie down comfortably.
- Have them take a few deep breaths and relax. It is a good idea to have soothing music playing in the background.
- Stand near the head of the person.
- Connect with Reiki, your Reiki Guides, Spiritual Guides and Angels and request them to assist you during this process.
- Visualise a shield of white light forming around you and covering you from head to toe. This is for your protection as you go about scanning the aura.
- Starting from the top of the head, gradually move your palm (or palms) over the person's right side.
- In your first few attempts, make sure you spend at least a few seconds at every position in order to get a feel of the energy in different points of the aura. As you practise, you will be able to spot deficiencies in the flow of energy in shorter periods of time.
- As you move your palm, make a mental note of all the points in the energy field where you sense a disruption in the flow of energy. You could also keep a notebook and pen with you and make notes right as you scan.
- Repeat the same with the left side of the body. You could also scan the front and back sides of the body in a similar fashion.
- Whenever you sense a block, close your eyes and receive impressions of the colour, size, shape and texture of the block. You may see the details of these blocks in your mind's eye or you may just sense them. Trust the first impressions you receive and do not try to analyse them. As you receive these impressions, you may also receive messages about what these blocks represent. Invariably, the details you see point at unresolved emotions, recurring mental patterns, unhealthy behaviours etc that the person needs to heal. Make a note of all the messages you receive as they offer invaluable guidance to the person receiving the healing. If you are not able to receive these messages in the beginning, it is perfectly fine. Do not strain to receive messages. You will start receiving them as you practise. You could also request your guides to help you receive these messages.
- Proceed to remove the blocks using whatever technique resonates most with you.
- Finish with a full body Reiki healing. Pay particular attention to the areas from which the blocks were removed and flood them with Reiki.

## **Distance Scanning**

If the person to be treated is at a distance, it is still possible to scan the aura.

- Make a rough sketch of the body on a sheet of paper. This sketch would be your reference and represents the person who is being scanned.
- Connect with Reiki, your Reiki Guides, Spiritual Guides and Angels and request them to assist you during this process.
- Visualise a shield of white light forming around you and covering you from head to toe. This is for your protection as you go about scanning the aura.
- Invoke the distance healing symbol Hon Sha Ze Sho Nen and connect with the person. Invoke Cho Ku Rei and strengthen the connection.
- As before, start scanning from the top the head. In this case, you will have to place use the sketch as your reference and place your palm over the head that is drawn.
- Scan the right, left, front and back sides of the body respectively, all by moving your palm over the sketch.
- As in the case of in person scanning, receive impressions of the blocks and also messages (if any). Make a note of these details.
- Proceed to remove the blocks using whatever technique resonates most with you.
- Finish with a full body Reiki healing. Pay particular attention to the areas from which the blocks were removed and flood them with Reiki.

## **Post Healing Discussion**

Discuss the information you received from the aura scan with the person. Lay particular emphasis on the messages you received from the blocks. If they pointed at making life changes or healing recurring patterns, ensure you explain this clearly. This is crucial because unless we heal recurring patterns in our lives, the same blocks tend to resurface sooner or later. In many cases, Reiki alone manages to heal the blocks without a need for further intervention. But in the case of issues that are deep rooted, the person might have to do other healing work along with Reiki to achieve the desired healing.

# Distance Healing with Crystals

*By Rinku Patel*

We are not unknown to amazing beauty and healing properties of crystals. Most of us are habituated with crystal grids for distant healing and manifestation. Not many are aware that even single stone can be programmed for distant healing. Though crystal grid is more favorable as there are pencils placed that directs energy towards the main middle stone. Anyways, let me guide you how to program a crystal to send distant healing without any grid.



## **Method 1**

Pick a cleansed crystal that resonates with your issue. Hold it in non-dominant palm and draw HSZSN intoning its name thrice. Now connect the crystal to the person or the situation. Draw CKR and SHK and give Reiki to the crystal with your intention for about 10 minutes. Place the crystal somewhere safe or carry with you always. Yes, it is that very simple. Suppose, you want to manifest a wish, which doesn't include any person or particular situation, draw all the symbols on your stone and give Reiki visualizing or imagining your wish coming true.

## **Method 2**

Pick a cleansed crystal. Take it half an inch away from your third eye. Ask source energy to fill you with divine white light. Beam white light into crystal from your third eye. Draw symbols with this white light with your third eye on the crystal. State your intention and hold your thought for 68 seconds, visualizing the outcome. Place the crystal somewhere safe or carry with you. *"Hold the thought for just 17 seconds and Law of Attraction kicks in. Hold a thought for 68 seconds and things move; manifestation has begun"* - Abraham Hicks.

## **Method 3**

Write your intention on a piece of paper, draw symbols and fold the chit. Place a cleansed and programmed crystal over it. That's it!

Try not to pick very tiny tumbles. You can use multiple stones for single issue if they are tiny tumbles.

I have listed below some common issues and related crystals. These are in no means only crystals related to issues, there are many more crystals. Also, crystals have multiple healing properties so each can be used for different issues too.

Stress/Worry - Amethyst, Clear Quartz, Garnet, Citrine, Smoky Quartz, Carnelian, Selenite.

Money/Career - Citrine, Green Aventurine, Tigers Eye, Pyrite, Sunstone, Smoky quartz, Jade, Moonstone, Carnelian.

Heart/Emotions - Rose Quartz, Green Aventurine, Moonstone, Ruby.

Weight loss - Tigers Eye, Gold Quartz, Yellow Aventurine, Apatite, Bloodstone, Citrine, Kyanite, Amethyst.

Grounding - Red Jasper, Smoky Quartz, Camel Agate, Hematite, Kyanite, Black Tourmaline, Black Obsidian, Bloodstone, Carnelian.

Protection - Black Tourmaline, Black Obsidian, Tigers Eye, Grey Jasper, Mica Agate, Selenite, Kyanite.

Listed above are just basic issues and basic easily available crystals. Pick any as per your issue and program it for use.



# Let's Take the "WooWoo" Factor Out of Distance Healing

*By Patti Deschaine*

Distance healing? Really? What kind of nonsense is this? Send Reiki over time and space? Preposterous! Our earth bound psyches call out for a logical, concrete explanation.

And yet...the simple fact is, you can absolutely send Reiki over time and space. It's being done all over the world, right now, even as you read these words.

Pure, universal healing sent with love and light from one location to another, some with specific targets, some sent free form to the earth, sea, skies. Healing the land, animals, people and situations across town or across the world.

If you have trouble with the concept, think of radio waves, you can't see them, but still they manage to broadcast the latest pop song to your radio. You can't see your neighbor's wifi but if you knew the secret code, you could use it to surf the web.

Sending Reiki long distance is very much the same as doing a healing session in your living room. It starts with you, grounded, relaxed, and using breath and intent to connect to universal energy. Use your symbols, Cho Ku Rei, the power symbol, Sei He Ki for emotional healing and, of course, Hon Sha Ze Sho Nen, the distance symbol. Call in your spirit guides for assistance to bring about the highest good. Focus and feel the energy move within you and out through your hands.

**Here are some techniques to make distance healing a reality in your realm.**

**The teddy bear** - Hold a teddy bear on your lap and place your hands on it as if you were doing a healing for someone physically present. Move your hand different areas to simulate working on different parts of the body.

**The pillow** - Same premise as the teddy bear. Heal different "parts" of the pillow (front, back, etc) as if it were your client.

**The raincloud** - focus on an image of a big silver raincloud, send Reiki to it until it is full then "place" the cloud strategically where it will "rain" Reiki healing down to your target. The cloud can be programmed to rain Reiki at 1:00, 2:00, 3:00 and so on, Just picture a clock superimposed on your raincloud and "see" the hands of the clock spin. This way, you can provide

round the clock Reiki for situations that require extensive healing, without your having to sit and deliver it for many hours. I used this method to treat my sick dog when I had to be away all day at work, but you could use it to send Reiki to a hospitalized friend or neighbor.

How you choose to practice distance healing is entirely up to you. You may find some of the above suggestions work well for you or you may choose not to use them. While it is helpful to have a name and a photo to focus your healing intent on, I often practice distance healing with simply an intent and an image in my mind of the person, animal or place I want to reach with Reiki.

Distance healing can be very specific, such as sending Reiki to Aunt Jilly's ailing liver, or as general as surrounding Aunt Jilly with a beautiful golden light of healing and protection. Use your intuition and go with what you are drawn to.

Complete your healing session with a verbal disconnect and a positive affirmation for your healing session. "I disconnect with Aunt Jilly. You are blessed and divine, healthy and strong, safe and protected."

Sending Reiki over time is enormously helpful when it comes to healing past trauma or allaying fear of future events. Simply focus your intent on the past event, maybe to a person specifically, perhaps even to yourself as a child. Send love and light to that child to heal immature emotions and allow forgiveness in.

Sending Reiki to a future event will allow you to approach it with a sense of peace instead of nervousness. Use the distance symbol to send Reiki to dental or surgical appointments, the doctors, nurses and technicians involved, your niece's wedding, your son's graduation. It is not to control or change future events, but to allow the event to unfold naturally with an outcome that is for the highest good.

I also send Reiki to people I see every day. I send Reiki to airplanes I see landing and to car accidents and ambulances. I send Reiki to homeless dogs and cats I see on social media.

Distance healing is not all that mysterious when you get into the habit of practicing it. Give it a try. Send healing to the ocean to protect the creatures who call it home, or to the sky to help clean the air of pollutants. Send healing to a natural disaster to help those affected to recover. Better yet, send daily healing to the world and all living things to create balance and calm and there will be fewer natural and man-made disasters. You can make a difference. And don't forget to send some of that healing energy to yourself!

# Different Ways to Send Distant Healing

*By Rinku Patel*

This article is especially meant for people who have just done their second degree and don't have clear idea about how to send distant healing. Distant healing is one of the main aspects of second degree Reiki. There are many ways and techniques through which distant healing can be sent. Adapt any method you feel comfortable with.

## **Surrogate/Proxy**

This is one of the most common and everyone's favorite method to send distant healing. You can select any stuff toy, doll or pillow as a proxy for your client. This surrogated stuff represents the person who is to be healed via distant healing. Connect the proxy thing to the person with the help of distant symbol HSZSN. Now perform whatever method you need to over this proxy thing, as per the client's issue.

## **Pictures**

1. You can use picture of your client to connect with their energy with the distant symbol. Hold the picture between palms and state your intentions to heal and activate the flow of Reiki.
2. You can also take a picture of certain time phase from your past and connect to the energy of that time and send healing to the past issue.

## **Crystals**

1. Connect the crystal to the person or situation with distant symbol. Hold the crystal between your palms and draw all the other symbols over it. State your intention thrice and give Reiki to this crystal. You can also ask your crystal to transmit energy to the person for allocated time.
2. Alternatively, you can use crystal grid to send distant healing. Crystal grid is taught in Third Degree of Reiki but me being a crystal freak, I started using grid for manifestation since my level 2.
3. Another way is to write your intention invoking symbols and put it under the programmed crystal that resonates with your wish.
4. Picture - To heal a person, put programmed crystal over the person's picture.

## **Reiki Box**

You can write your intentions, draw symbols on back side of the paper and put the chit inside a Reiki box. Give Reiki to your Reiki box daily.

## **Hands on paper**

Write your healing intention on paper, draw symbols and put between your palms and give Reiki.

## **Candles**

You can carve symbols on candle or just draw over the candle. Connect the person's with the distant symbol to the candle. Hold the candle between your palms and state your intention thrice. Light the candle with the intention to keep Reiki flowing to the person till the candle is burning. Extinguish the candle after desired time. You can anoint candle with essential oils too.

## **Journaling for past issues**

Activate Reiki and invoke symbols. Connect to the past issue with distant symbol. Draw CKR and SHK on journal and start writing everything that comes to your mind about that particular incident/day/person.

## **Future**

Connect with HSZSN to the future event or situation. Either use visualization technique or write down your future wish. Send Reiki to your intention.



## **Finger**

This method is generally used when you have no proxy around and you need to send immediate healing. Connect one of your finger with HSZSN to represent the person. Wrap your other palm around the finger and send healing.

## **Visualization**

This requires strong visualization skills. Imagine the person, send the healing as if you are actually there. Visualize the whole scene with the desired outcome.

## **Cupped Palms**

Imagine the miniature version of the person or place you want to send healing to between your cupped palms. Send healing invoking symbols with your set intentions.

## **Group Reiki**

If you are sending Reiki to many people at a time, list down their names, location and issues. Connect all with distant symbol and Reiki the paper that each of the listed person be filled with Reiki energy for their listed issue.

## **Knees and Thighs**

Here we imagine that our right knee and thigh represents front part of the person and left knee and thigh represents back. Considering knee as a head point, give Reiki to all affected chakras and organs invoking needed symbols, especially distant symbol to connect with the person.

## **Reiki for cause or calamities**

In case of sending Reiki to any cause or natural calamity, connect with the place and affected or injured people. With palms near heart center and facing out, send Reiki. Again, you can use any of the above methods to send healing to any cause.

## **Music**

Hold a CD, Mp3 or any musical player in your palm or open the video/audio of the music in front of you. Give Reiki to the music with the intention that anytime this music is listened, the Reiki will start flowing for that duration.

## **Healing Wall**

Select an empty wall. Stick all your Reiki request on the wall. Give Reiki to the wall with the intention to manifest the wishes stuck on that wall. Every time you pass by the wall, you will remember one or other of your wish, which helps universe manifest it faster.

## **Switchwords and Mantras**

Write person's name on paper, connect with distant symbol. Hold in hand and chant switchwords or mantras.

## **Chi Ball or Energy Ball**

Make a Chi ball or Energy ball, put symbols into the ball while creating, state your intention and try to visualize the desired outcome. Release the chi ball/energy ball to Universe.

There are some more methods for distant healing which needs the Master symbol DKM, so I have not mentioned those methods here. Do not much dwell on the method being right or wrong, your strong and powerful intention is what that matters.

You can send healing to people, house, offices, any work place, space, parking lots, situations, events, past, future, pets, electronic devices, Mother earth, Universe, causes, calamities, emotional problems, stress at work, past life and so on and on and on... The list is endless.

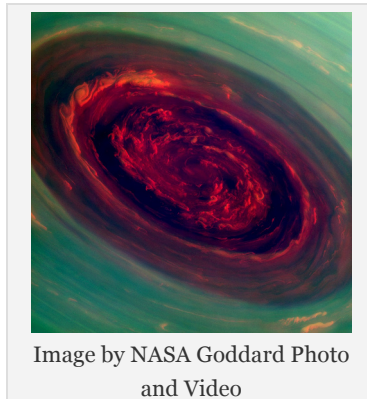
# Do Distant Attunements Work?

*By Haripriya Suraj*

This question has the power to evoke endless debate and controversy in the Reiki community.

Through this article, I would like to share my personal experience and viewpoint on this important topic. And I do so with due respect to all practitioners who hold a different view.

Early on in my Reiki journey, I heard other practitioner friends mention that those who offered distant attunements were doing their students a disservice. They also accused such teachers of being money minded and unethical in their practice. Not being very experienced back then, I held on firmly to the view that distant attunements don't work.



As I traversed the Reiki path, I had significant experiences that proved to me that energy is not bound by **space** and **time**. Then I began to ask myself this question: "*If a distance healing can work, why not a distant attunement?*" The energy is the same and the principles are similar. If we send Reiki to someone and it can reach their chakras over a distance, then why can't the chakras be opened and the person attuned over a distance?

Almost no one questions if a distance healing can work. Most Reiki practitioners are comfortable with the idea of healing over a distance. However, not everyone is comfortable with the idea of attunements done over a distance. As I evolved on my Reiki path, my understanding deepened and I developed an independent viewpoint with regard to distant attunements. I believe the truth with regard to distant attunements is not set in stone. It is what you make of it.

My view is that distant attunements work just as well as in person attunements if you want them to. When both the teacher and student are open

to the idea of a distant attunement and have their heart and soul in it, it works. If they are sceptical or uncomfortable with the idea, it may not work. When we firmly believe that something cannot work, we will not be able to see the result even when it does work. It is as simple as that.

What about ethics? While it could be true that there are teachers who do distance attunements only to make quick money, it does not imply that everyone who does distance attunements is a cheat. Teachers who want to be unethical will be so irrespective of whether they offer personal attunements or distant attunements.





There are many people who wish to get attuned to Reiki but have no access to Reiki classes and teachers. If distant attunements work just as well as in person attunements, imagine the benefit to such recipients. When a Reiki Master has an open heart chakra and attunes a person over a distance, she is doing so from a place of love and compassion. And that is powerful. When you act from a place of love and compassion, the Universe supports you in every way possible. I find it hard to believe that the Universe would say something like, 'I'm sorry. A rule is a rule. You cannot do a distant attunement because it's not widely accepted yet.' The Universe supports growth, expansion and love and cares little about rules and regulations that stifle growth.

After I took on Reiki healing as a profession, I decided that I would offer distant attunements only to those people who had no access to classes and teachers and to those who wished to learn from me but lived in a different location. If they are in the same city, I do not offer distant attunements because I would like them to have the added benefit of personal interaction during the class and attunement ceremony (which have immense value too).

In conclusion, it's all about intention. A sincere intention to be of service, a heart full of love and an open mind are the only requirements for distant attunements to work. If the teacher is blessed with these, no power can come in his or her way. Barriers of space and time dissolve. The Universe offers complete support and distant attunements work just as well as in person attunements.



## About the Authors

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