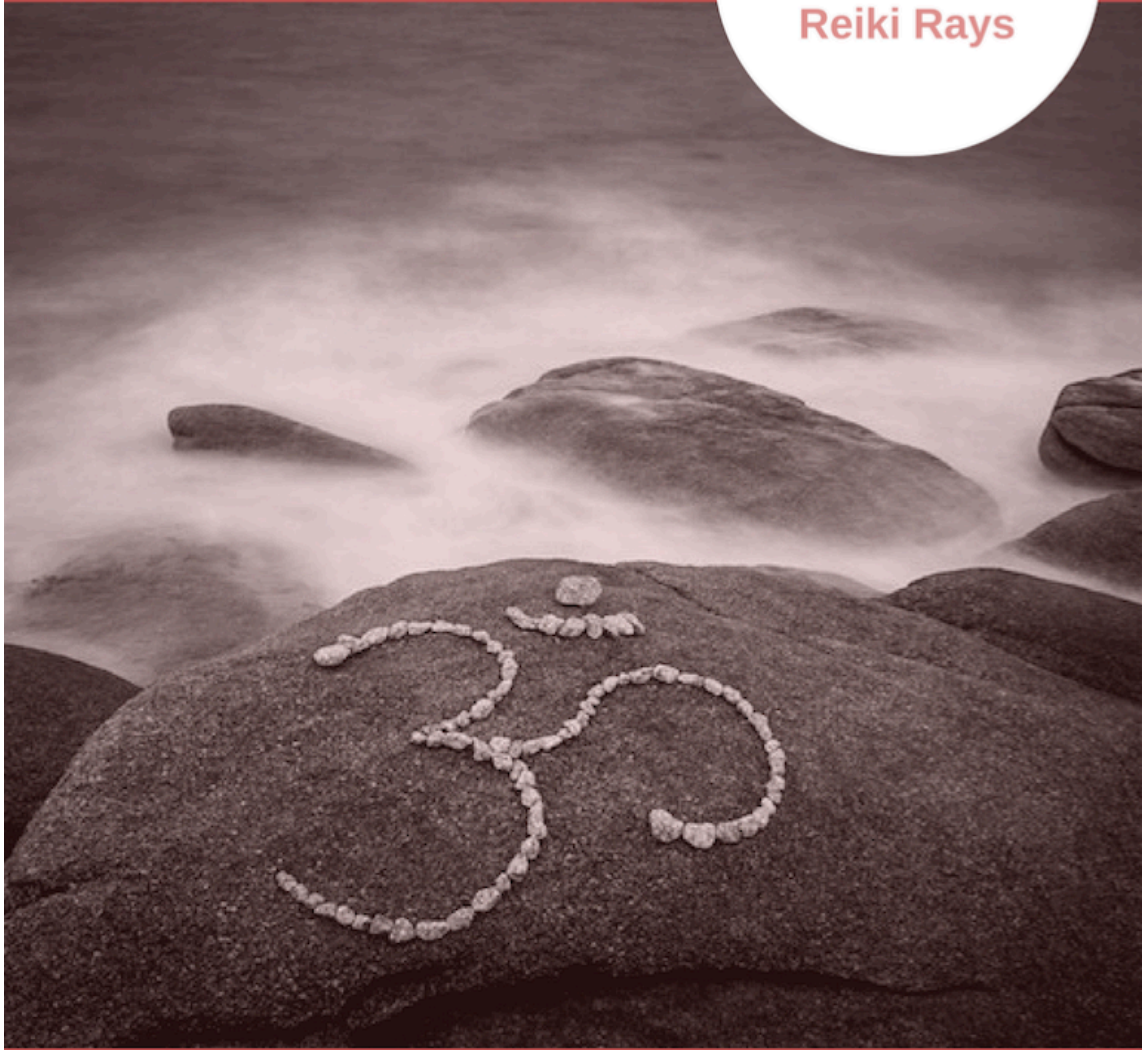


Reiki Rays



KARUNA®  
REIKI SYMBOLS

2016



Reiki Rays

# Karuna® Reiki Symbols

2016

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## Deepen Your Practice with Karuna® Reiki

*By Isabella Dove*



Just a quick Internet search on Reiki will give a long list of results on Reiki practices, forms of teachings and even schools. A beginner's mind may find itself lost in translation when merely searching for Reiki and finding so many various forms of practice and expressions! No matter how the cake of Reiki looks large and bright, it still revolves around one form of pure energy: Reiki. Then one can add its own style and form of teaching, but essentially Reiki is one and only one. Out of the many practices, Karuna® Reiki holds a special place in the heart of many Reiki Masters. So let's introduce Karuna® Reiki one more time without any debates on the value of the practice and its forms of teachings. We are strongly rooted in inclusiveness and we fondly respect all schools of Reiki. Here the purpose is the clear the bush a bit on the origins of Karuna® Reiki and its basic forms.

### **What is Karuna® and What is Karuna® Reiki?**

Although Karuna® is a Sanskrit word widely used in Hinduism and Buddhism it is also found in other languages under other forms such as "Kahuna®" in Hawaii or Kahuna® in Thai and Lao as words meaning "Excuse me, Sorry". In its Hinduist and Buddhist form its meaning carries the purpose of "ending the suffering of others". It is an action taken to diminish the suffering of others or "compassionate action". So Karuna® is an intentional and motivating quality of all enlightened beings to cease suffering on Earth, a compassionate action. Often attached to the existence of 'Boddhisattva' developing Karuna® in yourself helps

you heal yourself and others through radiating Karuna® energy and send unlimited amount of healing energy and guidance. Most widely known entities as bodddhisattva there is the Medicine Buddha, Avalokitesvara, or its female correspondent Kuan Hin or Kannon in Japanese. All of these enlightened beings are represented as a Buddha ith eleven heads and one thousand arms. The connection between compassion and Oneness is expressed with “parjna” or wisdom and is essentially a multi directional attitude: heal others as you would heal yourself, heal yourself as you heal others. It is natural to extend compassionate action or Karuna® to everyone without distinction because of the Oneness connection. Karuna® Reiki opens you to work more closely with all enlightened beings, both in physical forms and in spirit. Intention is key in Reiki regardless of the form of Reiki that is practiced. Compassionate action is at the root of Reiki Healing with Karuna® Reiki, this intention is set on a higher path with a deeper journey into the cellular body.

Karuna® Reiki was born from research by William Lee Rand and other Reiki Masters back in 1989 on various forms of Reiki Healing, the origins of the various Reiki systems. The process of understanding and researching Reiki healing energy drew them to receive a number of non-Usui symbols and attunement techniques which were claimed to have benefits. These Reiki Masters were set to uncover quite a few esoteric links within the Reiki healing system. Indeed, in 1993 William noticed he had collected quite a few of these symbols and techniques and with the help of some of his most sensitive masters-students, started to experiment the symbols to identify their frequencies and the best use for each of them. The intention was set and with it also the opportunity to experiment some attunements processes coming along with the symbols. The process resulted in the creation of an evolved form of Reiki now known as Karuna® Reiki or Reiki of Compassion.

### **How does Karuna® Reiki work?**

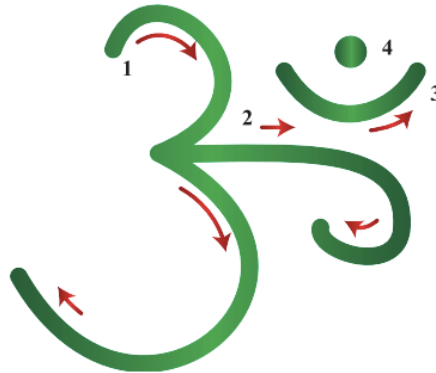
Karuna® Reiki uses symbols which may also be used by other schools and system. However, as the attunements and the intention are different, the energies that are connected to Karuna® Reiki are unique to the system. Karuna® Reiki is a registered name and the only school teachings are certified by the International Centre for Reiki Training (US). To become a Certified Karuna Reiki Master Teacher a Reiki Master has to receive his or her teachings from the ICRT.

Karuna® Reiki is often said to be more powerful than Usui Reiki. Somehow this can be true at least from our experience as Karuna® Reiki Master we have observed how intuitively we can be drawn to the use of specific symbols most appropriate and as a result observed deep healing originating from the use of Karuna® Reiki symbols. According to experience there may be a few reasons for this. Firstly, Karuna® Reiki is taught to already Reiki Masters coming from various schools of Reiki and as such gains from their experiences. Secondly, the feedback received from these Masters-students is that Karuna® Reiki triggers healing at a much deeper level than Usui Reiki without however substituting Usui Reiki or any other kind of Reiki. Some symbols of Karuna® Reiki access information stored at deep cellular level. Karuna® Reiki presents eight symbols with specific energetic frequencies for specific conditions. A Karuna® Reiki treatment includes the use of specific symbols. Chanting the symbols is also practiced if required to resonate to the frequency of the symbol as the vibration creates a channel of energy penetrating the body more deeply. The chakras and auras of both the practitioner and client are also opened more completely allowing a wonderful vibrancy to take place within and around them. Those who have experienced this process report a feeling of becoming more awake, more alive and more completely healed.

The term Reiki means 'Universal Life Flow Energy' and was in use prior to Dr. Usui using it therefore is not exclusive to the healing system he rediscovered. Usui Reiki is just one form of Reiki. A Karuna® Reiki healing is a wonderful opportunity to experience love and light instantly. Having the opportunity or simply feeling the call to access deeper energies and become a Karuna® Reiki Master is, from our point of view, a call for celebrating compassionate healing in our lives and the life of those around us and those who receive treatments from us. There is so much intuition at work within Karuna® Reiki that some symbols may just come as flashes of lights at any given time of a treatment or simply in any life's situations. Karuna® Reiki is the quintessence of Reiki Universal Life Force. It gives the Reiki Master a strength comparable to a Medicine Buddha. We encourage you to explore it if you have a chance!

# Om

*By Sunetra Dasgupta*



Om or Aum is a very powerful symbol in Karuna® Reiki system. It is a sacred symbol which is found in Hinduism, Buddhism and also used in Yoga. Before being discovered as a symbol in Karuna® Reiki, it was the most sacred sound found in Yoga. Om represent the entire universe, known as Brahman, it is also said to be the source of all creation. Om represents all time: past, present, and future; and is beyond time itself. Om represents the eternal oneness of all that is.

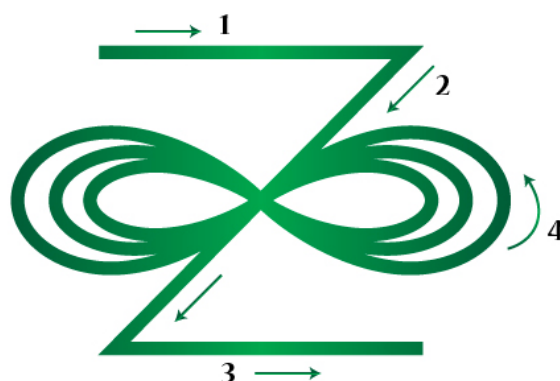
For people who have confusion over how Om should be pronounced, it is pronounced the same as "HOME" just without the "H". As a symbol in Karuna® Reiki it is drawn over ones head to pen a pathway to God and Higher consciousness. It is also used to purify, protect, seal and stabilize the Aura.

The beauty about the Om/Aum symbol is one can also use it, if they are not attuned to Reiki. Regular chanting of Aum leads to open and activate the Third Eye chakra, also it is used in all Beej Mantras. Most of the Mantras start with Om. Om is not a word but music to everyone.

Om has four subtle sounds that correspond to four levels of consciousness. The first sound of "A" represents the conscious waking state. The second sound of "U" represents the subtle, unconscious dream state. The third sound of "M" represents the casual, subconscious deep sleep state. The fourth sound is the silence that follows the sound of Om which represents the absolute consciousness that illumines and pervades the three prior states.

## Zonar

*By Sunetra Dasgupta*



Zonar is a beautiful symbol and is part of Karuna® Reiki. In the symbol the 3 concentric infinity symbols stand for healing of past lives, karmic and inter dimensional issues. Though it is said there are other symbols which are much powerful than this, I personally find this symbol very useful, as it is bit subtle and helps in the initial phases of deep cellular healing.

Our cells carry trauma and painful memories from past life, because of which we face issues in our current life. Zonar along with the Usui distance healing symbol Hon Sha Ze Sho Nen is used to release all the traumatic events from cellular level. Zonar brings the memories to the conscious level before releasing them to the universe and also amplifies distance healing.

This symbol also works very well when one wants to access their past lives. When Zonar is drawn on the Solar Plexus, it helps us to access our past lives where there is healing for trauma needed. It works as a spiritual and emotional anesthesia hence reducing the emotional pain, helping us to get rid of addictions, break repeated patterns and eliminating toxic relations from our life. Whilst accessing one's past lives their Reiki Guides can be called for guidance.

This symbol along works wonders when Inner Child issues are being healed, especially people who have suffered from abuse at childhood. It helps in releasing the issues of shame and unworthiness from the subconscious mind and also the suppressed traumatic memories of the abuse. People may howl and cry when being healed for their inner child with Zonar but one should realize it is

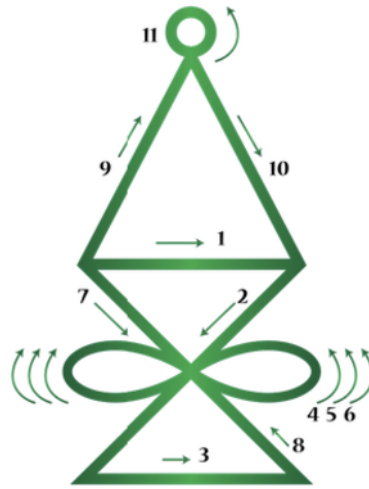


good to let it all out. Zonar is also used to call upon Archangel Gabrielle while healing child abuse patients.

Apart from the above mentioned Zonar is also used to heal body pains, relationship issues and epilepsy.

# Halu

By Sunetra Dasgupta



This is an amplification of Zonar. The Z is completed and the pyramid is added. It is said to be more powerful than Zonar and works on higher dimensions and deeper levels. It restores balance physically, mentally, emotionally, and spiritually and brings about deep healing.

This is a great symbol which can be used to break up negative patterns in the unconscious mind and free us from our ego behind which we generally try to hide: *"I just can't do this because....."*. The pyramid on the Zonar amplifies it and makes Halu more powerful. Halu helps us to accept the truth and strengthens our Solar plexus by making us take responsibility of our thoughts, actions and words. It also helps us to see through delusions and shatters denial.

Halu clears blockages from all our chakras, open channel to higher consciousness and helps us understand that there is no bad, it is a mere absence of good. Ex Cold is not bad, it is a mere absence of Heat, Halu makes us shine like a diamond even when there is darkness or may I say absence of light.

I firmly believe our auras talk to each other all the time, irrespective of us interacting with another person or not. If we are psychological or psychic attack, we are allowing it somewhere, as we can only be attacked if we perceive ourselves weak. The best way to protect ourselves is to shield ourselves by drawing the symbol on our heart and stating the intention, *"If anyone tries to*

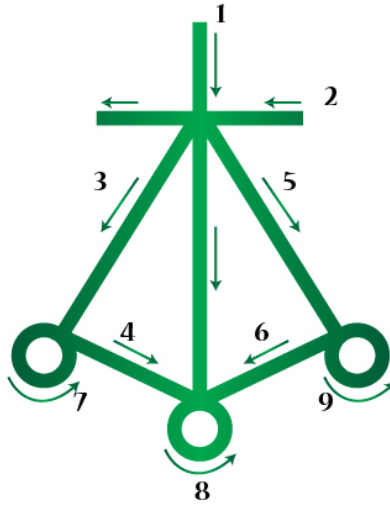
*attack me psychologically or psychically, I bless the energy and send it back to them".* This way the energy turns positive and does not cause harm to anyone. We should remember when we send some positive energy to someone more than 10 times of positive energy comes back to us.

Halu can also be used for sexual and physical abuse issues, as there is a lot of pain associated with both the abuser and the victim. The souls are unable to get over the pain and the trauma. When Zonar along with Harth is drawn on all the symbols, the healing amplifies and deepens, making the pain lighter and to the conscious mind to make it easier to heal.

Halu is so powerful that it can be used for distance healing as well as to connect to our higher selves. It works the best when it is directed to a specific direction for intense deep healing. In some Reiki systems, Halu is also used as Master Symbol.

# Harth

*By Sunetra Dasgupta*



Harth is one of the most important symbols of Karuna® Reiki. It was channeled by William Lee Rand, Katherine Milner and Marcy Miller. Harth is used for all issues of the heart, be it emotional or physical like Love, Truth, Beauty, Harmony and Balance. It removes blocks, uproots fears and fills the empty space with compassionate love.

I personally feel Harth is an upgraded version of the traditional emotional symbol. Harth helps in healing broken relationships and makes us experience unconditional love. It teaches us how expectation can reduce joy and helps us to learn life lessons together with making us a better person. Harth helps us in seeing the scared love for each and every living creature in this planet be it Man, animals or plants; we perform compassionate action only from our open heart. Harth can also be used to develop self-love and can help people who suffer from suicidal tendencies. Also protects us from all kinds of psychic attacks.

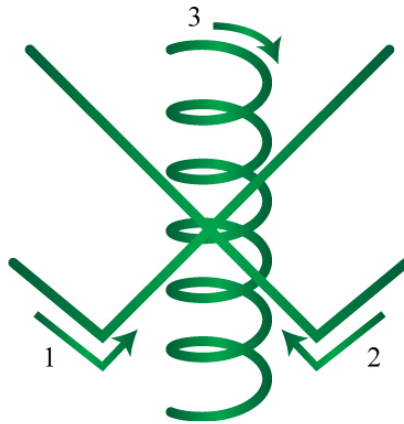
Harth works beautifully for addiction issues. Addiction can be seen as an issue when a person has lost their way and cannot find answers for the questions they have in mind. Harth helps them to understand, all the answers are within us, and we are searching in wrong places, i.e. outside in the physical and materialistic world. It helps in separating the reality and ego, which helps a person heal faster.

When we want to make some fundamental changes in our life or want to start our life afresh and anew Harth is an answer to it. We can visualize the situation and send Harth to it where we want to make changes or if we want acquire some new quality. It helps us to understand that we are the creator of our life and we can make changes in our life!

Harth is a great symbol to request for wishes from the higher realms. Connect to any Archangel, Ascended Master, Reiki Masters or guide with the distance healing symbol, and give them healing with Harth. You can ask them for some kind of special blessing. They will definitely help us building our life with love, joy and gratitude.

# Rama

*By Rinku Patel*



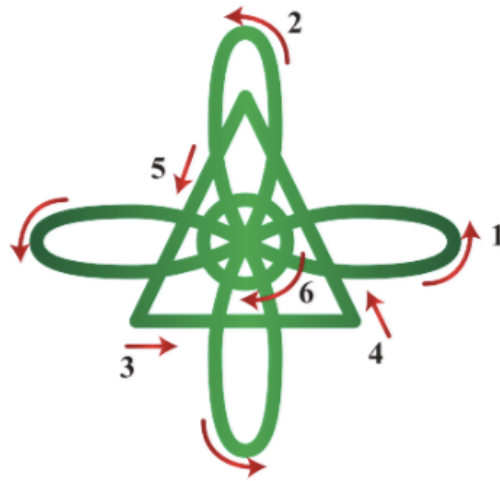
Rama symbol is one of the symbols of Karuna® Reiki. It means God or Lord Rama. To be able to use this symbol, one has to be attuned to Karuna® Reiki. This symbol has two right ticks on tight side and left side. There is a spiral in the middle. The two right ticks are considered to be male and female energy. The spiral in between these two right ticks represents the bonding between male and female energy. This symbol is best visualized in Golden or Purple color.

- Rama symbol symbolizes joy and happiness.
- It creates direct link to earth energy hence helps in grounding. It helps grounding in all directions.
- It helps cleanse all the six chakras- Brow Chakra, Throat Chakra, Heart Chakra, Solar-plexus Chakra, Sacral Chakra and Root Chakra.
- It revives person's chi and create determination.
- According to some practitioners, Archangel Michael's presence has been felt when healing with Rama symbol, especially when 'For The Highest Good of All' is invoked.
- It helps clear lower chakras issues.
- This symbols can be used to manifest materialistic goals.
- Draw Rama symbol on feet chakra to open feet chakra. This will bring more energy, enhancing your healing by directly connecting to earth energy.
- Draw the symbol on crystals to cleanse and purify the crystals.
- It also harmonize upper chakras with the lower chakras.
- Draw this symbol with SHK to bring peace and harmony.

- Brings responsibility. Heal the person with this symbol who is irresponsible to make him responsible. The Rama symbol has the energies of Cho Ku Rei and SHK both. It can be combined with Cho Ku Rei and Sei He Ki to optimize the effect of healing.
- Rama + Zonar + Halu heals lack of confidence.
- Helps remove negativity from house, office, shops or any work/play place.
- Draw the Rama symbol on walls, four corners and at the center. Give Reiki for about 3-5 minutes. It will clear-off negative energies. This symbol is very effective in removing negativity.
- It also helps with backache and emotional blockages by balancing the energies.
- Combination of Rama + Shanti + Gnosa is found effective for mental piece or unbalanced mind.
- Improves relationships- A never breaking bondage can be created if combined with SHK.
- Give Reiki with strong intention to heal relationships combining SHK and Rama.
- For distant healing, combine with Zonar or HSZSN.

# Gnosa

*By Sunetra Dasgupta*



Gnosa is a beautiful symbol, though not as glamorous as Zonar, Halu or Harth, but in itself it is a very beautiful symbol.

Gnosa helps us in clearing our mind from clutter and increases the connection with the higher self. It merges our conscious and sub conscious mind together thus opening our chakras and increasing our awareness. It is drawn on the top 4 chakras.

As our awareness increases with the help of this beautiful symbol, the potential of bringing in a very deep healing is vast. It helps us to reveal the underlying reasons of our pain and trauma hence release it and make us lead a peaceful and a better life.

Gnosa helps us in keeping an open mind about various new concepts and let us know the spiritual and deeper truth about things, irrespective of what our faith is. According to founder of Karuna® Reiki, William Rand, it helps to learn various physical activities such as sports, dancing, martial arts and even playing musical instruments.

It is a great symbol for students as Gnosa clears our minds which further improves our communication skills, both verbal and written. Best for studies,

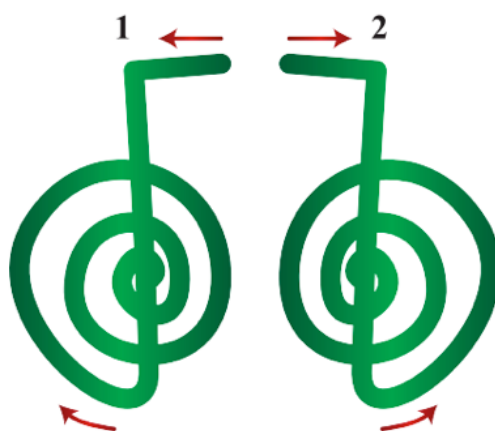


projects and research as it will help one find the proper resources and nitty gritty about the project.

Gnosa works well with Rama symbol helping the Higher Self to manifest on the physical plane.

# Kriya

*By Sunetra Dasgupta*



Kriya the last symbol in the Karuna® Reiki Series (Master symbol excluded of course!), it is a double Cho Ku Rei symbol, one being clockwise and the other anti-clockwise, it is used for physical manifestation and healing the human race.

Both the symbols can be drawn simultaneously with both hands. People who are not comfortable doing so may draw first the symbol on the right side, then the one the left.

The clock wise symbol connects one to the heaven and has masculine energy and the other to the earth and has feminine energy.

**This symbol can be used in various situations, some of which are listed below:**

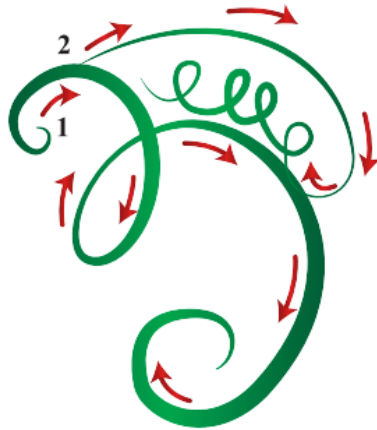
1. It helps us to get our priorities straight. It makes us realize each decision we make we have a choice; hence help us to get rid of all attachments we hold on to.
2. Helps in healing bonds with family, everyone co exists peacefully and harmoniously together.
3. Helps in manifesting our wishes and desires, provided they are in alignment with the Universe. It brings in a lot of joy and happiness while healing for the wish.

4. Wonderful symbol for grounding, one can imagine the symbols moving down from thighs to the soul of your feet in spirals, also makes a strong connection of your body with the Universe.

Kriya is a wonderful symbol which helps us in leading our life in a wonderful and a practical way.

# Iava

*By Sunetra Dasgupta*



IAVA (EE-AH-VAH)

Karuna® Reiki Symbol Iava helps us to understand that we create our own story, our own future. We are not a part of someone else's projection. Iava helps us to gain personal power and not be a football of other people opinions and is supportive in this endeavor.

Iava helps us in setting goals for ourselves, build strong persistence, follow our path and maintain healthy boundaries. Despite all the above we can honour other people's opinion. It is not necessary we have to agree everyone's point of view, accepting it will suffice. The beauty lies in diversity. It also helps us in removing ego which makes us believe a person is either inferior or superior.

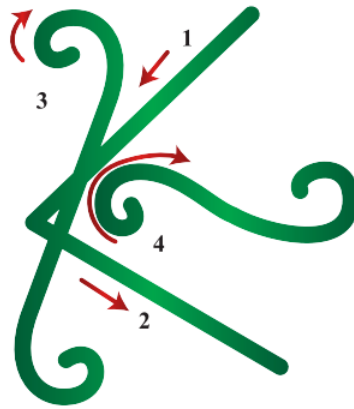
Iava teaches us we are only responsible for our happiness, emotions and feelings, not of others. The only responsibility we have is the way we choose to respond to others in various occasions of our life. We cannot make others happy or sad; it is a person's decision which way they want to lean to. Iava helps us in recognizing interdependence.

It helps us to take action to fulfill our true divine calling and gives us joy while we do our work, which can be anything from teaching children to cleaning your house. End of the day we are healers following the Universe's path. Iava also works well with Harth to help overcome addictions.

The beauty about Karuna® symbol Iava is that it helps to connect deeply with Mother Nature. It teaches us beautiful lessons in life, which we may learn, we learn to keep our mind silent. It is an excellent symbol to give earth healing every day, and make this place a better place to stay!

# Shanti

By Sunetra Dasgupta



The word "*Shanti*" in Hindi means peace. It is a beautiful Karuna® symbol, for me personally it denotes why exactly people come to Reiki: *to heal the past, release the future and create harmony in the present.*



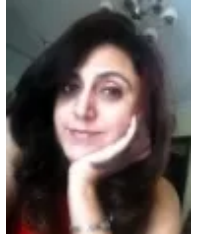
This symbol is very useful for manifesting the best possible results. It works beautifully for various purposes when combined with other Karuna® symbols. For ex: It helps us in clearing the room when combined with Rama, apart from that when combined with Kriya or Rama, it helps us to realize the goals that we had set for ourselves and manifest them which we may have forgotten in the daily hustle bustle.

Shanti helps us to release all our fears and insecurities; it may be drawn on the Third eye where a lot of fears are stored. In turn it can help people in getting rid of insomnia and restlessness including nightmares.

Shanti is a wonderful symbol to use when fear or panic attacks distress us. Even for chronic fatigue it is been known to help. When drawn on Solar plexus and Third eye, it induces a soothing calmness, helping us to let go of worries about things of the past or those things we imagine yet to happen.

It is an excellent symbol for those who are trying to develop their clairvoyance, meditating with the Shanti symbol on the Third eye will open and balance the chakra and in turn help in improving clairvoyance.

## About the Authors

	<p>When she is not a professor teaching undergraduate students Sunetra Dasgupta is a Reiki Teacher. She is emotionally attached to Reiki as she feels, when she was nowhere, Reiki came to rescue her. She has channeled Gajanan Vinayak Reiki, and heals and teaches Traditional (Usui) Reiki, Karmic Reiki, Karuna® Reiki, Soulmate Reiki, Fusion Reiki, Wagle Reiki, Angel Reiki, Tiger Reiki, Lavender Flame Reiki, 30 more types of Reiki, Magnified Healing, DLA, Akashic Records, Access Consciousness, Aura Brushing, Cord Cutting, Hypnotherapy, Past Life Regression, EFT, Psychic Surgery, Angel and Tarot Card Reading. She is also an Angel whisperer. She lives in India and can be followed on her Reiki Page: Soniele Daniel Reiki <a href="https://www.facebook.com/SunnyDReikiPractice">https://www.facebook.com/SunnyDReikiPractice</a>. She has also written a book "Lessons I learned from Reiki" and can be bought from <a href="http://Pothi.com">Pothi.com</a></p>
	<p>Isabella Dove founded <b>Healing Mudras</b> a small studio acting as a hub for holistic artists and healing arts in Vientiane, Lao PDR. She practices Reiki since 1999, lived in 15 countries over 4 continents and brought Reiki as an ally to experiences several realities. After becoming a Usui Reiki Master Teacher in 2008 she travelled to Hawai'i and studied directly with William Rand, Founder &amp; Director of the International Center for Reiki Training (US) and trained as Karuna® Reiki Master Teacher in 2010. This was a breakthrough and a further leap in the practice as Karuna® Reiki brings a firmer alignment and synchronicity with grounding bodhisattva energies. Isabella is a Certified Personal Integral Coach and teaches Reiki, Yin Yoga and DancEnergetics. Visit Healing Mudras at <a href="http://thehealingmudras.blogspot.com">http://thehealingmudras.blogspot.com</a> or <a href="http://www.linkedin.com/in/healingmudras">http://www.linkedin.com/in/healingmudras</a></p>
	<p>Rinku Patel is a Reiki Usui Master. She practices also Karmic Reiki, Kundalini Reiki, Angel Reiki, Crystal Healing, Dowsing, Soulmate Reiki, Angel card, Tarot Card, Imara Reiki and Magnified Healing. Classes and Healing: Usui Reiki, Karmic Reiki, Kundalini Reiki, Angelic Reiki, Soulmate Reiki, Crystal healing, Angel and Tarot card reading, Dowsing, Imara Reiki and Magnified Healing. Rinku can be reached via her email address <a href="mailto:reikithemiraclehealing@gmail.com">reikithemiraclehealing@gmail.com</a> and on Facebook at Reiki The Miracle Healing.</p>