

Reiki Rays

Lose Weight

with

REIKI

———— Best Tips ————



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Five Tips to Lose Weight with Reiki

If you're trying to lose weight, you probably know that dieting doesn't work as often as it should, and even when it does, it doesn't stick for as long as it should. Or, rather, we don't manage to stick to it.



Here's some tips that may help you in your pursuit.

1. Always Reiki your food. Intend that healing energy is discharged in your body as the food is digested and burned, and that it helps you become healthier, happier, and that it makes your body stronger.
2. Love your body. Tell yourself "I love my body" and notice how that makes you feel. If you feel any resistance, relax, take a "step back", and just let it be. Allow yourself not to love your body, just for a short while. Then start the flow of Reiki and bring in feelings of peace. Repeat until you sense you're done for now, and resume later if you feel it helps.
3. Drink plenty of Reiki water. Aim that it gets into your body and cleans it. Say *may this water remove the toxins that do not serve me or my body anymore.*
4. Write on a piece of paper an affirmation that resonates well with you and has a positive message. Such as *I am losing weight in the healthiest possible manner, at the most appropriate pace, for the highest good of myself and those around me.* Keep this paper with you, and send energy to it daily, even multiple times a day. Make free use of Hon Sha Ze Sho Nen.
5. Use a yellow crystal, such as citrine, tiger's eye, golden topaz etc, charge it with energy, and place it on your solar plexus chakra. And then keep sending

energy to this chakra. The solar plexus chakra deals with your will power, and this exercise will balance it, giving you extra determination and drive if you need it.

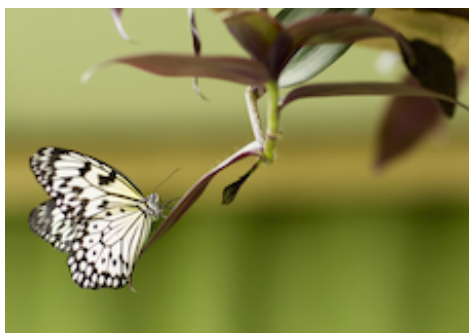
FIVE TIPS TO LOSE WEIGHT WITH REIKI

- 1 Always Reiki your food**
YOUR INTENTION IS THE KEY
INTEND THAT HEALING ENERGY IS DISCHARGED IN YOUR BODY AS THE FOOD IS DIGESTED AND BURNED
- 2 Love your body**
LOVE YOUR BODY & NOTICE THE CHANGE
START THE FLOW OF REIKI AND BRING IN FEELINGS OF PEACE
I LOVE MY BODY
- 3 Drink plenty of Reiki water**
AIM THAT THIS WATER GETS INTO YOUR BODY AND CLEANS IT
MAY THIS WATER REMOVE THE TOXINS THAT DO NOT SERVE ME OR MY BODY ANYMORE
- 4 Get it affirmed**
WRITE YOUR AFFIRMATION ON A PIECE OF PAPER
MAKE FREE USE OF 'HON SHA ZE SHO NEN'
- 5 Use a yellow crystal**
USE A YELLOW CRYSTAL SUCH AS CITRINE, TIGER'S EYE, GOLDEN TOPAZ ETC, CHARGE IT WITH ENERGY, AND PLACE IT ON YOUR SOLAR PLEXUS CHAKRA
THE CHAKRA DEALS WITH YOUR **WILL POWER**

Lose Weight with Reiki Meditation

This is a meditation specifically designed for losing weight with Reiki.

As with anything Reiki, tweak it to your liking, to make it more personal if you wish. You can also just use it exactly as described. Enjoy :)



Step 1. Sit in your favorite meditation position.

Step 2. Set the intention of the session, either by saying it out loud, or quietly to yourself, *"for the highest good, may the Reiki flow through my body, and wash away the energies and the matter that no longer serve me."*

Step 3. Draw Cho Ku Rei three times, and say its name.

Step 4. Clear your mind and start the flow of Reiki. Breathe slowly, deeply and be present.

Step 5. Envision the energy coming in through your Crown Chakra, and flowing through your body, down into the Earth. As it does this, it takes down with it all the "stuff", such as

- *energy "debris"* that was attached to your body and to your aura
- *toxic substances* that "pollute" your inner environment, whether it's from food, water, the air, smoke, or wherever
- *emotional issues* related to your body, which need to be released
- *fears, frustrations, guilt, shame* - allow them to detach, allow yourself to be free of them
- *anything else* that you feel needs to be "washed away"

Step 6. Continue envisioning this for a while. Use the symbols as your intuition guides you. Adjust the flow of Reiki with Cho Ku Rei, heal emotional wounds with Sei He Ki, use the distance symbol if you feel inclined to, or other symbols you've been given. When you sense you're done for now, continue with the next step.

Step 7. Now that your body and aura are clean, imagine that the energy keeps flowing through you, but part of it stays with you. Intend that the white or golden light fills you, and that this energy will act on its own, and it will act as a "guardian", washing down "stuff" that may come up later.

Step 8. Finish by sealing the energy using the Power symbol, grounding yourself, thanking Reiki, or doing anything that you'd normally do when you finish a treatment. Drink plenty of water.

Additional tips

Keep in mind that Reiki has "compound effect". If you practice it regularly, new sessions will "build on top" of previous sessions, accelerating the healing process. On the other hand, if you only practice every now and then, the foundation you start building in one session will be "in ruins" by the time you "revisit" it and you'll have to start from scratch again.

If your goal is to lose weight, commit to practicing this meditation daily, for at least 30 days. After this period, you may decide to continue or to stop it - but remember this: **unless you do it for one full month, you haven't really given it a chance to work.** Don't be too harsh on yourself though if you skip a day. It happens. Just resume as if nothing happened.

Give yourself every chance to succeed.

Reiki is personal, and nobody can predict what the effect will be for you in particular. You might get a better mood and thus the emotional energies won't "stick around" anymore, making you feel lighter. You might feel more poised and determined, and find it easier to stick to your diet or exercise plan. You might release a lot of emotional issues from the past, clearing the way for attracting new experiences. You might learn to love your body. Some, or none,

of these things might happen - just keep an open mind, and, more importantly, an open heart ;). Good luck, friend!

Lose Weight with Reiki

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Practice this meditation daily, for at least 30 days!

Sit in your favorite meditation position.

Set the intention of the session, either by saying it out loud, or quietly to yourself, "for the highest good, may the Reiki flow through my body, and wash away the energies that no longer serve me."

Draw Cho Ku Rei three times, and say its name.

Clear your mind and start the flow of Reiki. Breathe slowly, deeply and be present.

Envision the energy coming in through your Crown Chakra, and flowing through your body, down into the Earth. As it does this, it takes down with it all the "stuff": energy "debris" that was attached to your body and to your aura, toxic substances that "pollute" your inner environment, emotional issues related to your body, fears, frustrations, guilt, shame and anything else that you feel needs to be "washed away".

Continue envisioning this for a while. Use the symbols as your intuition guides you. Adjust the flow of Reiki with Cho Ku Rei, heal emotional wounds with Sei He Ki, use the distance symbol if you feel inclined to.

Now that your body and aura are clean, imagine that the energy keeps flowing through you, but part of it stays with you. Intend that the white or golden light fills you, and it will act as a "guardian", washing down "stuff" that may come up later.

Finish by sealing the energy using the Power symbol, grounding yourself, thanking Reiki, or anything that you'd normally do when you finish a treatment. Drink plenty of water.

Release the Weight

By Rinku Patel

How many of you have tried anything and everything you come across to lose weight? Have you tried exercise, joining gym, diet pills, dieting and following diet plans with no result? Let us put an affirmation along with little exercise and careful diet for few months and see the result.

This method you have to do before you leave for your college, office, shopping or anywhere else. Draw Cho Ku Rei on foot chakras and give Reiki using the affirmation “***I release my body weight with every step I take***”. If you are going for a walk or a stroll, do the same thing along with chanting the affirmation whenever you can. If you are alone, you can keep chanting the affirmation whenever you walk. If you are talking with others while walking, chant whenever possible. You can also carry Crystals, which help you to reduce your weight.



Give this affirmation few months and notice the difference. You must have noticed, I did not use ***Lose*** weight or ***Drop*** weight here.

I used ***Release*** weight in my affirmation. The reason behind this is, as soon as you think or say ***Lose***, our subconscious mind tend to find it back. You lose something; of course you want it back, right? As soon as you think or say ***Drop***, our subconscious mind tend to pick it back. You dropped something so you are gonna pick it up. So when you use ***Release***, it has our full permission of let go. You are letting something go with your free will. I request all my readers who want to lose weight to try this out.

Recently on my 21 days trip to Europe, I carried crystals to reduce weight along with me. I just used tumbles stones and made a small pouch which I call weight release pouch. Every day before leaving for sightseeing, I used to draw Cho Ku Rei on foot chakras along with the affirmation to release weight.

While walking, I used to chant the affirmation whenever I could. After 21 days when we returned, the first reaction when my friend saw me was: Rinku, you look thinner!!! And this was minus any dieting! In fact I love European food so dieting was the last thing on my mind.

So, don't **Lose** or **Drop** weight, **Release** your weight now.

Crystals for Weight Loss

By Rinku Patel

Are you one of those who want to lose weight but you are big foodie and no time to exercise? Or are you one of those who hardly eats anything but still gain weight? Are you the one who has a poor metabolism? Haven't we all tried diet plans, slimming pills, detoxification programs and what not? Let us make weight loss a little easier with Crystals and Reiki.

I am listing few crystal that will help with weight loss. First and foremost thing to do is cleanse your crystal. Draw **Cho Ku Rei** on crystal and rotate coned fingers seven times over it anti-clockwise saying **CLEANSE**. Next draw **Cho Ku Rei** again over your crystal and rotate coned fingers seven times over it clockwise saying **PURIFY**. Now draw other symbols that you are attuned to over crystal (Let your intuition guide you which symbols to draw). Program your crystal for weight loss and give Reiki for about 5 minutes.

Below are some crystals, which help with weight loss:

Amethyst - Reduces craving. Extremely helpful when you are trying to control appetite. Great for addictive eating disorder.

Blue Apatite - The healing properties of this stone contradicts its name. Apatite suppresses your appetite so it is a great stone to work with when you are preparing for a weight loss plan.

Bloodstone - Stimulates detoxification, helps elevate metabolism.

Carnelian - When you want to munch in-between meals, make sure you have carnelian in your palms. It helps detoxify body and improve general health.

Citrine - Eliminates what you do not need- physically or emotionally. Improves digestion.

Clear Topaz - Improves metabolism and burn more calories.

Goldstone - It helps you to hold on to your diet goals.

Iolite - Helps detoxify the liver and release fats deposited throughout the body. (Especially love-handles)

Kyanite - Wear it around throat chakra to boost your immune system. It increases will power, hence assist in resisting snacking and munching. Also used for people who are chronically over-weight.

Rose quartz - Brings self-love. It helps with emotional detoxification hence reduces eating disorder.

Seraphinite - It creates detoxification process in the body which helps with losing weight.

Sodalite - Helps to reach balance and boost metabolism.

Sunstone - Suppress hunger and improves metabolism.

Tiger's eye - Improves digestion and speed up metabolism.

Yellow Apatite - The vibrations of yellow apatite helps remove stagnant energies from solar plexus chakra when placed over the chakra. It removes the anger that is deep-rooted in the cells and tissues.

1. ***Supreme combo for weight loss - Apatite, Seraphinite and Sunstone.***
2. ***Weight Loss on physical, mental and emotional level - Apatite, Amethyst and Carnelian.***

The above stones have more healing properties but I have only pointed how it helps with weight loss.

How to use these stones for weight loss:

1. Make crystal water with single stone or combination.
2. Carry it with you in pocket, purse or bag.
3. Wear it as a pendant, necklace or bracelet.
4. Put it under your pillow.
5. Meditate with the stone.
6. Make a crystal grid for weight loss.
7. Keep a bowl of crystals beside your fridge.
8. While eating, hold your crystal in palm and state that your body will only accept what is needed at this time and discharge anything that is not needed.

Combination of Crystals and Reiki, along with nutritional diet and exercise manifests weight loss way quicker.

Reiki and Perfect Weight

By Dhwani Parikh

The modern world brought advancement and ease in our lives, but at the same time introduced a new health issue to us and it is called obesity or being overweight. Our ancestors, who were very close to nature, may never felt this physical condition. Judging from the current scenario, we can obviously see that our current lifestyle is full of mental stress, very little or no physical activity, and eating foods, which are genetically modified, packed and preserved. No proper schedule for breakfast, lunch, and dinner and being less aware of how we spend our daily routine life including unhealthy diet led to this problem.



Our body is at best when we are living life close to nature, but now we live in a modern world where we are getting far and far away from nature, which results in poor health condition. Obesity is also one of the main outcomes of this scenario.

In order to lose weight, one has to accept the fact fully that his/her weight is more than what it should be. This is the first step to self-acceptance that you are overweight. Second he/she has to decide what is his/her ideal weight is. For this, you can consult a family doctor or a dietitian. After this you have to understand what amount of extra weight you have to deal with and if not acted upon what kind of serious effects it can have on your mind, body, and in turn on your life. So, the real task begins from here.

We have heard so many seminars on how to get perfect weight, but none of them works for us till now. I want to share my personal experience with the weight management. I have seen myself of 78 kg fat for more than 2 years. It

was a really difficult situation and high time for me as I was 23 years of old. That drove me in severe depression, no enthusiasm and living life in the secluded world. I didn't like to go out or meet people at that time and the shopping for my clothes was one of the nightmares. I got all the possible health problems due to this including the disturbance in hormones.

I was looking for the solutions for myself by eating less, skipping meals and trying the walk and everything, but nothing worked really. I would say my dad is the real motivator to make me come out of this situation. From the childhood, I have seen him encouraging me at every moment. He could feel the situation I was passing through. He said, ***“You are the person who makes big goals all the time and achieve it. You achieve best results in studies or any competition, but you are zero at taking care of your health. Why don't you use your goals for getting the perfect weight?”*** And he challenged me that I should make myself perfect in every way and ready to help whatever I need. This was the real challenge for me as I was not eating much that time but still gaining more weight. He asked me to use Reiki, the law of attraction and also took me to the dietitian. I am vegetarian by nature and don't eat eggs or any meat. But trust me; what I am going to share with you in this article will work for all of you regardless of being vegetarian. I lost 14 kg of weight in less than 3 months without any severe exercise or physical activity. Everything is in your brain. ***“Whatever you think, you become.”*** And this became really true for me.

There are three main things I focused on:

1. ***Food***
2. ***Sleep***
3. ***Reiki***

According to my dietitian, I was eating too little due to fear of getting fatter and that caused even more accumulation of fat in my body. My body was in tension that it would not get enough food so it was storing everything it got. Also, I was living a very stressful life due to a variety of reasons including lack of sleep. She taught me, I need to eat small portions of food at the regular interval, which was every 2-3 hours for me. Take a small plate and make it full with enough vegetables and salad and eat with what you love to eat. She told

me to control on salt and sugar and also the amount of oil. During the whole day, I was eating 1 teaspoon of sugar, less salty food and 2 spoonful of oil in total with whatever I eat. One more thing, it is important you add more protein in your diet and can eat them alone in the morning. I used to eat boiled beans with all the spices.

And the most important thing, after every 5 days, I took a one-day break. It means I don't take any solid food or salt after the lunch till the next day morning. And take plenty of liquids, including coconut water, milk, lemon water, fruits and tea or coffee. Also, I need to sleep 7 hours per day at minimum to recover from all types of stress. During the first week, I lost 3.5 kg by following this and it went on.

Reiki played a crucial part in this. Clearing aura is very important before the session. I do Reiki on each and every food and liquid I consume and also was keeping a journal for the food I ate and every night I planned out for the diet I am going to eat on the next day. In the evening, I used to eat whatever I like with one small plateful. I also drink a plenty of Reiki lemon water every day. Chew and feel the positive Reiki energy in every bite. I give Reiki to my weighing machine and also Ajna chakra. People who are having obesity due to stress should give Reiki before sleep, which helps them to remove stress from their life. The important chakra is the **Solar Plexus** as it takes care of metabolism and your digestion. Also, give Reiki to Ajna Chakra, which makes you more conscious about your eating. Not to forget the heart chakra as many emotional blocks create this situation.

You should visualize yourself everyday as you want to become. That creates a new picture in your mind of yourself, which creates structural friction with the present. So, either you will lose weight or you will drop your goal. So, visualizing everyday stops you from regaining back the weight you have lost. Also, make a note whenever you lost some weight. Give a gift to yourself by buying a new dress or any new thing, which makes you remind you are doing all well for your health and your body. That motivates you even more. Visualize before you sleep and every morning that you are being perfect at every aspect. Seal everything with the power symbol all the time.

And at last, I would say, I am blessed to have amazing parents and fiancé in my life who have supported me with everything in my life also when I was at my worst. So, whoever reading this article, this is a hearty request from me, help everybody around you facing this at every stage and keep them positive and motivating to make them be the best version of their authentic self.

Love and Light! Be Blessed!

Weight Loss through Akashic

By Neetu Jha

We try so many things to lose the weight (like dieting, exercise etc.). But it is not very easy to lose the excess weight even after following the proper weight loss program. Because the reason for the excess weight could be hidden in one of our past lives.



A person can have excess weight due to various reasons:

- ◆ Bad eating habits
- ◆ Emotional Baggage
- ◆ Slow metabolism
- ◆ Past life issues etc.

There are many spiritual ways to control the few of the above factors either using Reiki, crystals or any other methods. Some methods are already given by many Reiki healers at Reiki Rays.

However, my favorite modality of losing weight is Akashic Record healing. One can follow the following method to provide weight loss healing through Akashic Record.

- Sit in a quite place.
- Burn some incense.
- Take few deep breaths.
- Pray to God, call angels, ascended masters etc. to help you to access the Akashic Record of xyz (person's full name).
- Connect to Akashic Record using HSZSN or any other method you like or comfortable with.

- Request the Guides of the patient to show you the reason of weight, you can see, hear or feel the reason of excess weight.

For e.g. you may see a poor person, stones, rats or anything as a hint of answer of your question. While doing the Akashic Record healing for one of my friend I saw that she was Kathakali dancer in one of her life time. In this life time also she has big eyes and other similar body structures like those dancers.

- Request that person's Guide, Master, teacher and loved ones to delete the effect of past life from soul's memory and body and provide him/her the desired weight.
- In case if there is no past life history you may find, you directly request masters, teachers and loved ones of that person to bless him/her with desired weight.
- Have a faith in you and surrender yourself to the universe.

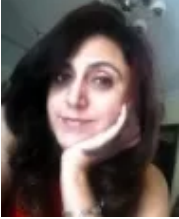


This particular healing method is very much dependent on your intension and your connection with Akasha. And if your intention and connection is really strong, you can see the amazing results in few days.

I tried this method on my husband and surprisingly he lost 5 kgs in 20 days without doing any exercise and dieting. I also tried the same method on myself and lost 5 kg of weight in two months.

The same method I tried on few more people and it did work for some people and amazingly they lost 3-5 kgs in a month without doing anything.

Akashic Record is a unique way of losing the weight. There is no harm of trying this method. You may end up getting your dream weight without much effort.

About the Authors

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