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REIKI WINGS



by Rinku Patel



Psychic Ability after Reiki Attunement.....	3
Body, Disease and Emotional Issues	5
Diseases and Associated Chakras.....	10
Teeth and Associated Organs, Emotions and Chakras	13
The Palm Chakras.....	17
Importance of Foot Chakra	20
Chi Ball the Chakras.....	22
Different Ways to Send Distant Healing.....	25
18 Crystals Cleansing Techniques	29
Crystal Water for Healing.....	32
Black Tourmaline and Reiki	34
Crystals for Weight Loss	37
Release the Weight	40
11 Quick Aura Cleansing Techniques	42
Aura Sweeping With Crystals	44
Karmic Scars	46
Rama Symbol	49
Magic Reiki	51
Full Moon Ritual.....	53
New Moon Abundance Checks/Cheques - The Reiki Way	55
New Moon Ritual for Health, Love and Money.....	57
16 Ways to Manifest Money with Reiki	59
Attract Money	63
Magic Money Box	65
All about Grounding.....	67
6 Psychic Protection Techniques.....	70
Triple Layer Protection Shield	71
Working with Archangel Chamuel	73
Angel Jar.....	76
Reiki in Daily Life	78
Reiki Rules	80

Psychic Ability after Reiki Attunement

Everyone has some sort of psychic ability which they call intuition or gut feelings. Psychic awareness differs from person to person. Reiki can allow you to enhance your psychic awareness and removes blockages. It does not mean all Reiki practitioners have great psychic abilities. When the time is right in your spiritual journey, your psychic awareness will improve. There are three main types of psychic awareness: Clairaudience, Clairsentience and Clairvoyance.

Clairaudience- Means clear hearing

After Reiki attunement, some people start hearing messages from their Guides and Angels very clearly. Some becomes '*medium*' who hears messages from discarnate ones (who are no more alive). Some communicates with their departed loved ones. Some evolve to higher extensions and can hear Ascended Masters. This '*hearing*' may be like actual hearing or the words appears in form of thoughts. Example- when you ask yourself a question, you get the answer even before you finish the thought. Another example is, when your thoughts converse with '*YOU*' and not '*I*'. When you are self-talking, generally '*I*' is used. When your guides or higher-self conversing, you will hear '*YOU*'.

Clairsentience- Means clear sensing

After Reiki attunement, some develops awareness of sensing subtle energies. This ability increases as their experience with Reiki increases. The people who are clairsentience can detect different layers of aura and blockages, which take their Reiki experience to another dimension. Some also develop the ability to sense the presence of their departed loved ones, spirits, entities, angels and guides.

Clairvoyance- Means see clearly

After Reiki attunement, some develops the ability of 'clear sight'. They can see auras, detect blockages in chakras and see impurities in energy field. This ability improves and develops more with Reiki experience as Reiki opens and balances the third eye. Some are so extremely clairvoyant that they can get flashes of past and future. Some can also see their angels and guides or discarnate ones.

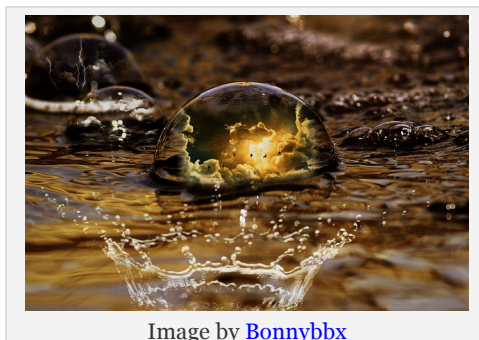


Image by [Bonnybbx](#)

I am not saying you can definitely develop this psychic awareness once you are attuned to Reiki. As the time elapses, you will definitely see the changes in your psychic awareness, depending how much you practice Reiki. The more you bring Reiki to your life, the more increased chances of developing above psychic abilities.

Easiest Reiki method to develop and increase your psychic awareness and intuitive power is to use Reiki symbols on your third eye/brow chakra. Your brow chakra/third eye is the base of insights, inspirations and intuitions.

Method:

- Draw CKR and SHK on both palms. Those who are attuned to DKM can draw DKM too. Draw these symbols on the third eye aura as well as on the third eye.
- Hold one palm on your forehead and other at exact level on back of the head.
- Intend that Reiki flows through third eye to increase your psychic ability for your highest good. Give Reiki for few minutes.

Do not practice this for long as you may develop headache.

Those who have set crystal grids or Reiki box, can put the intention slip in the grid/Reiki box – Draw symbols on paper and write: ***“I wish to develop and enhance my psychic awareness for my highest good”***.

Meditating on master symbol DKM also increases psychic awareness.

Body, Disease and Emotional Issues

Understanding what are the emotional blockages that cause problem to body parts and the root base of diseases.

Healing emotional baggage is the mantra to live healthy and happy life. The longer the emotional baggage is piled up, the severe the disease becomes. Diseases are the wake-up call for us to realize that enough is enough. Shed your emotional baggage. It is very important to know what emotional blockages are causing what disease. You can do aura scan or Byosen scan or any scanning technique you know to find out which chakra is out of balance and analyze the emotional blockage related to the chakra. Start healing your issues with Divine light of Reiki. Reiki helps and treats on physical, mental and emotional level. Reiki clears long-piled-up blockages and clears long built-up toxins from all levels, Emotional, Physical and Mental.

The front side of our body represents to social life, the part of you that you share with the world. Also represents love, happiness, sadness, desire and care.

The backside of our body represents private life; the part of you that is hidden from world. This side becomes a storeroom where all your hidden emotions accumulate; unexpressed emotions piling up.

It means negativity accumulating along your spine and legs.

The left side of the body represents feminine side.

The right side of the body represents masculine side.

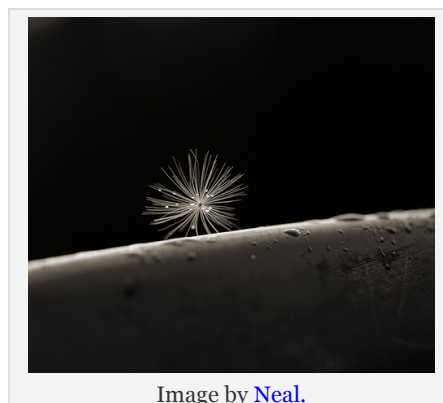


Image by [Neal](#).

Below is a chart that will help analyze your body, disease and emotional blockages associated. Start giving divine Reiki energy to your emotional blockages to get rid of long accumulated negativity piled up in your body.

<i>Body/Disease</i>	<i>Emotional Cause</i>
Abdominal problems	Stopping some process, Fear
Abuse	Inadequacy, Lack of self-love
Aching	Craving for love
Acne	Self-dislike
Addiction	Not facing fear, Lack of self-love
Alcoholism	Self-rejection, Guilt
Allergies	Blockage in intestine/stomach, Unable to digest issues
Alzheimer	Denial to see and accept the world as it is
Anorexia	Fear of rejection
Ankle problem	Inflexibility, Inability to accept the joys of life, Need to change direction
Anxiety	Unresolved fear of past experience
Arm problem	Capacity to hold life experiences; Right- Regret Left- Helplessness
Arthritis	Inflexibility, Feel unloved
Asthma	Stifled emotions, Past lives fears acknowledged in this life
Athlete's foot	Unable to move forward with ease
Back	Lack of support, Money issues, Unloved, Stored anger
Baldness	Tension
Bladder	Fear of letting go
Blood Pressure	Blockages in freedom, Unsolved emotional problems
Blood problem	Lack of joy
Bones	Past lives and Memories
Breast(Left)	Lack of nurture
Breast(Right)	Resistance is sharing love, Over-protection
Bronchitis	Helplessness caused by the feeling of not able to change

	situation happening that is close to your heart
Burns	Suppressed inner anger
Calves	Moving forward and avoiding past issues
Cancer	Unresolved deep hurt
Cavity	Unable to accept new concepts
Chest	Relationship issues, Feel worthless, low self-esteem
Chronic Disease	Feel unsafe, Unable to change
Cold	Mental Confusion
Cold hands and feet	Lack of self-trust
Cold & flu	It symbolizes cleansing
Colon	Not accepting changes for emotional reasons
Coma	Escaping from situation or people
Constipation	Hanging on to old beliefs
Cramps/Stiffness	Unable to adjust to natural changes in life
Depression	Feel unloved-unwanted, Unrevealed anger
Digestive problem	Suppressed anger. Unable to accept certain things
Dizziness	Scattered thoughts
Ear	Denial to hear
Elbow	Inflexibility, Unable to accept new changes
Eyes	How we see the world. Not seeing things clearly knowingly or unknowingly. Not wanting to open eyes, Fear of today.
Eyes (Near-sighted)	They tend to live for today; no future plan, Fear of the future
Eyes (Far-sighted)	They keep planning future that leads their thoughts to confusions
Flabs	Sadness, Holding other's or your own emotion in your body
Feet	Related to security and survival. Have you taken wrong direction in life?
Fever	Anger
Flu	Body indicating you to slow down

Fibroids	Confusion about being loved, Holding on to pain for long
Frigidity	Denial of joy. Bad feelings towards sexual pleasures
Gas	Indigestible ideas
Gum problem	Not sticking to decision, Unable to make decision
Hands	Holding on or letting go
Headache/Hitting your head	It is a wakeup call to pay attention to the things you have been ignoring. Do not ignore your intuitions.
Head(back side) Neck base	Guilt, Unable to forgive yourself, You believe you have some mistake, harsh behavior inflicted by others or yourself
Hearing problem	Not wanting to hear what is going on around you
Heart problem	Not listening/ignoring our feelings
Heart attack	Favoring money or status, ignoring joys of life, lack of love
Hips	General support- feeling of lack of support, Fear to take a step further related to big issues
Insomnia	Fear/guilt
Joints	Inflexibility, Stubbornness regarding certain situations and your attachment to it
Kidney	Anger- Holding on to anger
Kidney Stone	Unresolved anger
Knees	Holding on to past anger, feel unsupported Inside knee- Job, Friend/Social issues Outer knee- Personal Issues: Extreme pride, stubbornness
Legs	Fear of change, fear of future, family or parental issues
Lungs/Heart	Not sharing love
Migraine	Unreleased anger, Sexual fear, Unreleased anger
Mouth	Unable to speak-up, Suppressed thoughts
Muscles	Inability to move on
Nail biting	Questioning your worth
Neck	Stubborn, Stiff, Denial to see other's point of view
Nerves	Sensitivity towards certain issues that are not

	acknowledged in the conscious mind
Numbness	Going dead mentally. Giving up
Osteoporosis	Feeling lack of support
Ovaries	Sensitive past issues(creativity), Guilt
Over-weight	Carrying past lives burden, Insecurity, Craving for love
Paralysis	Helplessness
Pimples	Anger outburst
Pneumonia	Giving up
PMS	Rejection of feminine problems
Ringworms	Allowing others to affect you
Sciatica	Financial problems
Sinus	Confusion, Irritation towards one person
Slipped disc	Lack of support
Skin	Anxiety
Snoring	Unable to get rid of old ideas
Stomach	Unable to digest certain issues
Stroke	Giving up on life
Stuttering	Insecurity
Swelling	Unshed tears
Teeth	Past life pain coming out to be released, indecisiveness
Throat	Unable to speak up for self, Swollen anger
Thumb	Always worrying
Thyroid	Feel humiliated, Lack of freedom
Ulcers	Feel unfulfilled
Urinal problem	Anger towards opposite sex
Varicose veins	Feel over-burdened, not liking the present situation
Vomiting	Rejection of new ideas

Diseases and Associated Chakras

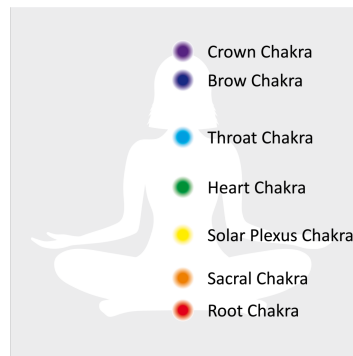
Here is an article especially written for new Reiki practitioners.

At one point in our Reiki practice, many of us were in a dilemma about which chakra to heal for certain disease/problem. When I was a newbie in Reiki, I always wondered about which chakra was to be healed for particular problem/disease. I used to browse through the Internet for long hours to satisfy my queries. Many new Reiki practitioners go through this same confusion.

We read about chakras, their colors, crystal healing etc, yet for new practitioners it's quite confusing as to which chakra is associated with which disease.

Recently I have gotten queries about which chakras are to be healed for certain problems.

Hence I thought of making this list with a few common problems/diseases and chakras associated with them, especially for new Reiki practitioners. I am not writing about chakras and their functions.



Below is just a list of diseases/problems and associated chakras.

Symbol	Disease
Crown Chakra	Alzheimer, Amnesia, Bone disorders, Cancers, Depression, Dizziness, Epilepsy, Fear, Headache, Immune system, Insomnia, Learning difficulties, Migraine, Multiple Sclerosis, Multiple personality syndrome, Nervous system disorders, Neurosis, Paralysis, Parkinson's Disease, Psychosis, Right-eye problem, Schizophrenia, Senile Dementia, Tiredness, Tremor, Vomiting.

Brow Chakra (Third Eye)	Allergies, Amnesia, Anxiety, Blood circulation to head, Blindness, Brain Tumor, Cataracts, Cancers, Chronic tiredness, Crossed eyes, Deafness, Dizziness, Drugs, Dyslexia, ENT, Ear-ache, Fainting spells, Glaucoma, Growth issues, Headaches, High blood pressure, Hormonal imbalance, Insomnia, Left eye problem, Long-sight, Migraine, Nervousness, Nervous Breakdowns, Scalp problems Short-sightedness, Sinus Problems, Sty, Tension, Tension Headaches, Tiredness, Tremor, Visual effects, Vomiting.
Throat Chakra	Asthma, Bronchitis, Colds, Cough, Ear Infections, Fear, Hearing Problems, Hay fever, Hoarseness, Laryngitis, Lost Voice, Mental confusion, Mouth Ulcers, Pain in upper arm, Sore Throat, Stammer, Stiff neck, Teeth/Gums, Thyroid Problem, Tinnitus, Tonsils, Too much talking, Upper digestive track, Vomiting, Whooping cough.
Heart Chakra	Allergies, Asthma, Blood circulation, Breast Cancer, Bronchitis, Chest Congestion, Circulation problems, Cough, Fatigue, Heart Diseases, High Blood pressure, Hyperventilation, Immunity Influenza, Lungs, Nail biting, Pain in lower arms/hands, Pneumonia, Respiratory problem, Shortness of breath, Sleep disorders, Smoking, Tremor.
Solar Plexus Chakra	Abdominal cramps, Acidity, Anorexia, Bulimia, Chronic tiredness, Diabetes, Digestive problems, Eating disorder, Fear, Food Allergies, Gastritis, Gall bladder problems, Gall stones, Heartburn, Hepatitis, Jaundice, Kidney problems, Less immunity, Liver problem, Pancreatitis, Peptic Ulcer, Smoking, Stomach problems, Shingles, Ulcers, Vomiting.
Sacral Chakra	Addiction to junk food, Alcohol, Backache, Bedwetting, Bladder, Creative Blocks, Cystitis, Fear, Fertility, Fibroid, Miscarriages, Fibroids, Frigidity, Hips, Impotency, Irritable Bowel, Kidney problems, Menstrual Problems, Muscle Spasms, Ovarian Cysts, Over-eating, Pre-menstrual Syndrome, Prostates Disease, Stomach problems, Testicular Disease, Uterine Fibroids, Vomiting, Womb problem.
Root Chakra	Addictions, Addictive Behavior, Ankle problems, Anorexia, Backaches, Blood diseases, Bones, Cold feet, Constipation, Colitis, Depression, Diarrhea, Eczema, Frequent urination,

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	Gambling, Glaucoma, Hemorrhoids, Hips, Hypertension,	
	Impotence, Itching, Kidney stones, Knee problems, Leg cramps,	
	Menstrual Problems, Money addiction, Migraines, Obesity, Pain at	
	base of spine, Piles, Prostate cancer, Rectal cancer, Spine problem,	
	Sciatica, Skin problems, Stomach problems, Swollen Ankle, Weak	
	legs, Weight problems.	
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Teeth and Associated Organs, Emotions and Chakras

What do people do when they have general toothache or dental issues?

Non-Reiki people would take medicine or do some household remedies.

Reiki healers would put their palms on jaw/cheeks and throat chakra to give healing.

Do you know, each tooth has attached meridians, organs and emotions? If we understand those meridians and emotions, we can find out which chakra and organ to heal for that particular toothache.

Once you determine the chakras and organs, give Reiki to jaw, Throat chakra, and affected chakra or the organs (as per meridian).

Emotions attached to the tooth show what emotions need to be healed.

Let us start with Upper teeth. Consider the front two teeth as number 8 and 9. The number 8 being the upper front right tooth and 9 being the upper front left tooth.

Upper Right starting from front number 8:

Number	Tooth Name	Emotions	Meridians/ Organs	Chakras
8 U. front	Central Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus, Sacral, Root
7 U. right	Lateral Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus, Sacral, Root
6 U. right	Canine	Anger, frustration, manipulation, resentment	Liver, Gall Bladder	Throat, Solar-plexus
5 U. right	1st Pre-molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar-plexus
4 U. right	2nd Pre-molar	Compulsive, control freak, critical, sadness	Right breast, Large intestine,	Throat, Heart, Solar-plexus

			Lungs	
3 U. right	1st Molar	Anxiety, hatred, low self-esteem, obsessed	Right breast, Stomach, Pancreas	Throat, Heart, Solar-plexus, Sacral, Root
2 U. right	2nd Molar	Anxiety, hatred, low self-esteem, obsessed	Right breast, Stomach, Pancreas	Throat, Heart, Solar-plexus, Sacral, Root
1 U. right	3rd Molar	Lack of joy, loneliness, trapped, unloved	Endocrine, Heart, Small intestine, Sex	Throat, Heart, Solar-plexus, Sacral, Root

Upper Left: - starting from front number 9

Number	Tooth Name	Emotions	Meridians/ Organs	Chakras
9 U. front	Central Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus, Sacral, Root
10 U. left	Lateral Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar-plexus, Sacral, Root
11 U. left	Canine	Anger, frustration, manipulation, resentment	Liver, Gall Bladder	Throat, Solar-plexus
12 U. left	1st Pre-molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar-plexus
13 U. left	2nd Pre-molar	Compulsive, control freak, critical, sadness	Left breast, Large intestine, Lungs	Throat, Heart, Solar-plexus
14 U. left	1st Molar	Anxiety, hatred, low self-esteem, obsessed	Left breast, Stomach, Spleen	Throat, Solar-plexus, Sacral, Root
15 U. left	2nd Molar	Anxiety, hatred, low self-esteem, obsessed	Left breast, Stomach, Spleen	Throat, Solar-plexus, Sacral, Root

16 U. left	3rd Molar	Lack of joy, loneliness, trapped, unloved	Endocrine, Heart, Small intestine, Sex	Throat, Heart, Solar- plexus, Sacral, Root
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Image by [Giuliamar](#)

Lower Right starting from front number 8:

Number	Tooth Name	Emotions	Meridians/ Organs	Chakras
8 L. front	Central Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar- plexus, Sacral, Root
7 L. right	Lateral Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar- plexus, Sacral, Root
6 L. right	Canine	Anger, frustration, manipulation, resentment	Liver, Gall Bladder	Throat, Solar-plexus
5 L. right	1st Pre-molar	Anxiety, hatred, low self-esteem, obsessed	Right breast, Stomach, Pancreas	Throat, Heart, Solar- plexus, Sacral, Root
4 L. right	2nd Pre-molar	Anxiety, hatred, low self-esteem, obsessed	Right breast, Stomach, Pancreas	Throat, Heart, Solar- plexus, Sacral, Root
3 L. right	1st Molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar- plexus
2 L. right	2nd Molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar- plexus

1 L. right	3rd Molar	Lack of joy, loneliness, trapped, unloved	Endocrine, Heart, Small intestine, Sex	Throat, Heart, Solar- plexus, Sacral, Root
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Lower Left starting from front number 9:

Number	Tooth Name	Emotions	Meridians/ Organs	Chakras
9 L. front	Central Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar- plexus, Sacral, Root
10 L. left	Lateral Incisor	Fatigue, fear, guilt, shame, shyness	Kidney, Bladder	Throat, Solar- plexus, Sacral, Root
11 L. left	Canine	Anger, frustration, manipulation, resentment	Liver, Gall Bladder	Throat, Solar-plexus
12 L. left	1st Pre-molar	Anxiety, hatred, low self-esteem, obsessed	Left breast, Stomach, Spleen	Throat, Heart, Solar- plexus, Sacral, Root
13 L. left	2nd Pre-molar	Anxiety, hatred, low self-esteem, obsessed	Left breast, Stomach, Spleen	Throat, Heart, Solar- plexus, Sacral, Root
14 L. left	1st Molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar- plexus
15 L. left	2nd Molar	Compulsive, control freak, critical, sadness	Large intestine, Lungs	Throat, Heart, Solar- plexus
16 L. left	3rd Molar	Lack of joy, loneliness, trapped, unloved	Endocrine, Heart, Small intestine, Sex	Throat, Heart, Solar- plexus, Sacral, Root

Hope the above charts help your teeth healing faster and easier ☺

The Palm Chakras

Apart from 7 major chakras, the other two important chakras are the foot chakra and the palm chakra. The palm chakras are extremely important for those who are into spiritual healing as these chakras are powerful tool for giving and receiving healing.

There are 7 chakras located in palms- one in the middle of the palm, one in the wrist point and other 5 in each finger and thumb. The left hand palm chakra rotates in clockwise direction whereas right palm chakra rotates in anti-clockwise direction. It is said that left-hand palm chakras helps receive energy whereas right-hand palm chakras helps sending/giving energy. Actually your dominant hand sends out energy and non-dominant hand receives.

The most important aspect of palm chakras is to scan aura. The people with blocked palm chakras either do not get accurate scanning result or they cannot scan at all. For every Reiki healer, it is extremely important to keep their palm chakras balanced as they emit energy (hands-on) and scan aura using their palms.

Functions of Palm Chakras:

- Healing self and others
- Scan aura
- Send and receive energy
- Helps balance spiritual, mental and emotional bodies
- Enhance creativity
- Feel crystals energy

Example of how Palm Chakras stimulate other chakras:

- When we meet someone, we bring our right hand forward. We are subconsciously directing our energy to them; that's our heart chakra's response.
- When there is an argument or confusion, our natural instinct takes our left hand to throat chakra; indicating poor communication and blocked throat chakra.
- If we are excited, our natural instinct takes our hand to heart chakra.
- When we are depressed or outraged, our instinct takes our hand to forehead.

Balanced Palm Chakras

- Enhance creativity
- Helps send and receive energy
- Accurate aura scan
- Manifest openness
- Allows you to give and receive unconditionally without expectation and guilt
- Ability to charge/attune objects
- Feel crystals energy



Under-active Palm Chakras

- Brings illness
- Inability to receive
- Denying to accept healing
- Refusal to heal
- Hesitate asking for help
- Miser

Over-active Palm Chakras

- Wanting to touch everything
- Itchy palms
- Rashes
- Skin peel
- Unable to let go; holding on to issues
- Shopaholic

Opening/unblocking palm chakra is very easy. Listed are few simple and easy methods:

- Draw Reiki symbols on palms and cup palms together asking Reiki to open palm chakras.
- Draw symbols. Imagine a red flower blooming in the middle of the palms. As this flower blooms, your palm chakra opens.
- Ask your dowser to open and cleanse your palm chakra by holding it over chakras.
- When you wash your hands, take few grains of rock-salt and then wash.
- Practice making energy balls to activate palm chakras.

Importance of Foot Chakra

Foot Chakra is one of the most under-rated chakra amongst all the chakras we heal. We often forget to give Reiki to our foot chakra while healing all the other major chakras. Foot chakra is one of the most important chakra as it helps pass the Divine Energy to Mother Earth, which makes grounding powerful. Feet have roots extended into the Earth. Healthy foot chakra helps pass energy to all the chakras, as the energy is derived from Earth.

Symptoms of blocked or closed Foot Chakras:

- Do you feel fatigue and tiredness often?
- Do you suffer from insomnia?
- Does nightmares trouble you?
- Do you feel ungrounded?
- Do you feel restless often?
- Do you feel disoriented and disconnected?
- Do you suffer from 'slow healing'?
- Do you have creativity blockage?

If you have answered any of the above YES, then your feet chakras are blocked/closed.



Image by [MarcoRoosink](#)

How healthy or open foot chakras help?

- Speeds up healing process
- Makes grounding powerful
- Reduces tiredness and stress
- Removes blockages related to manifestation
- Heals insomnia
- Eliminates negative energies, psychic attacks, nightmares...

How to open/unblock Foot Chakras?

- Walk bare feet on grass. As easy and as simple as it gets ☺
- Another method is: Stand bare feet on the ground. Imagine your feet chakra spinning and opening. Imagine roots coming out of your feet grounding you deeply to Mother Earth. Here is a Grounding Meditation technique. Only difference is you imagine roots coming out of your feet and both chakras spinning and opening.
- Those who are fond of crystals can use grounding crystals to open feet chakras. Some of the grounding crystals are Hematite, Black tourmaline, Dalmatian Jasper, Blue Kyanite, Red Jasper, and more. Fill a tub or bucket with lukewarm water. Place some grounding crystals in the tub. Now place your feet in water tub and just play around with your crystals with your feet. That's it, so easy.
- Last but not the least, my favorite method. Give Reiki to foot chakras.

Keep your foot chakras spinning and live a healthy-happy life ☺

Chi Ball the Chakras

Chakra cleansing is the key to a healthy and happy life. Unbalanced or blocked chakras may create havoc on physical as well as emotional level. Every healer has their own way of chakra cleansing. Below is a method using energy ball/chi ball for chakra cleansing.

First thing I always do before activating Reiki flow is invoking Angels, Guides, Gods and ascended masters to bless me with their presence and help me with healing.

Crown Chakra

Activate Reiki and draw Reiki symbols on your palm. Start making an energy ball/chi ball. Visualize the chi ball of the color of crown chakra that is Violet. Imagine Reiki symbols floating in the violet ball. Chant symbols name thrice. State your intent to cleanse, clear and unblock your crown chakra. Say crown chakra affirmation thrice: ***I connect easily with Divine wisdom.*** Release the chi ball.



Image by [Eddi van W.](#)

Brow Chakra

Make another chi ball. Visualize the chi ball of the color of brow chakra that is Indigo/dark blue. Imagine Reiki symbols floating in the indigo ball. Chant symbols name thrice. State your intent to cleanse, clear and unblock your brow chakra. Say brow chakra affirmation thrice: ***I fully and totally trust my intuition.*** Release the chi ball.

Throat Chakra

Make another chi ball. Visualize the chi ball of the color of throat chakra that is Blue. Imagine Reiki symbols floating in the blue ball. Chant symbols name

thrice. State your intent to cleanse, clear and unblock your throat chakra. Say throat chakra affirmation thrice: ***I express myself with confidence.*** Release the chi ball.

Heart Chakra

Make another chi ball. Visualize the chi ball of the color of heart chakra that is Green. Imagine Reiki symbols floating in the green ball. Chant symbols name thrice. State your intent to cleanse, clear and unblock your heart chakra. Say heart chakra affirmation thrice: ***I love and accept myself completely.*** Release the chi ball.

Solar Plexus Chakra

Make another chi ball. Visualize the chi ball of the color of Solar Plexus chakra that is Yellow. Imagine Reiki symbols floating in the yellow ball. Chant symbols name thrice. State your intent to cleanse, clear and unblock your solar-plexus chakra. Say solar-plexus chakra affirmation thrice: ***I manifest my desires easily.*** Release the chi ball.

Sacral Chakra

Make another chi ball. Visualize the chi ball of the color of Sacral chakra that is Orange. Imagine Reiki symbols floating in the orange ball. Chant symbols name thrice. State your intent to cleanse, clear and unblock your sacral chakra. Say sacral chakra affirmation thrice: ***I easily accept my desires and pleasures.*** Release the chi ball.

Root Chakra

Make another chi ball. Visualize the chi ball of the color of root chakra that is Red. Imagine Reiki symbols floating in the red ball. Chant symbols name thrice. State your intent to cleanse, clear and unblock your root chakra. Say root chakra affirmation thrice: ***I am safe and loved.*** Release the chi ball.

Thank your Guides and Angels.

For distant healing, take a substitute such as a doll or a soft toy. Connect HSZSN to the doll/soft toy. Do above procedure. Release chi ball on each chakra.

Quick Fix

If you are in a hurry and have no time for full procedure, just make a single chi ball, add symbols, put intention to cleanse, clear and unblock all the chakras and release the chi ball.

As I said earlier, chi ball is my personal favorite :-)

Different Ways to Send Distant Healing

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 backside 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 ☺

18 Crystals Cleansing Techniques

Crystal healing and Reiki both are two different healing modalities and yet both go together hand in hand. When Reiki and crystals are combined for healing, the result is magnificent. Having crystals along while healing with Reiki energy is like having an extra pair of hands.

Since learning Reiki, I have developed a great liking towards. I have to strictly stop myself from purchasing any and every crystal I come across. Some crystals resonates with me so well as if they are just meant for me. Just holding some crystals in palms starts vibration in third eye. Having bought lots of crystals, next thing is to take care of them.

Cleansing crystal is the most important thing to do before a healing session, setting a grid or programming for any other use. Those who are new to crystals may start wondering why crystals need cleansing. I asked hubby to give me his crystal pendant to cleanse. He said, “*no its ok, it is not dirty*☺”. Actually crystal tends to absorb the energies around them. To diffuse the accumulated negative energy, we need to cleanse crystals. Cleansing removes all the previous programming too. So once cleansed, charge and program your crystals.

Let us explore few crystal cleansing methods here:

Note: I would suggest using Reiki symbols and Reiki flow for every cleansing method. Reiki all the cleansing material used: salt, water, container, candle etc.

Salt Water: Add salt to water and soak crystals for few hours in salt water. Not all crystals resonate with salt and water, so check before soaking crystals.

Dry Salt: Place your crystals in a bowl of dry sea salt/rock salt/Himalayan salt. Make sure there are no left over salt particles once you are done cleansing.

Running water: Hold your crystal under a tap, stream or any form of fresh running water. Imagine all the accumulated negative energy flowing away with running water.



Image by [Arenamontanus](#)

Earth: Place your crystals back to its original cradle. Bury your crystals in your garden, planter or backyard. Alternatively, gather some soil in a container and bury your crystal. After removing, wipe it clean and make sure no soil particles are left.

Breathe: Hold your crystal in your palm and blow forcefully on your crystal. Imagine you are blowing a white light over crystals. Keep blowing till you feel your crystal is shiny or simply blow thrice with the intention to cleanse.

Flame: Just rotate your crystal 7 times over a candle flame to cleanse it. You can even pass your crystal quickly through flame.

Moon/Sun: This is one of the simplest and safest methods. Simply leave your crystals out in sunlight or moonlight. Not all crystals resonate with sunlight so please check crystal's properties before placing in sunlight.

Smudging: Use sage or incense stick to cleanse the crystal. Simply pass your crystal through sage/incense stick smoke.

Reiki only: Hold crystal in palm and draw CKR. Give Reiki with the intention to remove negative energy from the crystal.

Bell or Singing Bowl: The vibration of the bell or the singing bowl has the power to cleanse your crystals. Just play the sound of bell/singing bowl near the crystals.

Selenite: Selenite is considered as 'Universal Stone Cleaner'. It does not need cleansing. Simply place your crystal over a selenite cluster or place selenite over your crystal. Alternatively, put all crystals in a box and program your selenite to cleanse all crystals in the box.

Beach: Going to a beach? Take your crystal along and cleanse with sea water.

Pendulum: Program your pendulum to cleanse the crystal and hold it over your crystal.

Third Eye: Direct white light on your crystals with your third eye with the set intention.

Crystal Clusters/Geode: Some crystals (citrine, carnelian, selenite) doesn't need frequent cleansing. They can be used to cleanse other crystals too. Simply place your crystals on the geode or cluster.

Plants: Lay your crystal besides your favorite flower or plant. Plants have the natural ability to transmute negative energy to positive energy.

Pyramid dome: The shape of a pyramid itself is very powerful. Place your crystals under the pyramid dome. Pyramid dome neutralizes the accumulated negative energy of crystals when placed inside the dome.

Flower essence: Soak flower petals of any flower in water for few hours. Fill this water in a spray bottle and spray on crystals.

Again, for any of the above method, cleansing done with invoking symbols and infusing Reiki will optimize cleansing, charging and programing.

Crystal Water for Healing

All crystals and gemstones have different properties and unique abilities to heal. I am not writing about crystal healing and laying of stones. Today I am writing about Healing with Crystal Water/Essence. Few days back, during wee hours, I was in deep sleep and out of nowhere I heard **Crystal Water** in my mind. I was confused as where this thought popped. I took it as a sign from angels.

So later during the day, I started looking up on Internet about it. And Bingo! I found lots many wonderful techniques for healing.

I tried simplest one to make Crystal Water. So far I have made Rose Quartz water, Citrine water and Clear Quartz water. Crystal essence or crystal water has been used for healing purpose since ages. They can be made easily and can be stored to re-use. There are many ways to make Crystal Water. Some add vodka or vinegar as preservatives. I prefer making it simpler way as I do not prefer preservatives. The crystal water made without preservatives may last up to 20 days. Make sure that you do not use just any crystal as some crystals may have toxic components. ***Study crystal properties before using them.***

Here are two ways to make Crystal Water:

- Choose the crystal or crystals according to your issue. Suppose if you want to make money essence use citrine or if you want for love you can use rose quartz.
- Ground yourself. Stay calm and relaxed. Do some prayer or meditation.
- Cleanse your crystal. Hold it in your palm. Invoke angel's help, ask your crystals for help. Draw Reiki symbols and infuse the flow of Reiki. State your intention and give Reiki to your crystal for about 5-10 minutes. Hold your intention while charging your crystal with Reiki. To heal others, dedicate the symbol to someone by stating their name 3 times along with intention.
- Now here we have the 2 ways to make crystal water:
 1. Take 2 glass containers. One big and one small. Put your Reiki infused crystal in small container and if possible close the container. Fill big container with spring water or filtered water. Place the small container

with crystal in the big container. Take care that the container with crystal doesn't topple. Put the containers out in sunlight or moonlight for 4-5 hours. Your crystal water is ready.

2. Another one is way simpler method. Put your Reiki infused crystal directly in a glass container filled with spring water or filtered water. Leave your container in sunlight or moonlight for few hours. Your crystal water is ready.
 - When your crystal water is half consumed, you can add more water to it and again leave it in sunlight or moon light.
 - Additionally, you can place extra crystals pointed towards container around the container.
 - Alternatively, you let sit crystals in water for 24 hours and then use it.
 - Once every 15-20 days cleanse your container, crystals and do above process to refill and recharge.
 - Fill this water in dark colored bottle like cobalt blue or green.
 - The more crystals you put, the stronger the crystal water is.
 - Mix 5-6 drops of crystal water with drinking water to consume.
 - When consuming this water, make sure that crystals stay in container and don't drop in your glass.
 - You can carry this water to school, office or wherever you go, to keep you charged with crystal healing.
 - You can water your plants with crystal water, with 3-4 drops of crystal water added to one glass of water.
 - It is safe for pets too. Add 3-4 drops of crystal water to one bowl of water.
 - Fill in spray bottle and spray on yourself or affected person.
 - Remove negativity from home or work space by spraying crystal water.
 - Can be applied directly to skin.
 - Crystal Water is also known as: crystal elixirs, gem elixirs, gem waters, crystal tonics, gem tonics, gem essences, crystal essence and more.
 - If you decide to use more than one type of crystal, make sure the properties of crystals are same. Try not make 'crystal chaos' by adding too many.
 - Double check crystals properties before putting in water as some are **HIGHLY TOXIC**. For 'risky' stones always use Method 1.

Be innovative and make use of crystal water as much as you can ☺

Black Tourmaline and Reiki

Black Tourmaline is one of my very favorite crystals. I have black tourmaline stones, a bracelet, a pocket stone and 3 pendants ☺. It definitely shows my craze towards this stone. I have placed stones in each room, one under my wish and pendants for family. Kids are actually addicted to black tourmaline; they miss their pendant when I put the pendants out during full moon.

Every crystal lover knows that black tourmaline is the **MUST HAVE** stone for its powerful healing properties. Reiki and Crystals both have their own amazing healing energies and when both powerful healing energies combine, the outcome becomes double beneficial. The first and foremost thing to do is cleanse the crystal and infuse it with Reiki energy. We all know that crystals works with or without Reiki but crystals infused with Reiki makes the healing quicker, stronger and more powerful.

Black tourmaline is a stone of protection. It is also called as **Guarding Stone**. Infusing Reiki to black tourmaline increases its vibrations to release negativity and blockages and gives powerful shielding and grounding.

Black Tourmaline as Protecting Stone:

(Do not forget to infuse with Reiki to double the benefits of the stone)

- Wearing or carrying this stone shields you from psychic attacks and psychic vampires.
- Shields you from negative vibes.
- When Black Tourmaline is placed in home or work area, it provides protective shield around you and your home space or workspace.
- Transmutes all negative energy to positive.
- Shields you from your own negative thoughts and fear.
- Stops these psychic vampires to suck off your energy; they won't be able to get a drop of your energy if Black Tourmaline is around your auric field.
- Wear a Black Tourmaline or place it in your wallet, purse, bag, and pocket, under your pillow, add in your bath or anywhere in your room. Place it beside electronic equipment. Make an elixir of this stone and spray on self or space. Just keep this stone close to your auric field.
- Rubbing Black Tourmaline also brings good luck and happiness.

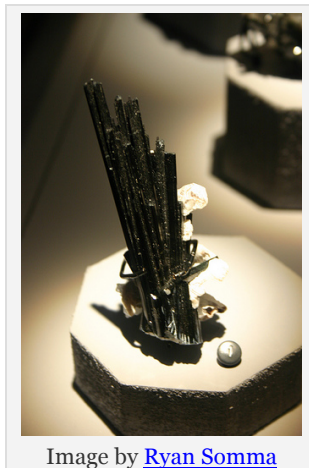


Image by [Ryan Somma](#)

Black Tourmaline as Healing and Grounding Stone:

- We all know how important grounding is for Reiki practitioners. Wearing or carrying Black Tourmaline makes you feel grounded and safe.
- Many times practitioners forget to ground themselves before healing a client. Always make a habit to wear or put Black Tourmaline near the healing space to protect you and ground you.
- Black Tourmaline is directly connected to root chakra hence it helps balancing root chakra. It also connects us to Mother Earth.
- Helps reducing stress and addiction.
- Place a Black Tourmaline on your Solar-Plexus and give Reiki to bring clarity and power.
- Meditating with Black Tourmaline brings more light to cells.
- Stimulates balance between left and right side of the brain.
- Also helps balancing work-and-play, pain-and-ease and high-and-low vibrations.
- Many times after giving healing, practitioners feel drain-out as they have absorbed client's energy. In that case, just hold Black Tourmaline in your palm and relax for a while. It deflects all unwanted energies absorbed from the client.

Black Tourmaline to absorb Electromagnetic Energy:

- We are all around electronic equipment and devices and accumulating electromagnetic energy. Black Tourmaline helps absorb electromagnetic energy.
- Give Reiki to the stone with the intention that it absorbs all electromagnetic

energy. Place the stone near equipments and devices that emits electromagnetic energy.

Black Tourmaline as Manifesting Stone:

- Write your wish on a paper. Draw symbols and chant its names.
- Fold the paper and put it under Black Tourmaline.

That's it. As simple as that. Black tourmaline removes negativity attached to your wish and further shields it, hence quicker manifestation.

Black Tourmaline Grid:

Setting a grid with Black Tourmaline removes negativity off your wishes and hence makes healing and manifestation faster.

Alternatively you can place Reiki charged Black Tourmaline stones in all corners of the room if you feel people with negative energy keeps entering your room. This is best done at work place or office where many known or unknown people tend to enter. Black Tourmaline absorbs all the toxic and negative energies and provides a shield to your room.

So, if you don't have Black Tourmaline stone, go and order one NOW 😊

Crystals for Weight Loss

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 crystals 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.



Image by [Antranias](#)

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.

- ***Supreme combo for weight loss - Apatite, Seraphinite and Sunstone.***
- ***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:

- Make crystal water with single stone or combination.
- Carry it with you in pocket, purse or bag.
- Wear it as a pendant, necklace or bracelet.

- Put it under your pillow.
- Meditate with the stone.
- Make a crystal grid for weight loss.
- Keep a bowl of crystals beside your fridge.
- 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.

Release the Weight

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.

11 Quick Aura Cleansing Techniques

Our Aura is like a magnet. It attracts all kinds of energies surrounding us. We cannot always be surrounded by good people and positive environment. It isn't always possible to avoid things that leaves negative vibes in or aura. Due to work, travel, or for whatever reason you come across and pass negative vibes too. All these negative vibes get accumulated to our aura. So it is very essential to cleanse our aura on regular basis. There are many techniques to cleanse aura like Kenyo Ku, Sweeping, and Smudging etc. Below are some simple and easy techniques to cleanse aura.

1. If you have a **bathtub**, fill the bathtub with warm water. Add some essential oil. Add Himalayan salt or sea salt. Invoke Reiki symbols and start Reiki flow. Intend that this water will clear all negativity away, cleanse your aura and fill it with light. Light small candle and burn incense stick. Step in your bathtub and relax.

2. It is a variation of the above method if you do not have bathtub. In a bucket, add essential oil and Himalayan Salt or Sea Salt. Invoke Reiki symbols and start Reiki flow with the intention to remove negativity and cleanse aura. Have a **bath** with this water.

3. Draw Reiki symbols on **showerhead** and give Reiki to shower head with the intention that the water that flows out will remove all negativity and cleanse aura. Imagine water coming out of showerhead a sparkling white light and covering you in divine light.

4. Draw Cho Ku Rei on the roof of your mouth with your tongue and hold your tongue there. **Breathe** in deeply through your nose while counting till 6. Count till 3. Exhale through mouth counting till 6 with lips slightly pressed together. Do this 3 times. This is a real quickie to cleanse your aura.

5. Draw Reiki symbols on a **smudge stick**, hold it in your palms and give Reiki for few seconds with the intention that the smoke that comes out will remove all negative, dirt and debris from your aura. Burn the end of the smudge stick and wait till the flame is out. Now, waft all around your body from head to toe. The smoke will cleanse your aura.

6. Draw Reiki symbols on **palms** and set your intention to cleanse aura. Now with your fingers, comb through your aura from head to toe, untangling wherever you feel any tangles or heaviness in energy.



7. Soak any flower (rose, jasmine, lavender) in distilled water for couple of hours. Fill the water in **spray bottle**. Charge it with Reiki and sprinkle on your client from head to toe. Move clockwise and spray water at your client's front, back and both sides- top to bottom. They will feel extremely refreshed.

8. Take a **raw unbroken egg** and wash it. Infuse with Reiki. Say any prayer and set your intention. Sweep your aura with this egg starting from head to toe. Some prefer egg contact on skin and some prefer noncontact method. You can hold the egg for longer on certain spots if you detect dark energies. Once finished, break the egg n flush. Some prefer doing egg-reading. They can break the egg in water bowl and let it set for few hours. **DO NOT COSUME THIS EGG.**

9. Imagine **white or golden light** covering your aura, passing through your crown and out through feet, taking away all negativity and blockages.

10. Imagine **violet flame** in front of you. Step into the flame and let it cleanse your aura by removing negativity. When you feel it is done, protect yourself with CKR.

11. Give a **chi-ball** to self with the intention to keep your aura clean and chakras unblocked.

In all of the above techniques you must have noticed that having a strong intention is the main thing. Cleansing your aura is **MUST**. Cleanse your aura regularly to stay healthy and happy ☺

Aura Sweeping With Crystals

In one of my previous article I had given multiple ways of quick aura cleansing techniques. Here is the link if you want to refer [11 Quick Aura Cleansing Techniques](#). Today I will show you another way to heal your aura using crystals. Lately, most of my articles are related to crystals, I am so obsessed with crystals 😊

Select and 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 aura healing and charge it for a minute with Reiki.



Image by [Antranias](#)

Now hold your crystal in your dominant hand. Rotate the crystal in large sweeping motions around your aura for 7 times in clockwise direction. Make sure you cover your aura from above your head till toe. Best way to perform this method is to sit somewhere comfortably and continue.

The best crystals for aura healing are:

Aura Cleanser - For general cleansing, use **Lapis Lazuli** or **Black Tourmaline**.

Aura Moods - To improve your aura mood, use **Rutilated Quartz**.

Aura Protection - **Labradorite** is the best stone for protecting your aura.

Aura Alignment - To align your aura layers, use **Citrine**.

Aura Booster - To energize your aura, use **Sugilite**.

Aura Holes - To heal your aura holes, use **Amethyst**.

Auric Tears - To heal auric tears, use **Green Tourmaline**.

Aura Repair - For general aura repair, use **Carnelian**.

Aura Negativity - To ward off negativity from aura, use **Smoky Quartz**.

Aura Strengthening - To strengthening the aura, use **Magnetite**.

These are just few crystals mentioned above. You can also wear and carry these stones with you for your aura protection. You can use crystal water/crystal elixirs too.

Karmic Scars

What are karmic scars? Karmic scars are lethal wounds or scars from past lives that are carried over to the next life. Karmic scars are also known as Birthmarks. Who would have thought that most birthmarks have a story to tell, a story of a past life. Birthmarks or karmic scars are usually formed at an exact place where your body had endured severe blow or injury in one of the past lives.

According to Dr. Ian Stevenson's research, if someone dies of bullet or knife wound in past life, the karmic scar or birthmark would reappear exactly at the same place. These birthmarks or karmic scars resurface as a reminder to heal those past lives events; it is a reminder that indicates there are some unfinished businesses.

There are two reasons of Karmic Scars:

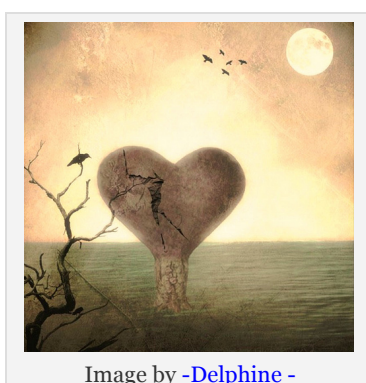
1. Not enough gaps between incarnations for body to heal properly.
2. It is a bridge to reconnect with your past lives trauma to heal it completely.

To know details about your karmic scars, you can either get Past Life Regression (PLR) done or get Akashic Records read. Karmic scars could be related to past lives success, failure or love. Your karmic scar history may show you as a careless person in previous life or it may show that you were a national hero who was traumatized by enemies during a war or it may show that you got badly injured trying to save someone you love. Different karmic scar has different story to tell.

Understanding your Karmic Scars:

- A **deep red birthmark/ karmic scar** could be unhealed burn mark. The darker the red, the more healing it needs.
- A **white birthmark/ karmic scar** also shows burn injuries. White means it had been healed karmically before hence not much healing needed.
- The **even black round or oblong birthmark/ karmic scar** indicates bullet wound.
- **Scattered brown/black birthmarks/ karmic scars** indicates scattered bullet shots.
- A **red/brown cut or slight curve** means stab wound.

- **Spots inside the eye indicates eye injury**- stab or puncture. (I have this, multiple in both eyes. Did not know the meaning of this earlier ☺)
- The **patch on head** where hair doesn't grow due to some birthmark/karmic scar indicates hair had been forcibly pulled out.
- The birthmark/ karmic scar that has **darker inner side and lighter outer ring** indicates a poisoned arrow wound.
- **Botch**- Surgery without anesthesia.
- A brownish birthmark/ karmic scar that looks like a **wart** indicates leprosy patch.



Healing Karmic Scars or Birthmarks:

- **PLR or Akashic Records.** Here is a wonderful article written by Ananya Sen about Akashic Records.
- **Cut Karmic cords.** Ground yourself. Call upon Archangel Michael to help you cut all the etheric cords that no longer serves you and Archangel Raziel to heal past lives issues. Draw a big HSZSN in front of you and just 'walk-in' the symbol so that you are totally enveloped by the symbol. Connect HSZSN to all the past lives cords that no longer serves you. Now simply infuse Reiki flow with the intention to cut all the cords that no longer serve you for your highest good. Reiki is smart, it knows what needs to be done. Alternatively you can scan your body and feel ropes and cut them. Draw a big SHK in front of you and 'walk-in' the symbol. Intent that it heals all the mental and emotional issues related to your past lives. Draw big CKR and seal the session.
- **Karmic Reiki.** Use Karmic Reiki and Karmic Reiki symbols over the karmic scar with the intention to heal that particular trauma or situation.

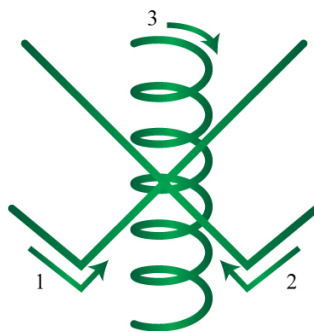
- **Usui Reiki.** Call upon your guides and angels. Connect HSZSN with the trauma/issue related to that particular karmic scar. Draw CKR and SHK over the karmic scar and state ***“I am now releasing all the karmic ties, chains, connections and cords that holds me to the issues related to this karmic scar. I forgive everyone for whatever happened related to this karmic scar across lives and I ask for their forgiveness for same issue”***. Draw CKR over the scar and seal the session.
- **Intention slips in Reiki box/Crystal grid.** State a clear intention to heal trauma related to particular karmic scar/birthmark. Draw whatever symbols you are attuned to and place the intention slip in Reiki box or grid.

You need to do above healing methods multiple times to heal karmic issues. There are other techniques to heal karmic scars: Violet Flames, Kundalini Reiki and more.

Rama Symbol

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 right 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 CKR and SHK both. It can be combined with CKR and SHK 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.

Magic Reiki

Elena Sarovskaya founded magic Reiki in 2008. Magic Reiki basically deals with the energies of ghosts, black magic, spells, curses, exorcism etc. It is programmed to eliminate and heal all the negative effects of such dark energies.

There are two levels of Magic Reiki. Practical level and Master Level. Only one symbol (Pentagram) is introduced in master level, none in practical level. Magic Reiki removes all negative programs from client's informational field that is related to curse, evil eye, spells etc. It also cleanses any objects and space. It removes residues of the 'evil person' who was in the room by detecting all negative spells, evil eye implemented on person, space, any substance food or objects.

Pay extra attention to solar-plexus chakra as these is the chakra, which is often attacked by psychic vampires and 'evil eyes'. Put both your palms one over above and direct the flow of Magic Reiki with the intention to purify solar plexus from all negative vibes.

Magic Reiki can be combined with other Reiki systems or healing modules. Just connect to your Higher-self and activate the flow of Magic Reiki using the Pentagram symbol. It will detect all impurities and remove them from root. You can draw the Pentagram symbol on your palms, in the air, on objects or anywhere you want to and infuse Magic Reiki flow with the set intention. Alternatively draw the symbol on the roof of your mouth and blow forcefully on the desired place/person/object with the intention to remove all negativity.

Working on a client, hold your palms parallel to each other over client's head and imagine energy streaming down from crown chakra to root chakra and to the earth, taking away all negativity. To create protection, send pentagram symbol with Magic Reiki to client's heart chakra. If your client's energy is low, send the symbol to solar-plexus chakra, sacral chakra and root chakra.

To cleanse the negative past situation, imagine the situation when your client came across the negative energy (touched something, ate something, black magic etc.). Imagine a well and draw pentagram symbol on the ground of the well. Place the affected situation over the pentagram and infuse it with Magic Reiki with the intention that all negative energy transfers to the well. Once you feel that energy is cleansed, seal the session with golden pentagram. Visualize

the new scenario to completely end the session. You can do the same procedure to heal your karma and neutralize energies.

If there is some negative tampering performed on an object, do not touch it. Make an energy ball with Magic Reiki and pentagram symbol with the set intention and place the ball over the object. ***The Pentagram symbol can be used to delete active negative programs from the past, guides lost soul to other world and to remove Exorcism.***

This is just a brief introduction to Magic Reiki. To be able to use it, you need attunement, manual with proper instruction.

Let the Magic begin ☺

Full Moon Ritual

Full moon is a powerful time to step out of an old routine, to let go and release whatever doesn't serve you. Here is a technique to help your goals. This technique works best when in groups but it can also be practiced alone.

You will need the following items:

- A big bowl full of water
- A floating candle
- Matches
- Rose petals
- Smudge sticks or incense sticks



Procedure:

1. Cleanse the area you picked by lighting a smudge stick or an incense stick.
2. If it is possible, sit under the full moon. If not possible, sit in your balcony or your room, patio or verandah (the room being the last resort). Make a direct connection to the moon with distant symbol.
3. Do a grounding exercise by imagining that you are rooted firmly to the Earth.
4. Place a large bowl of water on a table directly on the ground or on a table and add the rose petals in the bowl containing water.
5. Take a floating candle and hold it between your palms. Enable the flow of Reiki and say in your mind or aloud whatever you wish to release and let go.
6. Place floating candle in the bowl filled with water and petals. If you are doing a group ritual, everyone is required to place their candle in the same bowl.

7. Light the floating candle. Connect the candle to the moon energy with distant symbol and declare what you are releasing. Transfer all that you want to release to the candle. As the candle burns away, all that you wished to release is turned to light by the full moon energy.
8. If you are conducting group session, you can hold each other's hands and form a circle while performing this ritual.

Happy Manifestation ☺

New Moon Abundance Checks/Cheques - The Reiki Way

Most of us know the concept of Abundance checks/cheques.

The concept of Abundance Check/Cheque is based on Universal Law of Attraction. When you write these Abundance checks/cheques, you are signaling Universe that you are open and ready to receive. It aligns your intentions with Universe. Practicing writing Abundance checks/cheques every month is re-affirming your intentions. Abundance checks/cheques are to be written within 24 hours of New Moon. Abundance does not necessarily mean just financial abundance- it may open doors to abundant love, abundant opportunities and other aspects.



This will work with or without Reiki but I am a total Reiki person. I infuse Reiki in literally everything I do hence I write an Abundance check the Reiki way. So here is my method of Abundance Check/Cheque-The Reiki Way. If you don't have a checkbook, you can draw a check.

Write your check/cheques as shown below.

1. Within 24 hours of New Moon, write a check/cheque.
2. Pay to _____ (your name)
3. Amount in words **PAID IN FULL**. Amount in a box **PAID IN FULL**.
4. Sign the cheque **THE LAW OF ABUNDANCE**.
5. Back of the cheque, Draw Reiki symbols, Midas Star and if you are attuned to Karuna Reiki, draw Vasudha symbol.
6. Connect your check/cheque with moon energy with HSZSN. Give Reiki to your check/cheque and keep the check/cheque safely.
7. I put a glass of water on the check/cheque and leave it overnight in the moon to absorb moon's divine energy. In the morning I put the check/cheque safely and drink the water.

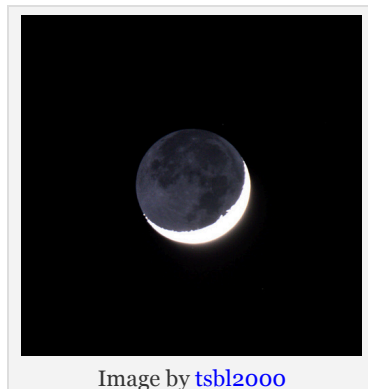
Very easy and effective way to attract more abundance and money in your life. Try this for minimum three months and see the difference. After 3 months either you can burn your checks/cheques or keep it safe in an envelope.

New Moon Ritual for Health, Love and Money

New moon is the time of action - to start working towards your goals and wishes, to manifest perfect health and relationships, to start a new venture and finally see all these reaching to a new peak in near future. This New Moon let us concentrate on 3 main aspects of life - Health, Love and Money.

Things you need: Pen, paper, crystals (Amethyst, Rose quartz, Green Aventurine), 3 small glasses filled with water, 3 candles (optional).

Health - Take a paper and draw the power symbol Cho Ku Rei on all four corners to seal the energy. List down three things that you wish for your perfect health. Draw Reiki symbols you are guided to on the backside of the paper. Take Amethyst and program it with your perfect wish. Fold the paper and put Amethyst over it, outside in moonlight to absorb moon energy.



Love - As above, draw Cho Ku Rei on 4 corners of the paper to seal the energy. List 3 things that describe your perfect partner or perfect relationship. Take a Rose Quartz and program it with your wish and place it over the folded paper beside the Health-wish.

Money - Same as above, draw Cho Ku Rei on 4 corners of the paper to seal the energy. List 3 things that describe your money wish. Example- I have four-bedroom luxury flat in a posh area with so and so facilities. Take Citrine or Green Aventurine and program it with your wish. Put the paper and crystal next to Love-wish.

Put glasses filled with water over each folded paper. You can move your crystal to make place for glass. Leave it outside to absorb moon energy overnight. Connect all 3 sets of water-crystal-wish to moon energy with the

help of Hon Sha Ze Sho Nen. Call upon Archangel Haniel and Moon Goddess for blessings.

Drink the water in the morning, which is now charged with crystal energy, moon energy and your wish. Keep these wish chits in your Reiki box and try to read it few times a day. Alternatively, carry these wishes with you everywhere and read whenever you have time.

For any moon ritual, be it full moon or new moon, wait three months for outcome.

16 Ways to Manifest Money with Reiki

As I always say, Money is an integral part of our life. Apart from our basic needs, we need money to live the life we envisaged for ourselves and for our family. The extra income is always helpful to fulfill our desires and goals. Aren't we all always on a look for the ways to increase abundance in our life?

Here are some methods to manifest more money into your life:

1. Reiki Box

Reiki box is that magical and sacred box in which you put all your intention slips together and give Reiki to the box. To heal your money issues, make intention slips with appropriate symbols and heal the box daily. You can write your own intention or pick affirmations from here. Do not put any punctuations or commas when writing your intentions. OK, so Reiki box is magical but that doesn't mean that you put an intention stating of being a millionaire within 10 days 😊

2. Heal your Wallet/Purse

It is easy. Just hold your wallet in your palm and give reiki with set intentions or affirmations. Those who are attuned to symbols can use symbols freely.

3. Heal your Cash, Cards and Bank accounts

You can put energy ball on cash, cards, and bank accounts with set intentions or affirmations. Alternatively draw symbols and give Reiki to cash, cards, and bank accounts. Draw symbols on the cash you receive, cash you give, checks/cheques you write, your bank accounts, your stocks and shares and other investments.

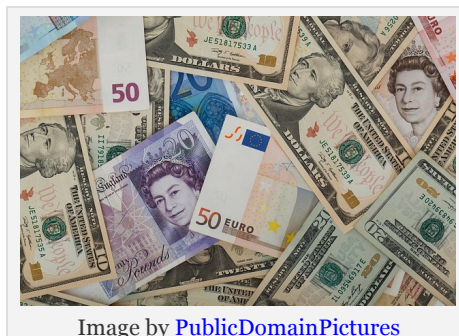


Image by [PublicDomainPictures](#)

4. Reiki Candles

Infuse the candle with Reiki and set intentions or affirmations. Let the candle burn away all your money blockages and negativities.

5. Distant Symbol

Use the distant symbol to heal the past blockages and obstructions related to money. Send Reiki to future situations, future finances, send positivity, and remove possible blockages.

6. Money Crystals

Here is the list of Money Crystals that you can use to attract abundance. Take a crystal, cleanse and program it to attract more and more money towards you. You can wear this crystal in the form of bracelets, pendants or earrings keeping it near your auric field. I make abundance bracelets and wear it. You can place the programmed crystal in your house and work place. Leave a stone in your money drawer or cash register.

7. Magic Money Box

Make a box with mirrors glued inside the box. Place the things that symbolize money inside the box (cash, real jewelry, money crystals, energy circle or switchwords). Here is the procedure to make Magic Money Box.

8. Crystal Grid

Create a Crystal Grid, make intention slips just like you make for Reiki Box and place it on the grid. You can use 'money crystals' to attract more abundance for your grid.

9. Switchwords and Healing Numbers

Chant the switchwords DIVINE FIND COUNT to attract more money. There are more switchwords and healing numbers for money, prosperity and abundance but the above ones being the easiest, I use that mostly. You can write switchwords and healing numbers on a paper, draw reiki symbols, hold the paper between palms and give Reiki to it. You can make energy circles by writing your name, switchwords and healing numbers inside a circle. Make sure the circle line is not broken or over-lapped. Alternatively you can get a

printout of energy circles provided on websites such as blueiris.org. You can place this energy circles under your pillow, stick it on the wall or charge your food and water on it by placing plate or bottle on it.

10. Remove Money Blockages

Take a black tourmaline, black obsidian or black onyx. Cleanse and program it to remove negativity and blockages related to your wish and transmute it into Divine light. Infuse the stone with Reiki. Write your wish on a piece of paper and draw symbols on back side. Put programmed stone over it. That's it.

11. Space Cleansing

Cleanse your home and work space with power symbol and by placing energy ball in all corners. You can also use sage, incense sticks, rock salt or camphor lamps for space cleansing.

12. Symbols

Draw Reiki power symbol, emotional symbol, distant symbol, Vasudha symbol, Midas Star, money symbol or Zibu prosperity symbol on a paper. Put this paper in your purse or wallet in such a way that every time you open your wallet/purse, you can see it. Think of money, prosperity and abundance whenever you see your paper. You can place this paper on cash register or anywhere in front of you.

13. Angel Cards/ Tarot Cards

Pick cards that resonate with your money issue or abundance wish. Draw symbols over it and put it under your pillow every night.

14. Piggy Banks, Money Box, Bill files

Charge your money box, piggy bank and bill files with symbols and Reiki. Place programmed money crystal inside your piggy bank or money box. Place it over your bill files.

15. Angels

Call upon Archangel Ariel, Archangel Raziel, Archangel Barakiel or Abundantia Angel to delete and erase all the negative effects regarding money

created by your actions, beliefs and thoughts. Ask angels to connect you to right people who can further help you with your job, business and career.

16. Animal Spirit

Call upon Squirrel, Frog or Crane. Carry their pictures with you, save the pictures as wallpaper or screen-savers. Squirrel, frog, and crane open money sources required by you.

Manifest Money Now ☺

Attract Money

With the help of powerful intentions and law of attraction, Universe magnifies the process to manifest your desires. Add Reiki energy and Crystal energy along with Law of attraction and leave all your worries and wishes to Universal Life Force Energy.

Here is one of the simplest methods to attract more money:

- Take a cash note. If possible, take a bigger denomination.
- Take Money Crystals, hold in non-dominant hand, draw the power symbol and rotate your other hand coned fingers over it anti-clockwise and say ***cleanse cleanse cleanse***. Program it with any Money Affirmation or you can use this one: ***I place no limits on the amount of money I can receive.***
- Fold your cash and hold in non-dominant hand. Place crystals over it. Draw Reiki symbols as well as any abundance symbols you know.
- Give Reiki to this cash and crystal with money affirmation or use this: ***I place no limits on the amount of money I can receive.***
- Put this cash in an envelope or box. If you select envelope, place your crystals on top of the envelope. If you select a box, place these crystals inside the box.
- During next 3 months whenever you come across any unexpected money or anything that symbolizes money, put it in this envelope or box.



Do not keep counting. Notice the magic after 3 months 😊. I have collected quite a few notes in few days. I haven't counted yet but very happy seeing the bulge 😊 .

Here is another method:

This particular method is especially for needy ones. E.g. you need \$500 to pay insurance or you need \$1000 to pay mortgage.

- On a piece of paper draw the power symbol on 4 corners of the paper, sealing the energy.
- Write your intention very clearly: ***I need \$1000 to pay mortgage or I need \$500 to pay insurance dues.***
- Draw Reiki and abundance symbols on backside of the paper. Give Reiki to it for about 10 minutes.
- Carry this paper wherever you go throughout the day. Read your intention few times whenever you get time.
- At night, call upon Angels and Universal energy to manifest your needful desire.
- Repeat this for minimum 10 days or until manifestation.

If it is meant to be, and for your highest good, you will get your money.

Magic Money Box

Money is an integral part of human life. We need money to survive. Apart from essential use of money, we need money to follow our passions and fulfil our dreams and goals. Below is a small way you can attract more money to fulfil your wishes and goals.

The inside and outside of my magic money box. Lord Ganesha wooden cutout on top.

First and foremost thing to do is to cleanse your surroundings. Let go of “excess baggage”. Declutter your workspace and home. Invoke symbols and Archangels to cleanse and purify your surroundings. Burn sage and incense sticks for purification. If possible, put this magic money box in southeast corner of your house or workplace.



My magic money box. Lord Ganesha wooden cut out on top.

To make a Magic Money Box:

1. Take a box that attracts you. It could be anything, a shoebox, small carton or a jewellery box of any size, any shape. Take time to decorate it. Put all your heart in decorating the magic box. Imagine your financial goals manifesting while you decorate your magic money box. You can use anything to decorate, wrapping paper, stones, shells, colors, glitters, whatever attracts you.
2. Take mirrors of the size that can fit in the box. You need minimum two mirrors. Maximum no limit. When the number of mirrors in all the sides of the box are added they should be even. Mirrors can be placed on 2, 4 or 6 sides of the box facing each other in parallel.
3. Stick the mirror on the inside base of the box and on inside top of the box (Lid). If you want to add more mirrors, stick on sides too. Keep in

mind that the number of mirrors has to be even numbers when added in total.

4. Take a piece of paper (green if possible), make intention slips based on finance, abundance or prosperity, stating your wishes clearly. You can also put money-affirmations. Draw symbols that you are attuned to on the backside of paper.
5. Add the things that project money in the box. Citrine, Aventurine, Cash, Jewellery, etc. Do not use fake jewellery as it does not represent real money.
6. Take a candle (green if possible) and lit it. The reason for the paper and candle being green is simply because the color green attracts and symbolizes money. Place your ready magic box beside the candle. Read out your intentions aloud or in mind. Visualize your wishes being manifested. Call upon your angels and request them to keep your money box charged and flowing with fortune. Blow the candle and thank the Angels and the Universe.
7. Give healing to the magic money box daily. Burn sage or incense stick around the area where you keep the box, so as to keep the area pure and devoid of negative vibes.
8. Once your wish is manifested, invoke symbols and angels. Thank symbols and angels and burn the slip.

Personally, I placed one affirmation only. "I love money. Money loves me and comes to me easily." Within one month of making the box, we bought two laptops (My husband was against buying even one new laptop earlier). After another month I started festive-crafting business. Next, hubby bought few gold jewellery for me and daughter. I thank my magic money box daily. I am saving more money than before.

My only advice to whoever tries this is to have patience. Don't let the waiting period bring negative thoughts. Try this method and fulfill your dreams faster.

All about Grounding

Grounding in simple words means being aligned to Earth energy. Most Reiki Practitioners use Grounding techniques to transfer energy from Earth to their body. Grounding is most essential to those who practice Reiki or other spiritual healings.

Grounding Meditation

1. Relax and close your eyes.
2. Connect your tongue to the roof of your mouth.
3. Take three deep and relaxed breaths.
4. Breathe in. As you breathe in, imagine a white light from universal energy entering your Crown chakra, to your Heart chakra.
5. Hold your breath counting three.
6. Breathe out. Release the white light from your Heart chakra through your Foot Chakra.
7. Hold your breath and count three.
8. Now reverse the whole procedure. Breathe in green earth energy through your foot chakra. Hold your breath counting three.
9. Breathe out. Release the green energy from your Heart chakra to the universal source through your Crown chakra.
10. Repeat three times.



Benefits of Grounding

- Improved health
- Being in the present moment
- Stay focused
- Less fatigue
- Reduced stress

- Fast manifestation
- Protection when healing others
- Keeps you rooted
- Connects you to the Earth energy
- Cures insomnia
- Reduces chronic pain
- Improved blood flow
- Relieves headache
- Protection from EMF
- Reduces snoring
- Reduces anxiety
- Improved metabolism
- Hormone balance
- Better immunity
- Improved memory
- No restlessness
- Keeps psychic vampires away
- Replenish your energy
- Freshness
- Communication with Higher- Self
- Reducing fear
- Promotes calmness
- Speeds up healing
- Reduces Jetlag
- Promotes positivity
- Keeps entities away

Ways to Be Grounded

- Walk bare foot on earth
- Tree meditation
- Grounding crystals
- Reiki foot chakra
- Sleep on the ground
- Rama symbol
- Sage/ incense stick cleansing
- Dance
- Walk/ Exercise
- Stand under shower

- Hug a tree
- Planting a seed
- Spend time in garden
- Mountain meditation

Grounding Crystals

- Black and blue Kyanite
- Black Tourmaline
- Black Obsidian
- Black Onyx
- Carnelian
- Smoky Quartz
- Clear Quartz
- Fire Agate
- Dalmation/ Dalmatian Jasper
- Sugilite
- Red Jasper
- Hematite
- Ruby
- Tigers Eye
- Turquoise

Stay grounded and stay blessed ☺

6 Psychic Protection Techniques

It is very important to protect yourself from psychic attacks when you are a Reiki healer or an energy worker. Psychic attacks are negative energies directed towards you with conscious or unconscious intentions.

Here are some quick psychic protection techniques:

- Draw a large CKR of your height in front of you in the air. Chant its name thrice and walk in to the CKR. Imagine being engulfed by the CKR, covering you from toe to head and above. Intend that no negativity or psychic attack can harm you.
- Imagine a big bubble/egg/pyramid of white/golden/purple light around you. Fill the insides of this bubble with Reiki. Ask Reiki to protect you. Intend that no negativity and evil eye effect can penetrate this bubble.
- Imagine a bubble around you with a ring of fire. Fill the bubble with Reiki energy and imagine the fire burning off all the negativity, psychic attacks and evil eyes directed towards you.



Image by [Mhy](#)

- Make crystal water spray of black tourmaline, black obsidian or pyrite. Click Crystal Water to know how to make the spray. Spray your aura, home, work place or car with this crystal spray.
- Call upon Archangel Michael every morning and ask him to protect you by engulfing you and your loved ones in his angel wings.
- As soon as you wake up, imagine a zipped purple hoodie cloak covering you from toes to head and above. Intend that this cloak filter away all negativity acting as a barrier and protect your own energy.

Protect/shield yourself and your loved ones from psychic attacks for healthy and happy life 😊

Triple Layer Protection Shield

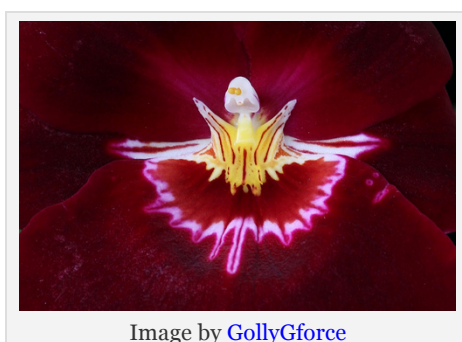
Why do we need shielding? We come across umpteen of people throughout the day who carries positive energies, negative energies or neutral energies. Shielding is needed to protect ourselves from outside negative vibes and dark energies. Protection shield repels lower energies and maintain high vibration within our auric field. The people with low energy may unconsciously absorb your energy that may make you feel totally drained and out of energy. And there are those who are envious of you and knowingly or unknowingly diverts negative energy or evil eye towards you.

Personally, shielding is something I do as soon as I wake up. My day starts with shielding myself. Before any of my family member steps out of the house, I activate protective shield around them. I protect our car and bike or any mode of transport as well. I have 2 personal favorite shielding methods and I use both methods daily.

First one is extremely simple.

Call upon Archangel Michael and ask him to wrap his angel wings around you and your loved ones. You will feel protected throughout the day.

Second is creating triple layer protection.



- Imagine a cocoon of big circle, pyramid or egg shape in front of you. Step inside. If shield is for long distance, imagine the person inside this cocoon.
- Imagine **White light layer** around your cocoon. Now imagine **Golden light layer** next to white light layer. Now, imagine **Violet Flame layer** next to Golden light layer. You are inside the cocoon that is protecting you with white light, golden light and violet flame. Draw Cho Ku Rei inside the cocoon and fill the cocoon

with Reiki energy. Now, **intend that this shield is impenetrable from dark and negative energies and only positivity is allowed inside. All the negativities directed towards you shall burn off or transmutes to light.**

- Program the shield by stating, ***“This program can be reactivated or deleted only by myself. This shield shall last for next _____ hours. To activate the shield, I shall just intend SHIELD UP.”***

You do not need to do the full procedure daily. Just Intend or say **SHIELD UP** and your shield will be activated. Re-new the shield every week.

Shield yourself and loves one to stay happy and healthy ☺

Working with Archangel Chamuel

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

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

- To have happiness and help discover love in our heart.
- To help us rejuvenate and improve strained relationships as well as help find our soul mates.
- To help us strengthen our relationships so that it becomes loving, meaningful, healthy and lasting.

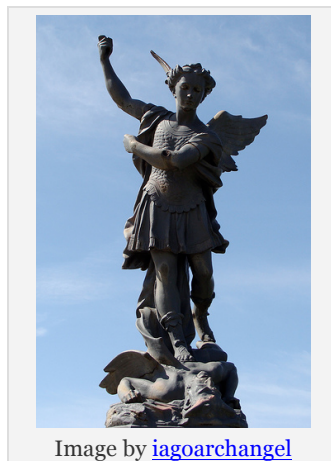


Image by [iagoarchangel](#)

- Archangel Chamuel frequently communicates with us by giving us new ideas to improve and strengthen our relationships with our partners, family and friends.

- To help us find new friends, help us learn how to bond, forgive each other, help us resolve misunderstandings, and restore back broken relationships.
- To help bonding between parent-child. Many a times teenagers becomes rebel or parents are not able to cope with today's generation, call upon Archangel Chamuel to bring peace amidst your relationship and to re-strengthen the parent-child bond. Also draw CKR+SHK+CKR sandwich as add-on energy.
- Very few people know that Archangel Chamuel is also a spiritual career counselor. If you need guidance regarding your career, ask Archangel Chamuel to show you the right career path.
- Archangel Chamuel represents peace and calmness.
- Last but not the least, Archangel Chamuel can also help you find lost objects. Nothing is hidden from the eyes of Divine. Along with Reiki and Chamuel's power, you will find your lost object. Draw SHK and start Reiki flow. Just say simple invocation, "*Archangel Chamuel, I seem to have lost my earring (any object), please help me find it so that I can be at ease. Thank You*". He will give you some or other signal.

Invoking Archangel Chamuel

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

Meditation with Archangel Chamuel

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

stop them. Let go of bad or unwanted memories. Keep a watch on your thoughts or any sign from angel.

Crystal

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

Archangel Chamuel's associations:

Planet - Earth, Mars

Day of the week - Monday, Tuesday (debatable)

Direction - Southeast

Element - Fire

Zodiac - Aries

Chakra - Heart

Crystal - Pink Quartz, Fluorites

Aura - Pale Green

Twin flame - Charity

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

Angel Jar

I got this idea to make this Angel Jar from Angels. While reading angel cards for myself, I got this “*GOD BOX*” card. Somehow I ignored the message and did not make this God Box. I started getting this *GOD BOX* card whenever I used to do angel reading for myself. So one fine day, I decided to make God Box. I look around in the house but could not come up with any box that would give the feeling of perfect box. Then out of blue, a plastic jar caught my eye. That was IT. I painted and decorated the jar. Left in the balcony for the paint to dry. Later, I saw a beautiful butterfly hovering over my jar. Hence the name ‘*Angel Jar*’.

You can use any box or jar. Name it God Box, Angel Box, Angel Jar or even fairy box. Basically the concept of this ‘*Angel Jar*’ or ‘*God Box*’ is to handover/transfer all your worries to higher authorities.

- Take a Box or a Jar. Decorate it if you want to.



- Pray and call upon God, Angels, Ascended Masters, Guides or Faeries. Tell them that you are giving away all your fears to them to deal with it.
- On a paper write down all your worries, troubles, doubts, fears or whatever is troubling you in details. Write as if you are sharing your problem with someone.
- Draw whatever reiki symbols you are attuned to on the back side of the paper. Give reiki to this paper with the intention that ***you are now depositing all your worries, fears and problems into this jar and you are letting your angels take care of those issues.***
- Important → Trust that it is taken care of now.

- Do not re-read your slips often. Read out loud after 15-20 days and burn these slips. Write fresh ones with new or old issues.

You can decorate the slips if you want to or you can keep it simple. Totally up to you. Do not hesitate to write any problem. Pen down any issue big or small. Be sure that it will be taken care of now. It is not a magic box so keep your expectations in control ☺

Reiki in Daily Life

I come across so many Reiki channels who have stopped practicing Reiki since months and years. They have just given up because they felt it did not work. I fail to see how come they have not been taught that Reiki always works, not necessarily the way we want to. You may not get the desired outcome because that may not be for your highest good. If you are amongst the ones who have given up on Reiki or not practicing anymore and if you are reading this article, I request you all to start incorporating Reiki in your daily life from today and **NOW**.

Reiki for daily life:

- Shield yourself as soon as you wake up.
- Charge your tea/water/juices/food/medicines/supplements.
- Charge your bathtub, showerhead or tap before bathing.
- On the way to work, Reiki the traffic.
- On reaching your destination, call 'parking angels'. (Reiki for parking space).
- As soon as you are at your work place, send Reiki to make environment positive and transmute al negativity to light.



Image by [Pezibear](#)

- Reiki your files, projects or cash registers.
- Reiki your phone with the intention to bring only positive and good news.
- Reiki your bank account, wallet, checkbooks, debit/credit cards and investments.
- Shield your family and loved ones by creating a protective shield around them.
- Heal your relationship- be it with spouse, children, parent, employer, employee or any...

- Send yourself some Reiki boost early in the morning if you are not a morning person or if you had a late night.
- Send Reiki to future situations- meetings, conferences, social gatherings or whatever.
- Reiki your workout gears.
- Someone is being abusive, nasty and rude? Do not panic, send Reiki to their Throat chakra.
- Energize each and every room of your house.
- Do self-healing while watching TV if you do not have time.

These are just some basic points to re-start incorporating Reiki to your daily life. There is no end to the list where you can use Reiki.... Just re-start with some basic points and surf Reiki Rays for more...

Reiki Rules

For any Reiki channel, the joy and pleasure of healing others is indescribable. When our client or anyone we are healing is healed and gives positive feedback, the joy is priceless. The miracle of healing past and future is simply amazing. Amidst this joy of healing family, friends, clients and situations, we need to remember and follow some **basic rules of Reiki**.

1. Do not develop the attitude of arrogance
2. You are not a doctor
3. Do not force Reiki on anyone
4. No free Reiki
5. Do not get attached to the result.
6. Be ethical

1. Do not develop the attitude of arrogance.

Remember, you are not a healer, you are just a channel. Instead of developing the arrogant attitude, always follow the attitude of gratitude. Gratitude to Universe, God, Angels, Masters and Guides for empowering you and choosing you as a channel to heal others.

2. You are not a doctor

Do not ever discourage your clients or family to consult a doctor. Always be clear with your clients about what to expect without giving false hopes. Do not diagnose. You are a channel to heal, leave diagnosing to doctor. Yes, scanning the aura to check blockages and impurities is must, so that we can heal the related organs and chakras. Though Reiki can heal most disease, do not ask your clients to stop medications.



3. Do not force Reiki on anyone

If someone doesn't want Reiki, they say no to it then do not give them Reiki. Let them decide what is best for them and what is for their highest good. If they refuse and you still give Reiki, their soul and higher-self will not accept the healing. It is like someone closing door on your face and you cannot enter. In case of emergency, you can take permission from their higher-self and soul to accept the healing.

4. No free Reiki

You cannot give free Reiki, unless of course there is some emergency. It may end up accumulating karmic debt for both healer and the client. The circuit is only complete when you **give and receive**. Generally, things given for free lose its value and importance. So respect Reiki and always ask for energy exchange.

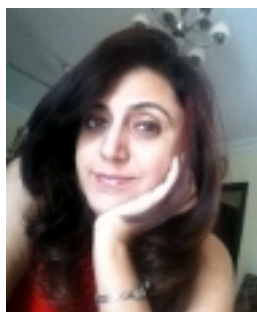
5. Do not get attached to the outcome

Just give Reiki with pure heart and pure intention. Do not get attached to the result. It may cause doubt in your mind and your subconscious mind starts wondering if you will get the positive outcome or not. Best is, give Reiki and have faith that it will work for highest good at the right time. You are a Reiki channel, you have a power of healing but when and how is decided by the Universe.

6. Be ethical

As a healer or a teacher, follow ethics. As a healer it is your duty to be honest with your clients and not to give them false hopes. It is your duty to tell them what to expect and show the right direction. As a teacher, just do one thing: **TEACH FROM HEART**. Teach in such a way that your words and guidance stays with your students forever. Ditch the attitude of jealousy and competition.

Just for today, I will follow rules ☺



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 reikithemiraclehealing@gmail.com and on Facebook at Reiki The Miracle Healing.