



REIKI TIPS

YOU HAVEN'T THOUGHT OF

REIKI RAYS



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Three Things You Didn't Know about the Main Reiki Symbols

Here's three less known facts about the main Reiki Symbols.



About Cho Ku Rei

The way to draw Cho Ku Rei is just a convention. Some Masters teach that it should be drawn clockwise. Others teach it counterclockwise. And others still teach to draw it in one direction to increase the flow of energy, and the other way around to decrease it. And of course, there are practitioners who don't use it at all, and a lot of other options in between.

The fact is, there's no right or wrong way. The meaning you give to it, and the way the connection with the intention is formed in your mind, is what makes it work the way it does. Let's say your Master taught you that the correct way to draw it is clockwise. You draw it clockwise, and you notice that it works. But if your Master told you to draw it the other way around, you would have noticed the same results.

No need to change the way you draw it now. Don't fix anything if it's not broken.

The correct way to draw Cho Ku Rei is the way that works for you.

About Sei He Ki

The two brain hemispheres deal with different aspects of life. The left hemisphere is in charge of reasoning, logic, and rationality. The right one deals with dreams, imagination, and intuition.

Sei He Ki will bring balance to the two hemispheres, allowing for a life that is neither rooted in pure logic, nor in a dream state :). Peace is achieved in life when the two sides work together in balance and harmony.

About Hon Sha Ze Sho Nen

You can imbue the distance healing symbol on your cell phone (just intend it while in a Reiki flow, no special "imbue" procedure) and activate it whenever you talk on the phone, to send Reiki to the situation you and the other person are talking about, or to that person, should it benefit and be accepted by their higher self.

You can start sending as soon as the phone rings, and let it flow "on auto-pilot", i.e. intending that the flow either ends when you hang up, or it continues for a while if required by the situation at hand. Remember that Reiki is an intelligent energy and it's perfectly capable of turning itself off at precisely the right time.

After a while, this will become automatic, and you'll become a beacon, beaming more light and energy into the world and into everything you're a part of.

Bonus Tip: The Symbol Sandwich

To increase the effectiveness and power of any symbol, you can use the Sandwich technique:

1. Draw Cho Ku Rei
2. Draw the symbol you want
3. Draw Cho Ku Rei again

Now you have a tasty sandwich, sealed with the Power symbol - making for a power-sandwich :)

Three Ways to Use Reiki for Personal Development

Reiki is mostly regarded as a healing technique, but advanced practitioners know that it's more than this.

It's a way of life, and also a great tool that can be used for personal growth.

Here are three ways that Reiki can assist you in your personal development journey.

Empower Your Affirmations with Cho Ku Rei

If you're using affirmations, the power symbol will augment their effectiveness. Just invoke its vibration while affirming.



If you're saying your affirmations out loud, draw the Cho Ku Rei with your hand in the air, or draw it with a pen on a piece of paper and look at it while affirming.

If you're saying them silently to yourself, in the bus for example, draw CKR with your tongue :), or have it written on a piece of paper which you hold in your hand.

If you're writing your affirmations down every time, draw the power symbol before and / or after each sentence.

One thing to keep in mind is that Reiki works in its own intelligent ways, so your agenda may not always match what Reiki has in store for you :).

Tip: It's a good idea to always end your affirmations with "*for the highest good of all.*"

Resolve Inner Conflict with Sei He Ki

One could argue that conflict is an inherent part of growth, and that if there was no conflict, we wouldn't have a "reason" to grow, as there wouldn't be anything for us to *outgrow* ;).

We often find ourselves facing choices, and that's a wonderful thing we should be grateful for - the free will, the power to choose. But the mind sometimes tends to see this abundance of choices as a conflict: "choose something and give up something else".

The truth is, *there is nothing worth having that must be given up in order to have something worth having*. Or in other words, we can have everything we want, and if there is conflict, it's because we don't know what we want yet. The mental healing symbol can assist here.

Write down or symbolically draw the conflict situation on a piece of paper. Look at it, and start the flow of Reiki. Draw Sei He Ki and "detach" yourself from the situation, allowing the energy to flow freely.

Intend that Reiki "clears the milky waters", or "allows the dust to settle" over the situation, so that you can see it clearly. Redraw the SHK and reinforce it with CKR (and make free use of symbols if so guided by intuition), while you keep on sending energy.

Allow for as much time as needed, until you gain the insight into the situation and reach a decision. Many times, it feels like a moment of extreme clarity of the mind, when the path is well lit, signaled, and clear.

Tip: Sometimes it takes quite a while, and energy blockages or old attachments get released, leaving you feeling relieved and tired at the same time. If that's the case, it's good to write down the decision and take a nap if conditions allow.

Drop Negative Self Talk with the Precepts

If you've been into personal development for a while, you know that the most important conversation you have every day is the conversation you have with yourself. Negative self talk can not only hold you back from reaching your goals and living your dreams, but it can even make your life a constant struggle. It's a happiness killer.

You can reprogram your mind's negative self talk and turn it into positive using the Reiki precepts. Whenever you catch yourself thinking negatively

about anything, recite the precepts to yourself and bring about the feelings of gratefulness, joy, and tranquility.

If you stick to this, within days, your whole perspective of life should change. Within weeks, you'll see opportunities all over the place, where problems were the norm. And you'll notice just how easy it is to accomplish your goals when you don't (unconsciously) create obstacles for yourself anymore.

Tip: After a while, you'll find that you can use an abridged version of the precepts, or even just a keyword (one of my favorites is "amazing grace"). You could say just "I'm grateful for my many blessings" and that would dispel the negativity and replace it with positive, healthy self talk, and feelings of gratefulness and abundance.

Aye aye, Reiki is a great tool for your personal development toolbox, indeed it is.

Stop Negative Self Talk with Reiki, and Start Your Day Off Right!

By Patti Deschaine

Many of us are our own worst enemies. We say things to ourselves that we would not put up with from anyone else. These are often habits of a lifetime, learned from an early age. Examine your own inner dialog. Some of us have negativity running as a constant soundtrack. I'll admit, I can be a prime example. Many times I have to correct myself from saying things like:

- What's *wrong* with you?
- Omg, I am so stupid.
- I'm too old to (dance, ski, start a new relationship...)
- I'm ugly.
- I hate my wrinkles.

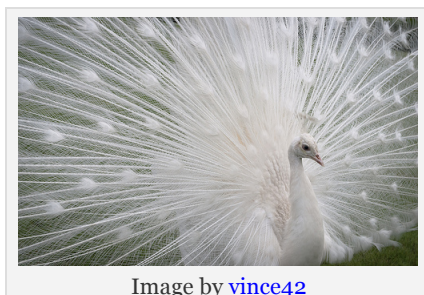


Image by [vince42](#)

Well, you get the picture. Fortunately Reiki provides a kinder, gentler alternative to negative self-talk. We don't have to allow a dirty stream of negative thoughts to control our day.

Negative thoughts that don't affect you personally will be the easier to start with. You can work your way up as you get more comfortable with rooting out negativity and replacing it with positive.

Of course, we think about things and weigh them as good or bad on a constant basis. Don't try to change a lifetime of negative thinking all at once. Start small. Pay attention to how you view the world in general. For example, try replacing "It's so hot today already!" with "Guess I'll enjoy this summer weather while it lasts."

Once you've had some practice you can move on to your *personal sludge* fund of negative thinking. Be brave, starting with your morning ritual. We know you critically examine every new crease and wrinkle, but really, is it something

you can change? Before you even catch a glimpse of yourself this morning, resolve to be kind. “I like my hair this length” is a great beginning.

Most importantly, start your day by connecting to energy. You can be too busy to do this, that’s your choice. It is also your choice to start the day frazzled and negative. Take the time to connect to universal energy. Your day will be SO much better. It does not have to be a long process. I like to start my day connecting to energy and reviewing the Reiki precepts. Send some distance Reiki to those you know to be in need or just ask the universe to direct some energy to where it is needed.

Once I am in a good space, I like to pull an oracle card as a clue to what the day holds in store for me. You can add your own personal preference here. Maybe hold a crystal or two and just sit quietly for a minute. Meditation is always a good choice to center and balance you.

Use the symbols to change negative thoughts to positive throughout your day:

- Use Cho Ku Rei when you connect to increase your personal energy.
- Take a Reiki shower and brush that negativity away with Sei He Kei.
- Send distance Reiki to those who need it with Hon Sha Ze Sho Nen.

LISTEN to what goes on in your head and correct it immediately.

Here’s the thing...if we don’t support ourselves as healers and lightworkers, how is it possible for us to transmit that which we don’t possess? The world needs our positive energy now more than ever. Take care of yourself. You are important.

Five Tips to Lose Weight with Reiki

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



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

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

this exercise will balance it, giving you extra determination and drive if you need it.

FIVE TIPS TO LOSE WEIGHT WITH REIKI

- 1 Always Reiki your food**
YOUR INTENTION IS THE KEY

INTEND THAT HEALING ENERGY IS DISCHARGED IN YOUR BODY AS THE FOOD IS DIGESTED AND BURNED
- 2 Love your body**
LOVE YOUR BODY & NOTICE THE CHANGE

START THE FLOW OF REIKI AND BRING IN FEELINGS OF PEACE

I LOVE MY BODY
- 3 Drink plenty of Reiki water**

AIM THAT THIS WATER GETS INTO YOUR BODY AND CLEANS IT
MAY THIS WATER REMOVE THE TOXINS THAT DO NOT SERVE ME OR MY BODY ANYMORE
- 4 Get it affirmed**
WRITE YOUR AFFIRMATION ON A PIECE OF PAPER
MAKE FREE USE OF 'HON SHA ZE SHO NEN'

- 5 Use a yellow crystal**

USE A YELLOW CRYSTAL SUCH AS CITRINE, TIGER'S EYE, GOLDEN TOPAZ ETC. CHARGE IT WITH ENERGY, AND PLACE IT ON YOUR SOLAR PLEXUS CHAKRA
THE CHAKRA DEALS WITH YOUR WILL POWER

Quick Tip: Clear Your Room with Reiki

In time, your room and your house may acquire some lower vibration energies.

These can stay behind after guests have left, or perhaps you bring them in from outside, and they stick around the room, even after you've cleared your aura.



Image by Jocey K

Here are some steps to bring the love and light energy back to your room or house.

Step 1. Stand, sit in lotus position, or in a position that you're comfortable with, in the center of the room. Breathe in, breathe out, and relax.

Step 2. Intend, or say to yourself, *I will now clean this room and bring about the tranquility and the joy and the love.*

Step 3. Start the flow of Reiki, and imagine it swipe the entire room floor, the walls, the ceiling, clearing away any negativity and leaving the areas covered in white or golden light. If some areas draw more energy, let it flow there. Continue for a few minutes, or until your intuition tells you to move to the next step.

Step 4. If possible, physically go to each corner of the room, and place a Reiki ball of energy there. In a standard room, you'll have eight corners and eight energy balls. Intend that the energy from these balls will flow into the room whenever needed.

Step 5. Draw a Power Symbol on the door, and on each window, for protection.

Step 6. Return to the center of the room, and pay attention to your intuition - it may tell you what to send and where. If you receive any signal, draw or send the required symbol to that place. Otherwise, just send more energy for a short while.

Step 7. Intend, or say to yourself, *This room is now filled with love and light, and the spirit of peace dwells here.* Ground yourself and complete the session.

Remember to get creative and adjust the steps to best suite your style. Also, burning some incense or other essences will enhance or complement the effect of Reiki.

A clear and friendly environment will go a long way in making you feel good on the inside.

Quick Tip: 5 Steps to Find Lost Objects Using Reiki

An innovative way to use Reiki symbols for finding lost objects.



Instructions:

1. Write down the name or description of the lost object on a piece of white paper.
2. Draw the distance treatment symbol on the paper once and repeat the name of the symbol thrice mentally.
3. Repeat three times the name or description of the object and ask the Reiki symbol to help you to lead to the object.
4. Now, draw the mental healing symbol and repeat the name of this symbol thrice. Seal everything with the power symbol.
5. Put the piece of paper in a safe place and return to normal life.

In the course of the day you will either find the lost object or just remember where the lost object is. Of course, if it serves your highest good, that is :).

Quick Tip: How to Use Reiki to Fall Asleep?

If you're having trouble falling asleep, Reiki can help you invoke the Sandman (if it's in your highest good of course)

How to Use Reiki to Fall Asleep?

There are many methods, Minakshi from the forum suggested one which you may find useful too. And that is:



Reiki your Third Eye and Heart Chakras simultaneously. If the hand you place on your third eye gets tired, try using an extra pillow to support it. Or, place it under your head and send the energy from the “back side”.

Alternatively, just place your hands on your body wherever your intuition guides you and let Reiki flow. Most of the times, you'll be asleep in less than 10 minutes :).

Sweet dreams!

Quick Tip: Send Reiki to Heal Past Wounds

Sending Reiki to the past is quite possible, but why would anybody want to do that? Is it going to change what happened? Definitely not. But what Reiki can do is, it can change the way you feel about the whole situation. It can cut the energetic attachments holding you in the past, and allow you to move on, light and free as a bird.



Whatever emotional blockage or issue is still haunting you today, Reiki can help you to let go, and sometimes to quite literally stop caring. Other times it will help you understand the situation, and see it from a totally different point of view, realizing that it's not that bad in the first place - and that in fact it might even be a good thing :).

But whatever the outcome of sending Reiki to the past, the bad energy will be removed. And once the negative bubble is out of the way, there's room in your heart and in your mind for lovely, awesome, new experiences.

The steps to send Reiki to a past situation are simple, and quite personal.

Step 1. Make sure you won't be distracted. Relax comfortably, breathe in, and envision the situation.

Step 2. Simply allow yourself to feel whatever you feel, without resisting it. Just allow the feeling to be there, whatever it is, just go with it. Don't suppress it.

Step 3. Keep relaxing, employ the distant healing symbol, and start sending Reiki to the entire situation, for the highest good of all involved.

Step 4. Use of Sei He Ki freely, and any other symbols that your intuition guides you to. Remember to keep relaxing, as it's easy to get tensed when we picture past situation with an emotional charge.

Step 5. Allow the feelings to come, and whether good or bad, don't cling to them. ***Let them come, and then, let them go!*** Send Reiki for as long as it takes, and keep relaxing.

Step 6. Finish the session when you feel healing has completed and peace has settled in over the situation. It may take quite some time, depending on how strong the attachment, or how deep the wound was. Thank Reiki, ground yourself, drink some water, and enjoy the new-found peace.

Quick Tip: Whole Body Protection with Reiki

If you're one of those individuals who often feel vulnerable or are threatened by psychic attacks, using Reiki can help you protect yourself.



Here's a quick and effective technique on how you can do this:

1. Stand with your feet apart to each other and take a few deep breaths.
2. Draw the Cho Ku Rei symbol in the front and repeat the mantra thrice.
3. Intend for the flow of energy to protect you and everyone, for the highest good of all involved.
4. Bring your hands together in a way that the palms of your hands are facing you.
5. Gradually move your hands from your head to your toe like a window shutter closing in front of you.
6. Repeat this same procedure by moving down your hands at the back and once on each side (left and right side).

This Reiki technique usually takes two to three minutes to be completed. Using it helps to strengthen your aura, thereby not only protecting you from all physical and mental injuries, but also making you more self-confident and grounded.

Timeout: How to Perform a Quick Healing Session

It's not always possible to do a full healing session. In times like these, we'd better make good use of the time we have available.

Here's a suggestion on how to conduct a quick treatment. It's an abridged version of the full treatment. Enjoy :)

Have the patient sit on a chair, legs and arms uncrossed. This is because the uncrossed is an open position, making it easier to receive energy, as opposed e.g. to the closed positions such as lotus etc.

1. Hands on shoulders.
2. Hands on the head.
3. One hand on the upper neck, and the other on the forehead.
4. One hand on the back of the neck, and the other between the throat and heart chakras.
5. One hand on the breast bone, the other on the back, mirrored.
6. One hand on the solar plexus, the other on the back, mirrored.
7. One hand on the lower stomach, the other on the back, mirrored.
8. Ground them by placing both hands on their feet for about a minute.

Above are the basic steps. Spend 2-3 minutes in each position, unless you are guided otherwise. Below are some things to be aware of throughout the treatment:

- Take it easy, don't rush. Patients can sense these things.
- If you or the patient are uncomfortable touching certain areas, keep your hands slightly away from the body, in the aura.

Remember to offer your patient some water at the end of the session.

10 Tips to Find Time for Daily Practice

Finding the time for daily self-Reiki can be challenging, especially for new practitioners, or busy people who have a lot going on in their lives.



Image by jhoc

Here are some tips to help you get past that initial stage when new tasks and new things to do seem to just come up out of nowhere, leaving you no time for yourself. After you keep practicing for several days, you'll find that it gets easier to find the time, and after a few weeks, it even becomes easier to keep Reiki-ing :) than not to.

Tip 1. Practice before going to bed. If you're very tired, just go to bed, place a hand on your third eye chakra, and one on your heart, and send Reiki. It's OK to fall asleep.

Tip 2. Wake up earlier. Yes, it's challenging, but definitely worth it. Waking up 10-15 minutes earlier and doing 1 minute of Reiki in each hand positions will have a great impact in the long term.

Tip 3. Use the "idle" time, e.g. on the train, waiting in line at the bank...

Tip 4. Send Reiki to yourself or your situation with the intent that you manage to find more time for practicing.

Tip 5. Ask your guides, or your subconscious mind, to help you solve the time problem. Just stay open to any solution - and you'll be surprised to see how quickly it works :).

Tip 6. Set an appointment with yourself, every day, and make it highest priority. Treat it like a flight you absolutely have to be on.

Tip 7. Send Reiki to your Solar Plexus Chakra - this is the chakra of personal power, which governs the power of your will among others. A strong will will help you find solutions and prioritize things that are important for you, personally.

Tip 8. Find a "Reiki buddy" that you practice together with - it will increase the accountability and you'll both have a better chance sticking to the schedule.

Tip 9. Place a time-related affirmation in your Reiki box, such as *I always have enough time to do everything I desire, for my highest good.*

Tip 10. Reduce time spent on other activities, such as TV, internet browsing, facebook, email.

The Cho Ku Rei Boost

By Haripriya Suraj

Cho Ku Rei is known as the Power Symbol. It helps to strengthen the flow of Reiki. It can help you receive a quick boost of energy. It can add a dash of extra power and strength not only to your healing sessions but to your entire day.



Palm Method

Draw the Cho Ku Rei symbol on both your palms first thing in the morning and use your palms in innovative ways!

- * Intend that everything you touch during the day has Reiki flowing to it.
- * Whenever you feel stressed or find yourself in troublesome situations, look at your palms and feel the flow of Reiki. Let the energy envelop you and bring you healing.
- * Place your palms wherever you feel healing is needed. Place it on children, plants and pets. Place it on your personal belongings. Place it on your heart chakra and any other part of your body that needs healing.
- * Place your palms over food and water and bless them before you eat.
- * Whenever you have a moment during the day, stop and draw the symbol again on both your palms. This will keep the energy flowing throughout the day.
- * Finally, place your palms on your pillow and let your pillow be infused with Reiki before you fall asleep.

In each of the techniques described above, you only need to use your palms for a few seconds. You don't have to stop and give Reiki every time. It is more like placing a Cho Ku Rei stamp and thereafter allowing the energy to do its work. Once we are attuned to Reiki, it flows through us even when we are not

consciously channelling it. It flows through us and out into the world. Just by being a Reiki channel, we leave a trail of loving energy wherever we go. Drawing the power symbol on our palms strengthens the flow and we'll have a lot more Reiki going around the world.

Third Eye Beam

This is a powerful technique where you visualise a steady beam of Reiki infused with Cho Ku Rei symbols emerging from your third eye and reaching the person, place, situation or object that needs healing. Let the energy flow until it needs to and thereafter stop of its own accord. This is particularly useful in situations that need physical healing.

Quick Reiki Recharge

Whenever you feel drained out, this technique can help you recharge quickly with Reiki.

Lie down and take a few deep breaths. Visualise a huge ball of light over you. Then visualise several Cho Ku Rei symbols dropping down from the ball and enveloping you with Reiki. Feel and absorb the power packed energy for a couple of minutes or more. Feel the power and strength returning to your cells. Thank Reiki and get back to your routine.

7 Different Ways to Use Sei He Ki Symbol

By Darshan

Sei He Ki Symbol is used for harmony and balance. It represents two opposite energies combining harmoniously. The symbol is used to heal the mental and emotional body.



The following are the different ways to use the symbol:

1. To find misplaced objects/items/things

Draw Sei He Ki symbol over your head and say the affirmation "*I allow and give myself permission to remember _____ (whatever that you are trying to find) in ways that are for my highest good*".

2. Balancing the left and right hemispheres of the brain

To balance the left and right hemisphere, draw symbols 1+2+1 (Cho Ku Rei + Sei He Ki + Cho Ku Rei) on the temples and give Reiki for about 10-15 minutes every day. Anchor the energy there by saying stabilize, stabilize, stabilize.

Affirmation: *My left and right hemispheres are completely balanced and work harmoniously with each other.*

3. To improve memory/concentration and intuition

To improve memory, concentration and intuition, draw symbols 1+2+1 (Cho Ku Rei + Sei He Ki + Cho Ku Rei) on the '3rd Eye Chakra' and give Reiki for about 10-15 minutes every day. Anchor the energy there by saying stabilize, stabilize, stabilize.

Affirmation: *My memory, concentration and intuition is increasing more and more everyday.*

4. For relationships

Draw Sei He Ki over the couple and say “ *May this relationship be healed in ways that are for their highest goods and in the best possible way*”. (x3)

5. To heal addiction and Emotions

To heal any kind of emotional blockages arising due to addictions draw 1+2+1 symbols (Cho Ku Rei + Sei He Ki + Cho Ku Rei) on the ‘*Heart Chakra*’ and give Reiki for about 10-15 minutes every day. Anchor the energy there by saying stabilize, stabilize, stabilize.

Affirmation: *I heal, resolve and release all my negative behavior and addictions to the divine for my highest good.*(x3)

6. For better memorization

Hold whatever content that you want to memorize between your hands and draw Sei He Ki over it and over yourself and affirm “*I give myself the permission to absorb and understand all the information that I am reading from _____ (whatever that you are reading) and I allow myself to access this information whenever I feel necessary*”. (x3)

7. For recalling information

Draw Sei He Ki symbol above your head and say “*I give myself permission to recall the contents of _____ (title of the book) in the next 5 minutes*”. (x3)

Fun Things to Try with Reiki

By Patti Deschaine

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

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

Crystals hold energy and intensify energy work. A crystal grid is a group of stones, set together to create a geometric pattern, in order to harness and direct energy toward a specific goal or situation. Properly aligned and charged, a grid will hum along, generating energy even when you are not actively directing Reiki to it. This is a very powerful tool that can be used for healing and for manifesting. Build a peaceful grid of amethyst under your bed to help you sleep. Add Herkimer diamonds to enhance dream work. For an abundance grid, try orange calcite, citrine, pyrite and clear quartz. Do your research and pick specific crystals for your target goals.

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

Essential oils are important as they provide relaxation, pain and stress relief, can energize or sooth your mood, depending on which scent you use.

Aroma can trigger memory and help solidify a moment in time in your mind. Use a high quality, medicinal quality oil to treat depression, skin and sinus issues, aches and pains, even use in place of an antibiotic.

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



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

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

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

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

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

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

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

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

These are but a handful of ways to keep your energy work fresh and interesting. Stay curious, learn new things. Connect with other healers and see

what they have to share. We all have varied and diverse experience. You never know what you might find.

Top 5 Reasons why Reiki Does Not Work

Every practitioner who's been into Reiki for a while knows that it does work. Some people though fail to get great results, and conclude that it doesn't work.



There are a few things which could cause Reiki to "not work", and people who don't get the expected results are most likely doing or having at least one of the following. There are of course other factors too, but these are most common.

5. Silver bullet mentality

On the fifth place we have the Silver Bullet mentality. Some people expect Reiki to just kick in and solve all their problems for them. That is not usually what happens.

Reiki is not a silver bullet and it doesn't work that way. The way it does work is, with practice, it will help you see your problems, and it will show you a way to solve them, or many times teach you to just let go of them - but in the end it will be **you** solving your own issues.

4. Impatience

Many people have unreasonable expectations and for some reason believe that Reiki is like a magic pill that you just take and you're fixed. There is unfortunately no such pill, and these pill seekers won't find it in Reiki, nor will they find it anywhere else, for such pill does not exist.

Reiki takes time, and its practice is very much like growing children. Parents will definitely agree with this one. Just like when feeding children, you'll surround your daily practice with love. Just like time spent with your kids, the sessions are something practitioners enjoy and look forward to.

If someone said to you, "*hey, I've been feeding and taking care of my newborn for 3 whole days now, when is he going to grow up?*", you'd probably burst into laughter, thinking "what a good joke".

Reiki is a way of life. Just like kids growing, little difference (if any) can be noticed from one day to the next. But when looking back at months and years of practice, the changes incurred are very obvious and profound.

3. Lack of practice

The "bronze medal" in this top is taken by the lack of practice.

Just like any other "craft", the more you do it, the better you're at it. The energy channels are cleared with each session. Every time you invoke a symbol, even if it's just for a few seconds, the energy is reinforced.

The performance of an athlete who trains every day will be very different from the performance of an athlete who trains once a week.

2. Approach

With reason #2, things start getting more subtle.

Reiki is a journey, not a destination. It should be approached as an exploration, as an expedition to discover new territory, new things, that will come in time. Not with over-excitement, but with tranquility, joy, and a smile.

It is not a destination with stages 1, 2 and 3. It most certainly does not end with the Master / Teacher level. In fact, it never ends. It's a continuous, transformational journey, filled with growth experiences and great learnings. It's a peaceful journey, and it starts with the certainty that life is already great, and it can only get better.

There is always something new to learn and to experience, and just when you thought you've reached the destination, the path to the next stage becomes clearer. The wise practitioner approaches Reiki as a journey, not as a destination.

1. Attachment to the outcome

This is probably the number 1 reason why Reiki does "not work", and it's even more subtle and difficult to "self-diagnose" :) than number 2.

Especially when new to the practice, people tend to channel the energy towards a specific outcome, instead of a specific situation. For example, you might channel the energy intending that you pass a specific job interview, instead of just sending the energy to the entire situation, being open to any outcome that serves the highest good of all involved. Attempting to channel to a purpose will simply negate the effect. It will strengthen the attachment, creating a "clingy" feeling, which will in turn create resistance and stress.







When channeling Reiki, detach yourself from any outcomes. Resist nothing, and be open to anything. Trust that Reiki is an intelligent energy that will find its way to the highest good. Perhaps failing that job interview is a prerequisite to your discovering that you can contribute in a better, different way. Or perhaps you'll just do great in the job. The key is to just be open to both outcomes, and to all other outcomes. Perhaps you'll get a job at that company, just not the one you're thinking about. Or perhaps you will refer your friend to this job. The possibilities are infinite, and we can only appreciate the abundance of opportunities we see at every step we take.

So don't cling to any outcomes when sending Reiki. Instead, aim for a feeling of **flow**, of peace, of openness, and trust (and aim for) that whatever will happen is the best thing for everyone involved - even if they don't know it yet.

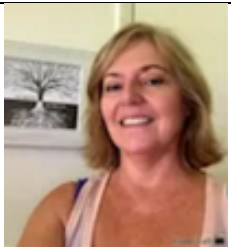


Reiki Tips Infographic

Reiki Tips Infographic

<http://reikirays.com>

Tip	Steps to follow
 <p>Clear Your Room</p>	<ol style="list-style-type: none"> 1. Sit in lotus position. Breathe in, breathe out, and relax. 2. Say to yourself: "I will now clean this room and bring about the tranquility and the joy and the love." 3. Start the flow of Reiki, and imagine it swipe the floor, the walls, the ceiling, etc. 4. Go to each corner of the room, and place a Reiki ball of energy. 5. Draw a Power Symbol on the door, and on each window, for protection. 6. Say to yourself: "This room is now filled with love and light, and the spirit of peace dwells here." Ground yourself and complete the session.
 <p>Eat Reiki</p>	<ol style="list-style-type: none"> 1. Clear your mind and enable the flow of energy. 2. Imagine a cloud of energy above the table where the food is placed. 3. Charge it with energy, employing the symbols to create a healthy flow. 4. Intend that energy starts raining from the cloud, energizing it with vibrant light. 5. Draw Cho Ku Rei and bring about the feeling of gratefulness.
 <p>Drink Reiki</p>	<ol style="list-style-type: none"> 1. Clear your mind and enable the flow of Reiki. 2. Place your hands around the glass or cup of water. 3. Imagine the Power Symbol, and repeat its name three times. 4. Visualize the healing energy permeating the water and clearing it. 5. Imagine you're holding a golden ball of energy that surrounds the glass of water. 6. Draw the mental healing symbol in your mind with the intent that it protects the water and whoever drinks it.
<p>Fall Asleep</p>	<ol style="list-style-type: none"> 1. Reiki your Third Eye and Heart Chakras simultaneously. 2. Place your hands on your body wherever your intuition guides you. Let Reiki flow.
 <p>Find Lost Objects</p>	<ol style="list-style-type: none"> 1. Write down the name or description of the lost object on a piece of paper. 2. Draw the distance treatment symbol on the paper and repeat the name of the symbol thrice mentally. 3. Repeat three times the name or description of the object and ask the Reiki symbol to help you to lead to the object. 4. Draw the mental healing symbol and repeat the name of this symbol thrice. Seal everything with the power symbol.
 <p>Lose Weight</p>	<ol style="list-style-type: none"> 1. Always Reiki your food. (Tip no 2) 2. Love your body. Tell yourself "I love my body", notice how that makes you feel. 3. Drink plenty of Reiki water. (Tip no 3) 4. Write on a piece of paper an affirmation ("I am losing weight in the healthiest possible manner, at the most appropriate pace, for the highest good."). 5. Send energy to the paper daily. Make free use of Hon Sha Ze Sho Nen. 6. Use a yellow crystal, charge it with energy, and place it on your solar plexus chakra. And then keep sending energy to this chakra.
 <p>Financial Abundance</p>	<ol style="list-style-type: none"> 1. Write in your journal every day "Thank you Universe for the abundance of money flowing into my life at all times." 2. Place a ball of Reiki over the page. 3. Draw Sei He Ki and also any other symbols that you are guided to on the page.

About the Authors

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	<p><i>Haripriya is a Reiki Master, Angel Healer, and Spiritual Teacher. She was drawn to Reiki right from her childhood and Reiki went on to become part of her life's purpose. Reiki is her constant companion from which she derives peace and contentment. After reaping the fruits of Reiki practice in her life, she was inspired to spread the joy of Reiki. She is the founder of Aananda Holistic Center where she conducts as well as teaches Reiki and Angel Healing. Haripriya resides in Bangalore, India. Reach Haripriya at aanandaholistic@gmail.com and at Aananda Holistic Center on Facebook.</i></p>
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