

Reiki Rays

Sleep Tight with Reiki





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Reiki Sleep Intentions

By Angie Webster

When you are in need of a good night's sleep but you have a problem weighing on your mind, racing around in thought circles through your head, don't just lie awake all night pondering a solution to the issue! Reiki can not only help you get a very good night's sleep, it can help you infuse your sleep with the intention to see a solution while you dream, so that you can drift off peacefully with the knowledge that the solution awaits you in your slumber.

To allow this process to happen, simply make yourself comfortable for sleep, with your pillow and blanket or whatever you like. Then allow your attention to rest on the problem you wish to find a solution to, without trying to force a solution to come. Draw the Reiki symbols, either mentally or in the air above you and ask that they carry into your mental state while you sleep and dream that night, intending that they help bring forth a solution to the problem you are focusing on. You may also wish to give Reiki to yourself on the head area, especially focusing on the back of the head and the crown area. Allow yourself to drift off into a peaceful and restful night's sleep.



Image by [Avodrocc](#)

Using this method, you will find that even problems that seem overwhelming will look very different to you by morning! You may find that a solution you never thought of is suddenly presented to you in a dream, or you may have a sudden understanding about the issue that brings new light to why the problem is occurring. No matter what, the way you see the problem will shift by morning and you will feel differently. And the lovely sleep you will get will help as well!

Remember to release any ideas about how you believe the problem needs to be solved before you do this! Your preconceived ideas about the problem and it's possible solutions may be blocking you from seeing the solutions your subconscious mind already has available for you.

Allow the Universe to bring them through by being open to all possibilities!
Sweet dreams!

Reiki Yourself and Your Children to Sleep with the Help of the Angels

By Justine Melton

I am a Reiki Master and have used Reiki for all sorts of things from healings, to room cleansings to protection, to charging things. I have my own Reiki business and feel it is my calling in life. But even with all of this it was in a moment of desperation, and burnout at the end of my day from being a single parent of two little girls that did not like bed time that I came up with a way to easily put my children to sleep.

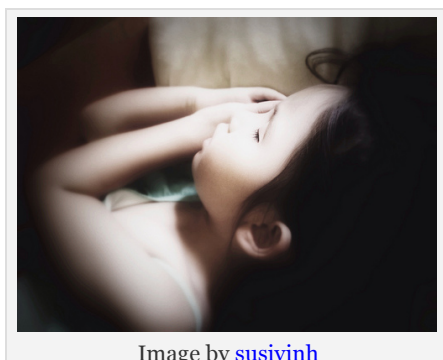


Image by [susivinh](#)

While laying in bed one night completely and utterly exhausted from 2 hours of bargaining, tears and deal making about bedtime with my children I thought to myself that there has got to be a better way to do bedtime. Then it hit me like lightning. Why had I not been using Reiki and all of the other work that I do? I use it in every other area of my life. Why not bedtime with my children? At that moment I formed a new plan. The method that I used uses a symbol that you must be attuned to a Reiki Master level to use. However, I believe that use of the other symbols would have wonderful effects as well and get you to the same peaceful place. I do call in the help of Angels here. If you are a Reiki Practitioner but do not believe in angels you could just use the Reiki and color work alone.

My new routine is as follows:

1. I put my daughters in their bed and Reiki their room.
2. I put the Master Symbol on every wall, window, bed, ceiling, floor and door.
3. I create a ball of white light in my hand that I then visualize going up and expanding throughout the room removing all that is negative out.
4. I then begin a guided meditation where I call in the Angels. I have a special connection with Archangel Raphael so that is the angel I start

with but any will work for you. I go through my mediation with each Angel standing around my children's bed throwing a color up into the room that clears the room, goes down through their body (starting at their head then working slowly down to their toes). Then finally the light goes down into the ground taking all of their troubles away and then heals the Earth. I go through the chakra colors here, one color after another.

5. I then end it with the Angels giving thanks for allowing them to bring these loving colors to the children and do one big Master healing symbol in the center of the room.

The beauty of this routine is that you can make it as short or long as you like. When I do it the session averages ten min and my kids are fast asleep by the end of the guided meditation. These are children that normally fight bedtime. They look forward to this routine and bedtime is no longer a struggle. I use this routine on myself as well and it puts me in a deeply relaxed state. Allowing Reiki and Angels to assist with bed time with their divine light has been one of my favorite experiences with using Reiki so far.

Insomnia and the Reiki Blanket

By Ashwini Chube

Over the last few days I have been hearing too many concerns from people having sleep related issues including lack of sound sleep, waking up too early, waking up at midnight, inability to fall asleep, stressful sleep, nightmares, feeling sleepy and tired throughout the day, irritability, anxiety and so on. Most of the complaints have come from considerably younger audience. Some of these symptoms were attributed to having young children, elders or ill family members in the house to attend to, whereas the rest were due to erratic or long working hours, stress or too much use of computers and gadgets or social media.



All the above symptoms put together can be clubbed under insomnia. Each one of us suffers from insomnia, at some point of time. If not paid attention to can lead to further complications including hypertension, heart issues, depression, migraines, and acidities.

How do we deal with Insomnia with the help of Reiki and angels

I tried a beautiful meditation for insomnia. And I fell asleep in seconds

1. Lie down on your bed, take 5 deep breaths.
2. Relax your body completely from toes up to your head.
3. Call upon Archangel Michael to stand by your side, protect you and let you sleep peacefully. Also call your spirit guides and Reiki masters.
4. Now imagine yourself covered with an imaginary blanket. Alternatively, you can just cover yourself under your own blanket.
5. Now put the symbols as follows; CKR, SHK and again CKR on the blanket and activate them. If you are a master additionally put the DKM. Finally

put the HSZSN and CKR again. Let the blanket be charged with Reiki, with an intention to sleep sound. You can say **“Reiki energy, help me sleep peacefully.”**

6. Now call upon Archangel Raphael and ask him to cover you under his emerald green blanket. You can ask him to help you fall deep asleep and heal you while you sleep. You can ask him to help you deal with all anxieties, which keep you away from a good night's sleep.
7. You can also ask Archangel Azrael to help you release any stress keeping you away from a good night's sleep.
8. Chances are by now you may have fallen asleep, if not here is what you can do.
9. Start counting from 10 backwards 10...9...8...7...6...5....till 1. Ask angels and Reiki to help you fall in deep sleep. You can even say **“I am sleeping well tonight and getting up fresh and healthy tomorrow morning.”**
10. By now you are definitely in the deepest of slumber. Try these points for 21 days and cure insomnia completely.

You can use the exact same technique on your clients, children, spouse or family too. In short for anyone who is battling with insomnia. This works with superb results.

I hope that this sincerely helps you fall asleep. Stay blessed and wishing you sound sleep, peace of mind and a healthy body and mind.

Love and Light!

Reiki for a Good Night's Sleep

By Haripriya Suraj

Do you wish you could sleep like a baby?

On a scale of one to ten, with ten being excellent, how would you rate the quality of your own sleep?

Personally, I do not subscribe to the standard 8-hour sleep requirement theory. In my observation, adults have varied sleep requirements. Some need a solid eight to nine hours while others do perfectly fine with five to six hours. I feel what matters more is the quality of sleep that we have. Waking up feeling well rested and ready to take on another day is what counts. Trust your body's signals with respect to the number of hours of sleep it needs and then add quality to those hours.

Reiki being a very soothing energy can help those of us with sleeping troubles. It can also help those of us who would benefit from a better quality of sleep. However, Reiki cannot work its magic unless we commit to our own care first. We would need to make certain lifestyle changes first and then the power of Reiki can help us get the blissful sleep we so need!

Here are a few tips that may be of help as you gear up for a good night's sleep:

1. Eat dinner at least three hours prior to bedtime. Keep it light and nutritious. A heavy dinner eaten late strains the body, thereby hindering the quality of sleep.
2. Bless your food with Reiki while cooking or at least before eating.
3. Avoid watching television for at least a couple of hours before bedtime. If possible, eliminate watching television from your evening's schedule. Television stimulates the mind and an overly stimulated mind finds it hard to settle into sleep. If you are a sensitive person, you also end up absorbing all the negativity projected by the media, which makes it even harder for the body to relax.
4. Milk lovers can drink a glass of warm milk before settling in for the night. Milk promotes restful sleep. Remember to bless your milk with Reiki before drinking it.
5. Get into bed at approximately the same time every night. This helps prepare the body and mind for sleep.

6. Once you are in bed, all you need to do is a Reiki self healing treatment. You will begin to relax and drift into sleep. Take care not to make this your regular self healing schedule as falling asleep everyday during self healing will leave your healing sessions incomplete. This must be an added bonus to your regular self healing regimen and not a substitute for it.

If you do not wish to do a self healing again, here are some additional ways that you can fall asleep with Reiki.

1. As you lie in bed, visualise a blanket of Reiki enveloping you slowly. Start from your feet and go all the way to the top of the head. As the blanket covers your feet, feel the tension in your feet melting away and becoming relaxed. Similarly, feel every part of the body relaxing as the blanket covers you. In all likelihood, you will be asleep even before you are halfway through. That is how relaxing this technique is!
2. Visualise yourself in a bubble of Reiki energy. This serves as a cocoon. Feel the warmth inside and allow yourself to bask in this energy. In time, your body will relax and you will fall into deep sleep.

Experiment with both the techniques and choose whatever works for you. Enjoy a blissful night's sleep with the love of Reiki enveloping you!

Five Ways to Heal Yourself in Sleep

By Haripriya Suraj

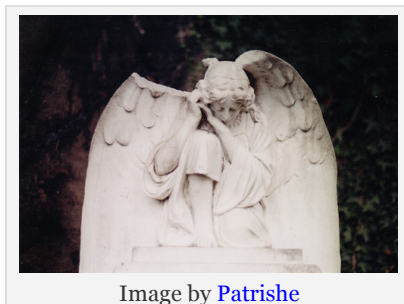
All of us know of varied ways in which we can heal ourselves when awake. We give ourselves Reiki. We meditate. We work with crystals and angels. We spend time in nature. We read, write and do innumerable things, all of which have powerful healing effects. But do you know that it is possible for tremendous healing to occur even when we are asleep?

Our logical mind shuts down during sleep and we are more open and receptive. Therefore, the sleep state is fertile ground for powerful healings of all kinds.

Here are some ways that you can heal yourself during sleep

1. Reiki Cocoon: Before you fall asleep, request Reiki to form a cocoon of energy around you. Visualise yourself resting in this cocoon. Draw the symbols of your choice on it. Intend that this cocoon helps you heal anything that is unhealed in you. It could be a health concern, an emotional problem, stress, a relationship issue etc. Give thanks and drift into sleep. This practice done every night makes healing an ongoing process and adds value to your other healing practices. You will let go of many things that don't serve you and the process will feel quite effortless as it is done in the sleep state.

2. Letters to the Angels:



Whenever you find yourself in troublesome situations, write a letter to the angels describing your situation. Pour your heart out. Request them to work on you while you sleep and to bring clarity to your mind and peace to your heart. Draw the Reiki symbols of your choice on the paper. Place the letter under your pillow; thank the angels and drift into sleep. You will receive clarity and wake up with a sense of peace.

3. *Angel Cards:* Working with angel cards is an effective way to receive step by step guidance for healing. That way we don't have to drive ourselves nuts over healing an entire problem and can instead take one small step at a time. Do card readings for yourself frequently. Then place the cards that were received near (or under) your pillow. Draw the Reiki symbols of your choice over the pillow and drift into sleep. You will process the guidance received and kick start healing right away. This practice done regularly heals a lot of issues. One day you will look back and witness the healing effects of this practice.

4. *Programmed Crystals:* Cleanse a rose quartz crystal. Give Reiki to it for a while. Request your Reiki Guides, Archangels and Angels to program the crystal with healing energy and information that would be of help in your situation. Place the crystal near you when you are asleep. It will be programmed through the night. The following night, again before going to bed, place the crystal on your third eye and absorb the healing that it has been programmed with. When you fall asleep doing this, you will be more receptive and heal faster.

5. *Direct Archangel Healing:* The Archangels are mighty beings who can help us heal in magical ways, provided we give them full permission to help us. Before you fall asleep, call on the Archangels that you feel connected to and request them to be present in your room through the night. Give them permission to work on you while you sleep. For instance, if you need help with physical healing, you can call on Archangel Raphael and request him to work on your health issue and to heal it completely. If you need help with fear and anxiety, you can call on Archangel Michael and ask him to do the same. This may need to be repeated on several nights until you receive a full healing.

Experiment with each of these techniques and also with a combination of techniques. You can use the combination that feels right to your situation. You can use the Reiki cocoon each night, even when you do not have major issues to heal. It can help clear away minor negativities picked up during the day and also accelerate spiritual progress.

Love and Light to you!

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".

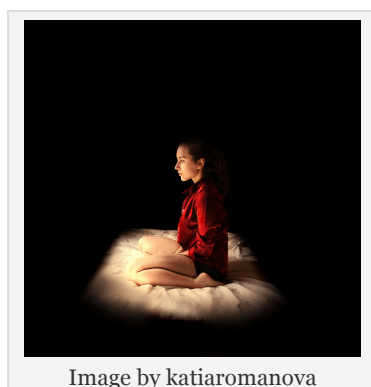
Alternatively, just place your hands on your body wherever your intuition guides you and let Reiki flow. Most of the times, you'll be asleep in less than 10 minutes :).

Sweet dreams!

The Best Reiki Sleep Remedies

By Justine Melton

One of the most frustrating things to deal with is sleep deprivation. It can affect every area of your life and leave you willing to try any remedy that can provide relief no matter how unconventional it may be. If hot tea, herbs and a hot bath haven't offered relief it is a great time to bring Reiki in and see what it may offer you! Here are the top ten things that I use when I can't sleep and recommend to friends and clients as well.



Best Reiki Sleep Remedies:

1. Reiki the room you are in. This is very simple and can be done just by drawing a power or master symbol on every wall, ceiling, floor, window, closet, etc of the room or area that you will be sleeping in.

2. Do a relaxing/sleep aide meditation while in bed directly before you go to sleep. This works wonders for a lot of people and often times if you stay in a meditative state long enough you may just drift off to sleep before you even end the meditation.

3. Reiki a warm drink before bed. If you find warm tea relaxing before bed time simply do a power or master symbol over it with the intention of a restful night's sleep.

4. Reiki the bed that you are going to sleep in. Do this by making one large power or master symbol over the center of the bed.

5. Do a self-reiki session after getting in bed for the night. Simply lay in bed while you go through your normal self-reiki session.

6. Visualize a bubble. Inside this bubble picture yourself having a restful night's sleep. Make the distance symbol over this bubble and send positive Reiki energy to this bubble.

7. Put on relaxing music at night or nature sounds. Reiki whatever device you are playing this music from with the intention that you have a peaceful night's sleep.

8. Take a hot shower or bath just before bedtime and make one large power or master symbol over the source of the water. For me I also find that the emotional symbol can have an added benefit with this remedy as well. Also, try using a shampoo or soap with eucalyptus oil in it. Reiki that as well!

9. Sprinkle a few drops of your favorite essential oil on your pillow case. If you have sensitive skin do it on the outside edges of the pillow. I have very sensitive skin. The method that I have come up with so that my skin is not irritated is I drop a few drops of the essential oil I would like to use into a spray bottle that is full of distilled water. I then spray it around the edge of my pillow. This mixture is also great as a room freshener. Be sure to Reiki the spray bottle and/or your pillow. If you put a label and ribbon around the spray bottle it can make a great Reiki gift as well!

10. Amethyst is a wonderful soothing stone that is a great aide for insomnia. Charge one by making the power symbol over it and then hold it in your hand for 5 min. Beam Reiki to it during this time. Hold it in your hand while you sleep, set it on the nightstand by your bed, or place it under your pillow.

Some people also find great results with working out an hour or two before bed time. For me working out has the opposite effect and gives me energy. If you find this happens to you as well try working out in the morning instead of in the evening.

Be sure to Reiki your workout session as well for an added benefit. Simply make the power or master symbol over yourself before you start. Another option is to visualize the workout session before hand. Make the distance symbol in front of it and then beam Reiki to it for a few min.

Wishing you all love and light.

About the Authors

	<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>
	<p><i>Angie Webster is a freelance writer, Reiki Master Teacher and meditation teacher. She lives in central Illinois with her husband and her cat. She incorporates yoga, meditation, healthy food, Reiki and spiritual practice to guide and heal her body, mind and life. Reiki and a healthy lifestyle contributed to her recovery after a 20-year struggle with neurological and other health issues. She comes out the other side with a new perspective on life and now seeks to empower others, reminding them of their own healing abilities. You can follow her at: http://naturalholisticlife.wordpress.com, https://www.facebook.com/HolisticSpirituality, http://www.serenityenergyhealing.com/</i></p>
	<p><i>Justine Melton is a Reiki Master/Teacher and an Intuitive Counselor. Reiki came into her life a few years ago and changed it in amazing ways. It is her passion now to bring Reiki to others and help them to heal in a holistic way. Justine is lucky enough to be an Empath, Clairaudient, Clairsentient, and Clairvoyant. She is able to use these gifts with Reiki if asked to give extra messages during a session for the client's highest good. Justine believes that love is the greatest healing energy. She has founded a holistic healing association called Amore Holistic Health Group where people can go and choose from a variety of different healing modalities. http://www.letthewhitelightshine.com/</i></p>
	<p><i>Ashwini Chubé heard her "calling" and was drawn to Reiki amidst her routine job in a Mumbai based investment bank. She says her life has become Reiki after being attuned to it. She takes the help of Reiki for almost everything from little things to huge problems and everytime she does that her faith increases. Ashwini likes to write, cook, read, travel, dance in her spare time. She loves nature walks too. She is USUI Reiki Master Teacher, Practitioner of Karuna Reiki, Soulmate Reiki, a practitioner of Violet Flame, Silver Violet flame healing and Angelic healing. She is also a reader of Angel Oracle cards, Angel Tarot cards and she is a hypnotherapist. Ashwini conducts Angel mediation workshops in Mumbai, India. Reach Ashwini at Urjahealers@gmail.com and on Facebook at Urja – Holistic Energy Group (https://www.facebook.com/pages/Urja-Holistic-Energy-Group/656771061097789).</i></p>