

**Reiki** is an ancient form of healing rediscovered by **Dr. Mikao Usui**.



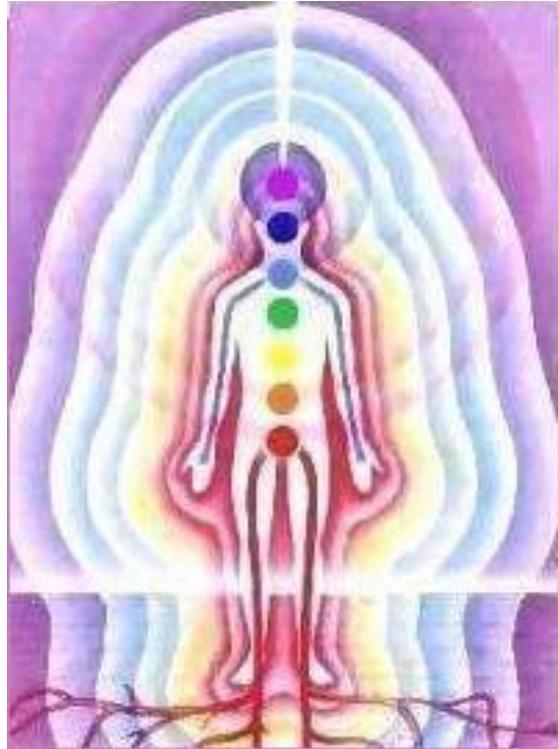
**The word Reiki in Japanese means Life Force Energy, which in hindu philosophy is called Prana. The flow of reiki energy is nothing but the flow of Prana or Life force energy in our body. We are not dead so long as our body has life or prana in it. Similarly, we are healthy so long as we have regular flow of life force energy or prana or reiki in our body.**

**In Hindu philosophy, when one dies, it is said that he has become brahm-leen. Which means that his prana has merged in to the brahm or universal life force energy or cosmic energy. It is this brahm or cosmic energy that is an eternal source of energy. The better we are connected to this energy the more we are at peace. By surrendering to the Reiki energy, we surrender our life to the cosmic energy.**

**In a Reiki treatment one channels the life force energy to his body to remove the ailments. It is a holistic method of treatment for total relaxation & stress release, self-treatment of mind, body and soul. It works on the concept of seven chakras.**

**Our body which we see is known as Physical Body. There are six other bodies outside our physical body. Most of us do not see them with our naked eyes. They are called :**

- **Etheric Body**
- **Mental Body**
- **Emotional Body**
- **Spiritual Body**
- **Astral Body**
- **Celestial Body**



***In general, these bodies are called "AURA". Aura is a Latin word meaning "a breath of air", "a glow of light" or "fragrance".***

***Each of our outer body of energy field (or layer of aura) have different diameter e.g. the spiritual body has a diameter of 15-18feet, the mental body has a diameter of up to 8 feet whereas the etheric body which radiates from the physical body has a diameter of up to 8 inches. These outer bodies may be photographed using a "Kirlian Camera" or PIP Camera (Polycontrast Interference Photography).***

***Typical aura photograph using a Polycontrast Interference Photography (PIP) camera of me and my sister are available here -> [me, my sister](#).***

***Out of our seven bodies, if the first three bodies namely physical, etheric and mental bodies are in harmony, we have perfect health (physical as well as emotional).***

***Physical Body : The body which we see with our eyes, where we feel the diseases. The modern medical system does diagnosis and treatment on this body.***

***Etheric Body : It is like an armor which protects our physical body from negative vibrations. The seven major chakras are on this body. These chakras are also known as energy centers.***

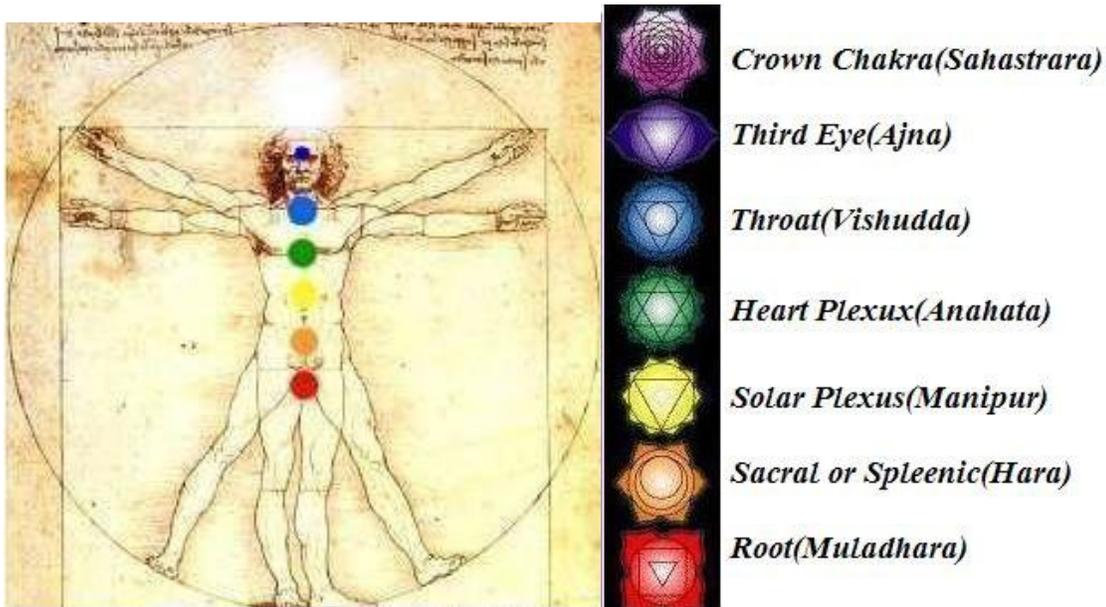
***Mental Body : All our thoughts are developed here, they go to our physical body via the etheric body. Normally we have two kinds of thoughts, positive & negative. Positive thoughts are our divine power whereas negative thoughts are devilish power. Our life is molded by our thoughts.***

***Our negative thoughts create pressure on our physical body and such pressure is then converted into body pain. In the long run this body pain is transformed into a disease. These***

*negative thoughts manifest themselves in the form of weakening of energy of a particular chakra or blockage/congestion of energy flow in a particular chakra.*

*Reiki treats one at the etheric level where it removes the negative energy patterns/blockages from the major as well as minor chakras (each minor chakra directly affects some part of our body). Reiki energy harmonizes our chakras & balances the energy within them. Thus it treats any disease at the "causal" level.*

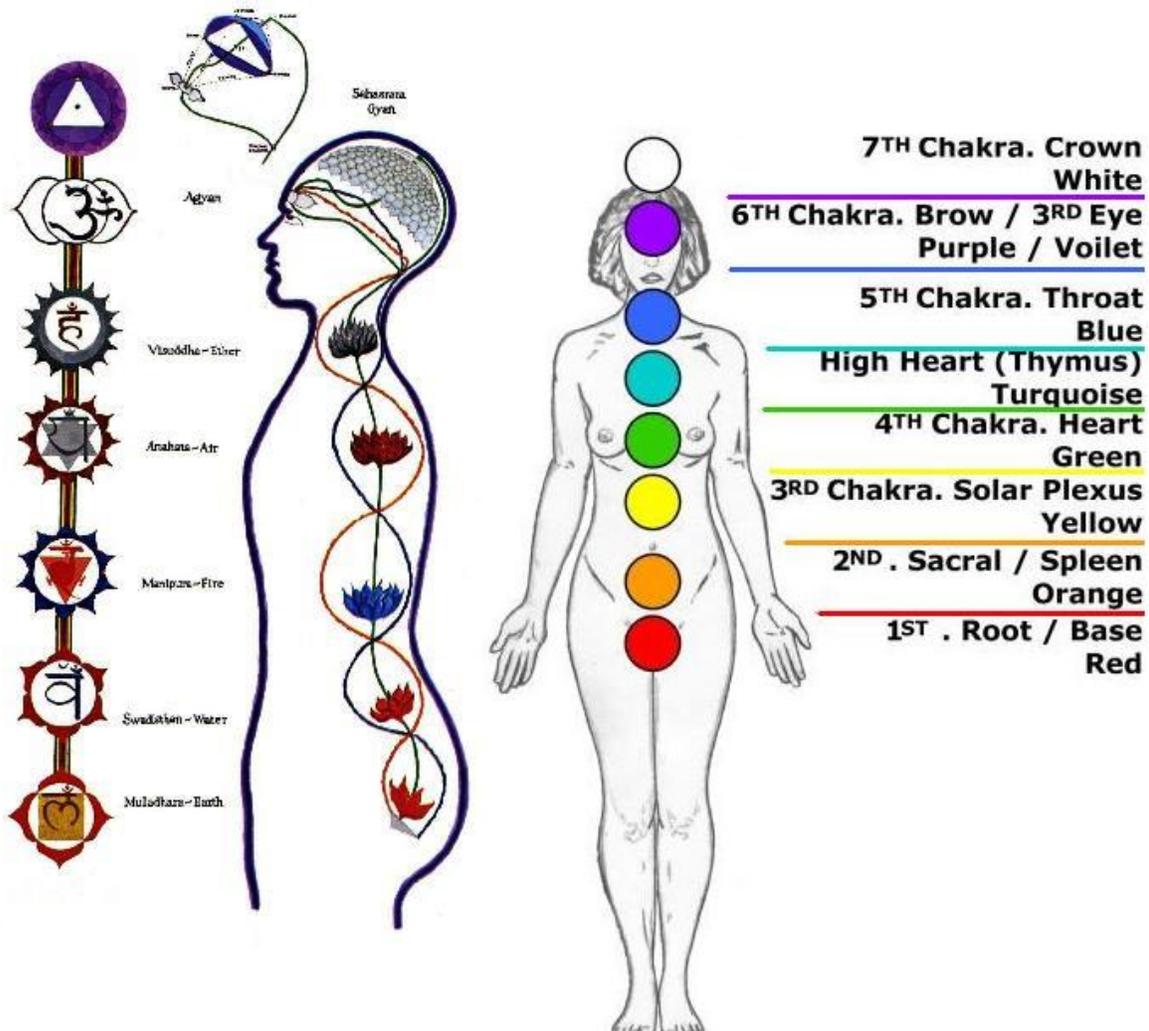
*The word chakra is Sanskrit for wheel or disk and signifies one of seven basic energy centers in the body. Each of these centers correlates to major nerve ganglia branching forth from the spinal column. In addition the chakras also correlate to levels of consciousness, archetypal elements, developmental stages of life, colors, sounds, body functions, and much, much more. Below is a brief description of each chakra.*



*Chakras are the spherical whirlpools in the etheric body that act as transmitters of energy. They influence our physical activities through the function of our endocrine glands (glands of internal secretions, such as the thyroid).*

*These glands affect our physical functioning, our mental equilibrium and emotional integrity. In accordance with the use we give to them, they may be constructive or discordant. Our ethereal body has got 7 basic chakras.*

*Good or bad chakras do not exist; they are all necessary for our earthly experiences, as well as for the process of spirituality. I am going to explain separately the function of each one of them, always having in mind that they function as a whole and, in that wholesomeness we really find the equilibrium. Every chakra has got a dual function with the exception of the first and seventh ones. The remaining ones have worldly as well as spiritual activity. The Sacral and Throat work together and belong to creation. The Solar Plexus and the Third Eye are related to vision and intelligence. The Heart and Crown express cosmic dimensions. **The details of each chakra (pg. 7).***



*Each chakra will express the same function in a lower frequency. Diseases are related to the impotence to absorb, transmute or integrate energetic frequencies. When the energy enters into a chakra and is blocked, it will try to express itself through a psychological disassociation. Whereas, if the energy is already in the chakra but expresses itself negatively, it eventually will be manifested through physical problems. Different type of **emotions are stored at different places in our body (pg. 14)** and manifest themselves as a disease to that part of body.*

*A Reiki session is started with the attitude of gratitude. One starts with thanking himself (for whatever he is, has achieved), his parents, partner, teachers, friends & cosmic Reiki energy and evokes the flow of Reiki energy by mentally reciting the statement "let the cosmic Reiki energy flow for healing". After the attitude of gratitude, all Reiki practitioners heal all their chakras. A level I practitioners puts his hand on the energy centers/chakras. Level II and level III practitioners also use various **Reiki Symbols (pg. 16)** on the energy centers/chakras to concentrate meditative energies to these chakras/centers.*

*It is mandatory that one practices Reiki on all the **24 minor energy centers (pg.24)** (a minimum of 3 minutes on each center) for a minimum of 21 days after each attunement process. If one is not able to spare so much time during a whole day then one may opt for short-cut method where one is supposed to do Reiki only on all the major chakras except "Crown".*

## **How is one initiated into Reiki or Attuned?** (click here)

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**Reiki Grid:** One way to do continuous healing is to make a **crystal (natural quartz) grid (pg. 22)** and charge it with Reiki energy or any form of meditative energy. This grid then heals continuously to the messages kept on it.

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### **Principles of Reiki**

Dr. Usui realized that Reiki was not just about healing other, but rather creating the right environment for them to heal themselves. When initiated into Reiki there are guidelines that are taught, if these are adopted they can promote healing and awareness on many levels. One should follow these five principles while practicing Reiki :

- **JUST FOR TODAY DO NOT ANGER**

Anger is an emotion that is experienced because of the past; it can often be suppressed and carried through life. This principle does not say do not anger tomorrow, but rather just for today - choose to let your anger go, live in the present and not in the past.

- **JUST FOR TODAY DO NOT WORRY**

Worry is related to perceptions of the future - what if it will / will not happen. What purpose does this serve? Why worry about that which has not and probably won't happen, live in the present and do not worry for the future.

- **HONOR YOUR PARENTS, TEACHERS, ELDERS AND YOURSELF**

Our parents, siblings and present life is decided by our past life karma, which means that we have decided our present life. If we do honor our choice then it is the self that is being denied. Live in the present and appreciate your life. Be grateful to what have been given to you by the almighty.

- **EARN YOUR LIVING HONESTLY**

Again we have chosen our path in advance according to the lessons required by the soul, this includes our work. To honor brings satisfaction, value and respect of what one does today, not yesterday, not tomorrow, but today.

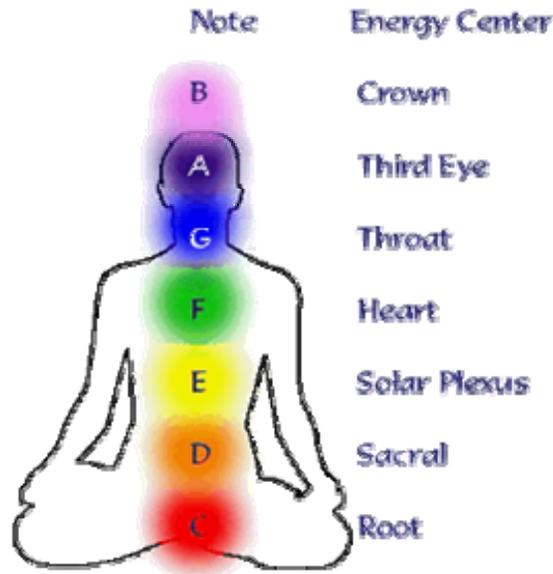
- **SHOW GRATITUDE TO EVERY LIVING THING**

We are all part of a whole, not more, not less, but a part of the ultimate. At a soul level we are all linked, we are all one. Any cruelty, be it towards another human, an animal, a plant or even a thought form, is showing cruelty to oneself and to all-else that exists.

**Some of the best books on Reiki & Healing I have come across**

1. *Essential Reiki (A complete guide to an ancient healing art) - Diane Stein.*
  2. *Essential Energy Balancing - Diane Stein.*
  3. *Psychic Healing with Spirit Guides and Angels - Diane Stein.*
  4. *Hands of Light - Barbara Ann Brennan.*
  5. *Universal Life Force Energy as Expression of Truth you are - Paula Horan*
  6. *Empowerment through Reiki - Paula Horan.*
  7. *Reiki, the Healing Touch (First and Second Degree Manual) for a New Millennium - William Lee Rand*
  8. *Energy Medicine - Donna Eden.*
  9. *Soul Healing (use Reiki and other techniques for) - Dr. Bruce Goldberg*
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## The Seven Chakra System



### Crown / Sahasrar Chakra

- **Location:** *The entire top of the head*
  - **Color:** *Violet (Gold)*
  - **Element:** *Cosmic Energy*
  - **Sense:** *Seventh sense*
  - **Function:** *Connects us with our spiritual self*
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- **Balanced energy:** *Miracle worker can transcend the laws of nature, total access to the unconscious and the subconscious.*
  - **Excessive energy:** *Constant sense of frustration, unrealized power, psychotic, depressed, manic-depressive, migraine headaches, destructive, sexual expression, sometimes passionate, sometimes distant.*
  - **Deficient energy:** *No spark of joy, catatonic, can't make decisions*

#### **Illness & affected systems:**

- **Endocrine system:** *Pituitary, Pineal gland, nervous system, brain, cerebral cortex, Old mammalian brain, Greater right-hemisphere correlation, right eye.*
- **Physical organs:** *Upper brain, Right eye.*
- **Psychic abilities:** *To be open, To know, Intuition, Precognition, Connection with infinite intelligence, To have faith, Connection with God.*
- **Psychological Illness:** *Excessive gullibility, Memory disorders, Multiple personalities, Nightmares, Split personality, Stress, worry, hysteria, depression.*

- **Physical Illness:** *Right-left brain balance, Headache, Baldness, Brain tumors ,Cancer , Epilepsy , Migraine headaches, Parkinson's disease, Pituitary problems.*

**Gems/Minerals:** Amethyst, diamond, purple fluorite, quartz crystal.

**To balance this chakra:** *Meditation, guided visualization, peaceful and quiet surroundings helps.*

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## Third Eye / Ajana Chakra

- **Location:** *At the base of the skull, at the medulla oblongata. It's location at the front of the head is between the eyebrows at the third eye.*
- **Color:** *Indigo, a combination of blue and red.*
- **Tone:** *OM*
- **Element:** *Electrical or telepathic energy.*
- **Sense:** *Thought*
- **Function:** *Intuitive center, seat of will and clairvoyance.*

*The third eye is the center of psychic powers and higher intuition, you can receive guidance, channeling, and tune into your higher self. This is the center that enables you to experience telepathy, astral travel and past lives.*

- **Deficient energy:** *Non assertive, undisciplined, oversensitive to the feelings of others, afraid of success, schizophrenic (unable to distinguish between Ego self and Higher self).*
- **Excessive energy:** *Egomaniac, proud, manipulative, religiously dogmatic, authoritarian.*
- **Balanced energy:** *Charismatic, can receive guidance, not attached to material things, no fear of death, master of yourself, sexual energy-you no longer need another person to complete yourself.*

### **Illness & affected systems:**

- **Endocrine system :** *Pituitary gland, Neo-mammalian brain, Greater left-brain hemisphere correlation.*
- **Psychic abilities :** *Clairvoyance, Psychic reading, To have vision or insight, Photographic memory, Telekinesis.*
- **Psychological Illness:** *Extreme confusion, Fixations, Inability to focus, Intelligence deficiencies, Living in a fantasy world, Paranoia, Poor visual memory, Psychotic behavior, Schizophrenia, Severe retardation, Confusion, mental Illness, lack of clarity, psychic exhaustion.*
- **Physical organs :** *Autonomic nervous system, hypothalamus, Pineal, pituitary, brain, eyes, ears, nose.*
- **Physical Illness:** *Brain tumors, Cancer, Central nervous system problems, Eye and visual problems, bad eyesight, Headaches (sinus), Sinus problems.*

**Gems/Minerals:** *Lapis lazuli azurite, soda-lite, quartz crystal, sapphire.*

**To balance and to awaken this chakra:** *Meditate, lay down with a crystal or a small pyramid on your forehead, visualize a indigo blue flame.*

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## Throat / Visuddhi Chakra

- **Location:** *Bottom of the neck.*
- **Color:** *Light blue, turquoise.*
- **Sense:** *Hearing*
- **Element:** *Ether*
- **Function:** *Communication, self-expression, clairaudience.  
Speech, sound, vibration, creativity, telepathy, inspiration*

*This is the center for communication, when this center is open, you will have a powerful desire to talk about what you're experiencing. When you do this, some of your old friends will fall away, but your true friends will always be there for you, so let go of the ones who are uncomfortable with the new person you are becoming. You'll find that there are many new and wonderful friends who will be magnetically drawn to you as your own energy changes.*

- **Balanced energy:** *Contented, centered, can live in the present, sense of timing, good speaker, artistic, can meditate and experience Divine Energy. Sexual energy, can seek bliss through meditation.*
- **Excessive energy:** *Arrogant, self-righteous, talk too much, dogmatic, addictive, sexual energy-macho, prefers partners who can be dominated.*
- **Deficient energy:** *Scared, timid, hold back, quiet, inconsistent, unreliable, weak, devious, manipulative, can't express your thoughts, sexual energy-can't relax, feel conflict with your religious upbringing, may be afraid of sex.*

### **Illness & affected systems:**

- **Endocrine system:** *Thyroid.*
- **Psychic abilities:** *Communication center, Telepathy, Clairaudience, Inner voice, Tone healing.*
- **Psychological Illness:** *Inability to express self in words, Logorrhea (nonstop verbal chatter), Poor auditory memory, Stuttering, Communication and / or speech problems. Knowledge used unwisely, ignorance, lack of discernment.*
- **Physical organs:** *Throat, lungs, Thyroid, Para thyroids, Lymphatic system, Brain stem.*
- **Physical Illness:** *Ear and hearing problems, Cancer, Lymphatic problems, Mouth problems, Neck and shoulder problems, Parathyroid problems, Speech problems, Teeth problems, Thyroid problems, Throat problems, thyroid and immunity system problems.*

**Gems/Minerals:** *Turquoise, blue topaz, aquamarine.*

**To balance this chakra:** *Sing, chant, hum. Listen to music that you really like. Take a walk and look at the beautiful blue sky and breathe consciously.*

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## Anahat / Heart Chakra

- **Location:** *Center of the chest.*
- **Color:** *Green or pink.*
- **Element:** *Air*
- **Sense:** *Touch*
- **Endocrine system:** *Thymus*
- **Function:** *Love, compassion*

The heart chakra is the center of compassion, when the heart is open; you transcend the limits of your people, plants, and animals, all of life. This is the humanitarian center, you care about social causes. like saving the whales and the planet earth.

- **Balanced energy:** *Compassionate, empathetic, humanitarian, see the good in everyone, desire to nurture others, friendly, outgoing, in touch with feelings, sexual energy-can surrender and merge in a love relationship, can wait for the right partner.*
- **Excessive energy:** *Demanding, overly critical, possessive, moody, melodramatic, manic-depressive, USE money or sex to control people. Martyr, a master of conditional love "I love you if" withhold love to get the desired behavior: "You wouldn't do that if you really loved me."*
- **Deficient energy:** *Paranoid, feel sorry for yourself, indecisive, afraid of letting go and become free. Sexual energy -feels unworthy love, can't reach out, terrified of rejection, need constant reassurance.*

### **Illness & affected systems:**

- *Psychic abilities: To be in affinity with, To be at one with, To connect with, Compassion, Unconditional love.*
- *Psychic Illness & affected systems: At war with yourself, Feelings of alienation, Inability to bond with another, Self-destructive tendencies, Suicide, anger, paranoia.*
- *Physical organs: Heart, lungs, liver, circulatory system, thymus gland, vascular system, lymph glands, respiratory system.*
- *Physical Illness: Auto-immune system problems, Circulatory problems, Heart problems, High blood pressure, Lung cancer, Lung problems, Respiratory problems, Thymus problems, Upper back problems, Vascular problems, Heart pain, heart attack, high blood pressure, negativity, fatigue, difficulty breathing, tension, insomnia, cancer.*

**Gems/Minerals:** *Emerald, green and pink tourmaline, malachite, green jade, rose quartz.*

**To balance this chakra:** *Give freely your service to others, watch tender movies, listen to romantic soft music, and play with cute kittens or puppies. Sit for a while with a baby in your arms, give someone a hug. Give someone a reiki treatment. Most important is, love and forgive yourself.*

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## **Solar Plexus / Manipur Chakra**

- **Location:** *Below the breast*
- **Color:** *Yellow*
- **Element:** *Fire*
- **Sense:** *Sight*
- **Function:** *Power and wisdom center,*

### **Center of personal power:**

*When the solar plexus is open, you have found your unique gift, the work that gives you pleasure and makes you feel fulfilled. One way to find your gift is to consider what you most enjoyed doing when you were a child, this will give you clues about your natural inclinations. In marital arts the third chakra is considered the center of Chi, the life force energy (also known as Reiki.*

- **Balanced energy:** *Outgoing, cheerful, self-respect, respect others, strong sense of personal power, skilful, intelligent, relaxed, spontaneous, and expressive, take on new challenges, enjoy physical activities and good food.*
- **Excessive energy:** *Judgmental, workaholic, perfectionist, overly intellectual, may need drugs to relax, sexually inhibited, and can't show emotional warmth.*

- **Deficient energy:** *Depressed, lack of confidence, worry about what others think, confused, poor digestion, afraid of being alone, sexual energy-insecure, need constant reassurance, jealous, distrustful.*

### **Illness & affected systems:**

- **Endocrine system:** *Adrenals.*
- **Psychic abilities:** *Astral projection, To be empowered, To manifest, To be in control of yourself, Psychic healing, Levitation.*
- **Psychic Illness:** *Addictive personality, Catatonic schizophrenia, Compulsive behavior, Excessive anger or fear, Manic-depressive behavior, Obsessive behavior, Sleep problems, depression.*
- **Physical organs :** *Stomach, liver, gallbladder (digestive system), adrenal glands, the diaphragm, the breath, adrenals, skin, digestive organs, duodenum, pancreas, liver, neural center, autonomic control center.*
- **Physical Illness:** *Absorption problems, Adrenal problems, Arthritis, Anorexia nervosa, Cancer, Coordination problems, Liver problems, Multiple sclerosis, Obesity, Premature aging, Stomach problems, Digestive difficulties, gas, food allergies, liver problems, diabetes, over-sexed, gall stones, muscle cramps, spasm, , difficulty breathing.*

*When two people are quarreling, then the light from the solar plexus chakra is turning dark, and the way that the lights from the two chakras are mixed is characterized by negativity. Different figures can be seen here, The darker the light is, the more hate is there between the two, and when it turns dark enough, it turns into black. and a blockage may arise in the solar plexus centre in one or both of them.*

**Gems/Minerals:** *Citrine, gold topaz, amber, tiger eye, gold calcite, and gold.*

**To balance this chakra:** *Rub your belly, visualize sunshine radiating out from your solar plexus, and breathe using your diaphragm.*

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## **Sacral / Hara / Swadisthan Chakra**

- **Location:** *1-2 inches below navel*
- **Color:** *Orange*
- **Element:** *Water*
- **Sense:** *Taste*
- **Function:** *Center of sexual energy, feeling - emotion center*

*This chakra is about friendliness, creativity, sexuality, emotions and intuition on the gut level. It's influenced by how emotions were expressed or repressed during childhood. The sexual energy center for women.*

- **Balanced energy:** *Friendly, concerned for others, sense of belonging, intuitive, clairsentient. Good sense of humor. Radiate warmth and compassion.*
- **Excessive energy:** *Emotionally explosive, overly ambitious, manipulative, caught up in illusions, overindulgent, sexual energy see people as sex objects.*
- **Deficient energy:** *Shy, timid, immobilized by fear, overly sensitive, self negating, burdened by guilt, sexual energy-clinging, guilty about having sex, abused, frigid or impotent.*

### **Illness & affected systems:**

- **Endocrine system:** *Gonads.*
- **Psychic abilities:** *Clairsentience, Emotional feelings, Balance of male and female energies.*
- **Psychic Illness & affected systems:** *Chameleon personality, Depression, Hysteria, Unable to be sexually intimate, repression and inhibition.*
- **Physical organs:** *Reproductive organs, skin, kidney, mammary glands. Ovaries, testicles, prostate, Insulin-producing glands in the pancreas and spleen.*
- **Physical Illness & affected systems :** *Anemia, Allergies, Diabetes, Diarrhea, Duodenal ulcers, Hypoglycemia, Kidney problems, Leukemia, Lower back problems, Pancreas problems, Premenstrual syndrome, Spleen problems, Kidney weakness, constipation, muscle cramps, lack of energy, allergies, Loss of weight.*

*When two people make love, then the lights from their sex chakras are mixed and the light are creating figures, whose beauty also in this case depends on the love between the parties. Two people, who really love each other, create a fantastic aura around them when making love - it can be compared to a forest of fairytale trees, whose flowers and leaves create an arc above the lovers, which has so powerful vibrations, that a lot of negative karma can be burned away. In other words, just by loving another person and showing it by sexual behavior which pleases and satisfies, one can develop very much personally and in the end thereby also spiritually.*

**Gems/Minerals:** *Carnelian, coral, amber.*

**To balance this chakra:** *Express your creativity, dance, move your hips, laugh, have some fun.*

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### **Root / Muladhar Chakra (Kundalini Energy center)**

- **Location:** *At the tailbone, Base of spine*
- **Color:** *Red*
- **Element:** *Earth*
- **Sense:** *Smell*
- **Function:** *Survival issues, physical vitality, seat of Kundalini, creative expression, abundance issues.*

*The center of physical energy and vitality; the energy to succeed in business or material possessions. Center of manifestations. Throughout the ancient world in historical and mythological stories , the root chakra has been associated with snakes .Snake being a symbol for the kundalini energy .*

- **Balanced energy:** *Centered, grounded, healthy, fully alive, unlimited physical energy, can manifest abundance.*
- **Excessive energy:** *Egoistic, domineering, greedy, sadistic, sexual energy entirely genital.*
- **Deficient energy:** *Lack of confidence weak, can't achieve goals, suicidal, sexual energy, feel unlovable, little interest in sex, masochistic.*

### **Illness & affected systems:**

- **Endocrine system:** *Supra-renal.*
- **Psychic abilities:** *Grounding, Realizing, Letting go, surviving.*
- **Psychic Illness:** *Accident prone, Being in survival, Dependent personality, Identity crisis, Weak ego structure.*
- **Physical organs:** *Kidneys, bladder, spine, ovaries, testes, placenta, spinal column, colon, legs, bones.*

- **Physical Illness:** *Cancer , Colon problems, Bladder problems, Female reproductive-organ problems, Fluid retention, Male reproductive problems, Sciatica problems, Urethral problems, Yeast infection, Drug addictions, anemia, cancer, arthritis, heart disease, gynecological problems, AIDS, herpes, Candida.*

*When the energies or vibrations from two people's chakras are mixed, the following takes place: the light from the one chakra affects the light from the other chakra; these light waves are mixed in a way, so they create different figures. The figures created by the light waves from the chakras become more beautiful, the more love there is between the parties.*

**Gems/Minerals:** *Ruby, garnet, bloodstone, red jasper, black tourmaline, obsidian, smoky quartz.*

**To balance this chakra:** *Dancing is very good for grounding. In the summer, go barefoot. House cleaning and cooking is also grounding. Hug a tree, take care of your plants.*

## Emotions and where they are stored

### Hands

- Giving or receiving
- Holding on the reality
- reaching goals
- feel of action

### Elbow

- Connects the strength of the upper
- Arms to the action of forearms

### Lower Back

- Junction between lower and upper body movement
- Men store a lot here due to storing of emotions in the belly

### Abductors

- Inner thigh
- Contain sexually charged issues

### Arms

- Love, express the heart center
- Enables us to move and connect in the external world

### Shoulders

- Where we carry the weight of the world
- Fear of responsibility
- Women store a lot here

### Pelvis

- Seat of Kundalini energy
- Root of basic survival needs and actions

### Lower leg

- Enables movement towards goal
- Fear of action

### Forearm

- Means of attaining goals
- Fear of inferiority
- 

### Upper Back

- We carry stored anger (particularly between shoulder blades)

### Gluteus Muscles

- Holding in emotions, not releasing and letting go
- Anal blockage

### Ankles

- Create balance

### Upper arm

- Strength to act
- Fear of being discouraged

### Back

- Where we store all our unconscious
- Emotions and excess tension

### Hamstring

- Self control issues
- Letting go

### Nose

- Related to heart
- Sense and smell, sexual response
- Self recognition

### **Mouth**

- Survival issues
- How we take in nourishment security
- Capacity to accept new ideas

### **Neck**

- Thought and emotions come together
- Stiffness is due to withheld emotions

### **Solar plexus**

- Power issues
- Emotional control issue, power - wisdom center

### **Knees**

- Fear of death
- Fear of death of old-self or ego
- Fear of change

### **Eyes**

- Shows how we see the world
- Nearsighted is more withdrawn
- Farsighted is less oriented
- Windows of the soul

### **Ears**

- Our capacity to hear
- Have acupuncture points for every area of our body

### **Chest**

- Relationship issues
- Heart and love emotions
- Respiration and circulation

### **Thigh**

- Personal strength
- Trust in one's own abilities
- Fear of inadequate strength

### **Forehead**

- Intellectual expression

### **Arms & hands**

- Are extension of the heart center
- Express love and emotion

### **Genitals**

- Survival issue
- Related to root chakra containing Kundalini

### **Face**

- Expresses the various masks of our personality
- Shows how we face the world

### **Brow**

- Intuitive center
- Emotional expression

### **Jaw**

- Tension indicates blockage of emotional and verbal communication
- Fear of ease of expression

### **Abdomen**

- Seat of the emotions
- Contains our deepest feelings
- center for sexuality
- digestive system

### **Feet**

- Shows if we are grounded
- Connected with reaching our goals
- Fear of completion

## Reiki Symbols

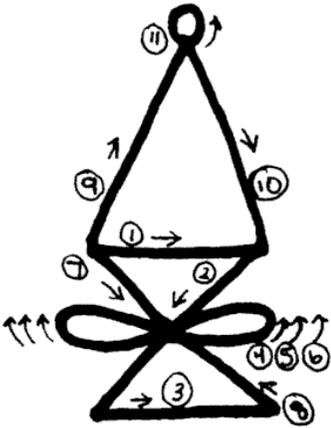


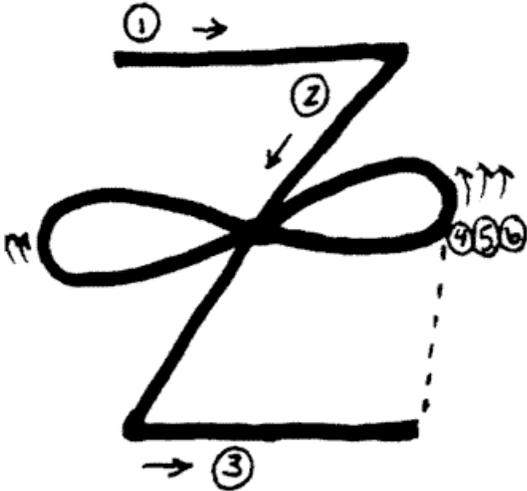
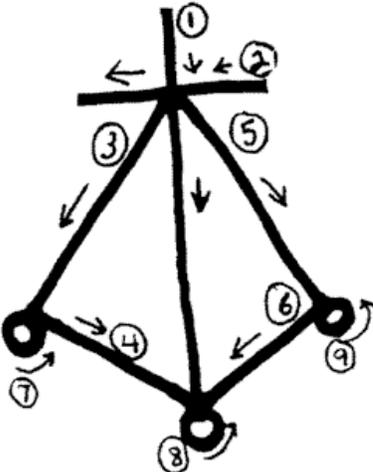
These are the Reiki symbols as they were taught to me. The arrows and numbers in the pictures indicate how the symbols are to be drawn. There are many variations of some symbols but they all work, use your intuition to find the right one for you.

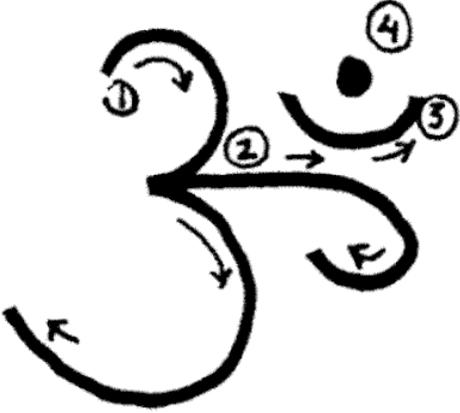
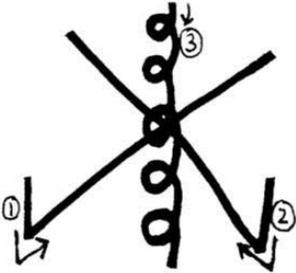
<p>● Cho Ku Rei</p>		<p>The first symbol is Cho-KU-Rei (pronounced cho-koo-ray), which is often referred to as the 'power symbol'. You will normally use this symbol in every healing session, as frequently as you feel is right. Its affect is to channel far stronger healing energy. Some people may feel attracted to drawing it counter clockwise instead. If you experiment, you will usually find which feels better for you.</p>
<p>● Sei He Ki</p>		<p>The second symbol is SEI-HE-KI (pronounced say-hay-kee) and is used in most healings. It is sometimes called the 'emotional symbol' because it specifically addresses the emotional healing process and helps release deeply repressed feelings, quickly and easily. It is usually drawn once at the start of a session, and can be used again when you feel drawn to it at any time during the healing.</p>
<p>● Hon Sha Ze Sho Nen</p>		<p>Hon Sha Ze Sho Nen (pronounced hon-sha-zee-show-nen) "The Distance Symbol" Hon Sha Ze Sho Nen is used to send Reiki. You can send Reiki to anyone and anything. It is used to send Reiki over distance and time (such as when using Reiki to heal a past trauma or sending Reiki to a point in the future when you or someone might need it). It is also drawn before sending a distant attunement. You may be guided intuitively to use it in other situations when necessary. If you feel you need to use it but have trouble recalling it exactly, just repeat the name of of the symbol and let Reiki do the rest for you.</p>

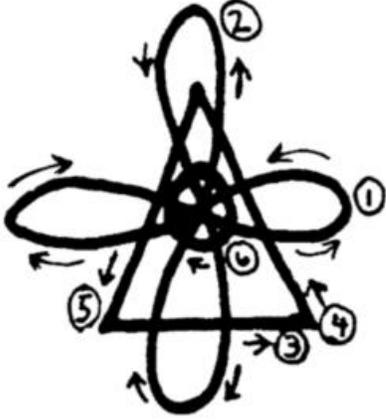
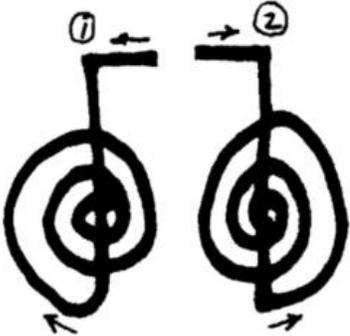
<p>● <b>Tibetan Dai Ko Myo</b></p>		<p>The Dai ku Myo is also known as the Master Symbol. Some people may feel attracted to drawing it instead of usui symbol. If you experiment, you will usually find which feels better for you.</p>
<p>● <b>Usui Dai Ko Mio</b></p>		<p>The Dai ku Myo is also known as the Master Symbol. This is the energy that the Reiki master activates to do the Attunements that make the Reiki energies permanently accessible to the new practitioner. Several Reiki Masters differentiate between 'Master' &amp; 'Grand-Master'. A master attunement activates the Dai ku myo as the spiritual intuitive energy but does not give the ability to do attunements.</p>
<p>● <b>Raku (Fire Serpent)</b></p>		<p>This Symbol is pronounced "ra-koo" which is mainly used at the end of attunements, take a deep breath and hold it in, move around the back of the receiver then draw the RAKU from their head, down along the spine and down to the ground, simultaneously releasing the breath. Inform the receiver that the process is complete and that they should sit still for a few minutes before arising. It does not initiate healing energy, but instead is involved in grounding the receiver, it may also be used at the end of a healing session or at other times when additional grounding is needed. Now a big tip when attuning people to reiki, sending distant treatments don't try to hard trust in the Intelligent Reiki Energy and you will never fail ! the main word to remember is your INTENT ! so take it easy let the energy flow.</p>



<p><i>Non Traditional Reiki Symbols</i> <b>Karuna Reiki Symbols</b> ● <b>Halu</b></p>		<p>This symbol is pronounced "hay-lou" It was channeled by Kathleen and Marcy and was given purportedly by Sai baba during a meditation. Halu means love, truth, and beauty. It can also mean harmony. It is supposed to be a deeper ray of healing. This symbol is an amplification of Zonar. To draw this, the Z is completed and the pyramid is added. Halu is thought to be more powerful than Zonar and works in higher dimensions and at deeper levels. Halu is said to restore balance. It is thought to bring</p>
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		<p>about "deep healing" at causal and karmic levels. Like the Usui Reiki symbol, Sei Hei Ki, it is supposed to help dissolve negative patterns in the unconscious mind that we use to keep ourselves from truth, and also to break up delusion and denial. It is also used to open a channel to higher consciousness. It can be used to repel and dispel psychic attack and psychological attacks. To use Halu for this purpose, draw the symbol in the air and connect at your heart center to the divine compassion. Infuse and surround yourself with the symbol and this energy. Know and intent that no psychic or psychological attacks can harm you in the oneness of this love.</p>
<p>● Zonar</p>	 <p>The diagram shows the Zonar symbol, which is a stylized 'Z' with a loop. It is drawn in three strokes: 1. A horizontal line from left to right. 2. A diagonal line from top-right to bottom-left, crossing the first stroke. 3. A horizontal line from left to right, crossing the second stroke. A loop is formed by the second stroke crossing itself. Arrows and numbers 1, 2, and 3 indicate the direction and order of the strokes. There are also three small arrows on the right side of the loop, labeled 4, 5, and 6, indicating the direction of the loop's rotation.</p>	<p>This symbol is pronounced "zoe nar". It was channeled by Marcy Miller and purportedly given to Marcy from Sai Baba during a meditation. Zonar means "infinity" or eternity. To draw the symbol, first draw the "Z" and then the infinity three times. This symbol is thought to work with past lives. The theory being that the cells carry the memory of trauma, and ideas from both this life and previous lives. This symbols is thought to help us work through these issues and release them and the associated Karma. Because of this it is thought to work well with child abuse.</p>
<p>● Harth</p>	 <p>The diagram shows the Harth symbol, which is a triangle with a vertical line extending upwards from the top vertex. It is drawn in nine strokes: 1. A vertical line from top to bottom. 2. A horizontal line from left to right across the top. 3. A diagonal line from top-left to bottom-right. 4. A diagonal line from top-right to bottom-left. 5. A vertical line from top to bottom. 6. A diagonal line from top-left to bottom-right. 7. A diagonal line from top-right to bottom-left. 8. A diagonal line from top-left to bottom-right. 9. A diagonal line from top-right to bottom-left. Arrows and numbers 1 through 9 indicate the direction and order of the strokes.</p>	<p>This symbol is pronounced exactly as spelled. It was channeled by Kathleen Milner and Marcy Miller. Harth means Love, Truth, Beauty, Harmony and Balance. It is the main symbol of Karuna Ki. It represents the Infinite Love and Compassion of the source. Harth is a symbol for the heart from which healing and love flow. It is used to heal the heart and issues of the heart, and helps one develop Karuna (compassion). It is useful and helpful in healing relationships. Harth restores our love of life and for the things we do. Harth is good to use for addictions of all kinds.</p>

<p>● Om</p>		<p>This symbol is pronounced "Ah uu mm". It is a Sanskrit symbol used in many eastern spiritual practices. Represents the Universe functioning as a whole unit; A father/mother beckoning creation, U = son/daughter the evolution of individual souls; and M absorbing of all that is created. The sacred sound of the Universe. Om cleans, stabilizes and seals the aura. It brings in light, purifies, protects and connects with GOD. Om is chanted and visualized in gold by and individual or in groups to be used for healing or psychic attunement; sound psychically charges the air with prana which is under the direction of thought and can be directed specifically. It is recognized as the primal sound and chanted to control natural manifestations; represents the three manifestations of all life: creation, preservation and destruction Use in the initiation process to seal in the other symbols or to seal each part of the attunement. Om opens the crown and if drawn above the head opens a pathway to God and higher consciousness. I have found that repeating the Mantra "Ah um mm" that the Reiki energy doubles, it is also good for your Chakras</p>
<p>● Rama</p>		<p>Rama, interchangeable with "Ram" or "God" means abiding joy. Rama connects us to Gaia, Earth energy, and clears our lower six chakras. Rama is used to clear negative energy, create determination and revive a person's chi</p>

<p>● <b>Gnosa</b></p>		<p>Pronounced, "Know Sa", the word comes from Gnosis meaning mystical and spiritual knowledge acquired through feeling and prophecies from God. Gnosa helps release our higher self to communicate more clearly in every day life. As it increases awareness it uplifts consciousness creating a direct connection with God. Like Harth, Gnosa is a primary symbol in Karuna reiki</p>
<p>● <b>Kriya</b></p>		<p>Pronounced "Kree Yah", it means perfect balance and action. The Law of Kriya is that of physical manifestation. Thought to help to heal the human race. Kriya balances energy, raises awareness and transforms thought into action</p>
<p>● <b>Iava</b></p>		<p>Pronounced "Ee-Ah-Vah", it balances the four elements. When drawing the four small loops, say "Earth" with the first, "Water" with the second, "Wind or Air" with the third, and "Fire" with the fourth. Iava dispels illusion, conditionings and untruths. Iava aids in acting in the moment from a place of truth rather than re-acting to circumstances. It also helps heal the Earth</p>
<p>● <b>Shanty</b></p>		<p>Pronounced, "Shawn-Tee", it means peace. Shanti helps heal the past and make way for the present. We use Shanty to send peace to the past, free our attachments and heal. It releases fear, anger, hurt while soothing the aura</p>

<p>● <b>Dumo</b></p>		<p>Pronounced, "do moe", it represents the swirling heat of the Kundalini. Also known as Tibetan Master Symbol or Tibetan Dai Ko Mio, it is the heat felt over the spine as the Kundalini awakens. This heat is the unification of the body and the mind. Dumo ignites this fire in the root chakra, pulls negative energy and disease from the body and releases it. Dumo heals on the deepest of levels</p>
<p>● <b>Tibetan Fire Serpant</b></p>		<p>This sleeping serpant awakens during an attunement. It opens the central channel of Kundalini fire. Depending on how it is used, it can either ground energy into the lower chakras or push energy upwards into the higher chakras without allowing it to relase through the crown chakra. It connects and opens all chakras allowing balance &amp; harmony</p>
<p>● <b>Antahkarana</b></p>		<p>Antahkarana Symbol - A symbol consisting of a cube shape with 7's on its face surfaces. Presumably of Tibetan origin although this cannot be determined. Claimed to have panacea type effects on all areas of healing. This is used in a specific meditation as well as on "master frequency generator plates" developed by Ralf Jensen.</p>

## Making a Crystal Grid for continuous Healing.

A crystal grid can be created and charged with Reiki or other healing energy, which will then continue to send energy to heal, protect or manifest a goal for 24 hours or longer after is charged. In addition the Crystal grid can be used by your guides and higher-self, as a bridge to transmit healing and help you and your clients.

To Create your Crystal grid you will need eight clear quartz crystals. Choose them with care and sensitivity for their intended purpose, allowing your intuition to guide you to them. Your crystals should be cleansed before use, by placing them in rock or sea salt water for 24 hours. You can also cleanse them with water and reiki, hold the crystal with your finger tips of both hands let the tap water flow over the crystal and imagine the white light of reiki cleansing it and removing negative energy. Say a prayer over them after they are in the water, asking that they be purified for your highest spiritual purpose. You may also attune them to the creative energies of the earth, sun and moon by placing them part way in the earth with the tip pointing up during the three days of the full moon. Do this in a place where the light of the sun and moon will shine on them. Say a prayer at this time asking that the creative forces of the earth, sun and moon will assist you in your highest spiritual purpose.

Next you must prepare a place for your Crystal grid. It should be in a place that only you have access to, or at least a place that is in your space. It could be an altar or a sacred place in your home on a desk top or shelf.

From the eight crystals select the one that seems the strongest and is the most Yang or contains the most male energy. This will be your master charging crystal. Then place six of the crystals at equal points around a circle about 12" in diameter pointing inward. This will create a hexagon or six sided figure. Place the last crystal in the centre pointing to one of the others. For your central crystal, you may also choose to use a double-terminated crystal, a cluster, a pyramid or crystal ball. Play with the arrangement until it feels right...

Take a picture of yourself and sign your name on the back. Also draw your Reiki symbols on the back along with their names. (Or symbols from your own healing system.) Include an empowering affirmation such as: "I am perfectly protected and healed now on every level of my being, so that my greatest spiritual purpose is completely fulfilled." Or "I allow the love and wisdom of my highest spiritual guides to protect, heal and empower me to fulfill my true spiritual purpose." Or Higher-Self, guide me and heal me so that I might be of greater service to others". Or "I allow myself to heal so that my healing energies become stronger and stronger." Use any of these or any combination, or use your own creative intuition to make up your own...

After your crystals have been purified, you know how you will arrange them and your picture is prepared, your next step is to charge your crystals individually and channel healing energy into each one for at least ten minutes. As you do this, say a prayer asking that your highest spiritual guides attune to the crystal so as to assist you in your work and in the high spiritual purpose of the Crystal grid. Also ask your highest guides as well as the angels and archangels to work with you in charging the grid. You can also do a Reiki attunement on each crystal if you have taken Reiki III to give them an even greater charge of higher frequency energy..

As you charge each crystal, place it in its proper position in the grid. After the crystals are in position, do not move them as this will weaken their energy connection. Then charge your master crystal in the same way..

The master crystal is to be used to keep your Crystal grid charged. Charge it with energy in the same way as the others. Then while holding it in your right hand begin drawing out pie sections above the grid imagining energy coming from the master crystal and charging the grid. Start with the central crystal and move out to an outer crystal then across moving counter-clockwise to the next outer crystal and back to the centre, then back out to the same outer crystal you went in from and so on. Making pie shaped movements and moving around the grid in a counter-clockwise direction. As you do this, repeat an affirmation/mantra of power, such as: "I empower this grid with light, with light, with light, to heal, to heal, to heal. I empower this grid with love, with love, with love and wisdom, wisdom, wisdom, to heal, to heal, to heal. I call on my highest spiritual guides now to attune this grid of light, light, light, to heal, to heal, to heal, with love, with love, with love." Again feel free to use your creative intuition to create empowering affirmation/mantras that feel right for you. .

Meditate with your master crystal grid each day and use it to charge your Crystal grid each day. If you miss a day or two do not worry, however for your Crystal grid to remain activated, you must work with it regularly. For greater strength and effectiveness, do your meditation while holding your master crystal, and end the meditation by projecting your healing symbols or energy into your master crystal, then use it to charge your Crystal grid.

If you have a person you would like to send healing to, or a project or goal you would like to empower with healing energy, write it out on a piece of paper and draw out your symbols. Then hold it between your hands and place it within your grid. Your grid will continuously send loving energy to heal the person or manifest the goal.

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***Dr. Ajit Upadhyay's REIKI Lineage:***

- *USUI System: Usui -> Hayashi -> Takata -> Ishikuro -> Reobertson -> Finley -> Sukhbir Singh -> Milti Manjeet Singh*
- *Tibetan System: Mahatapa -> Rajesh Pawar*

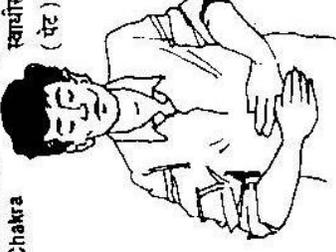
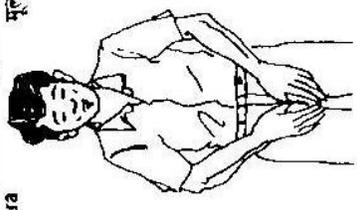
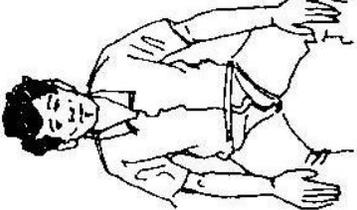
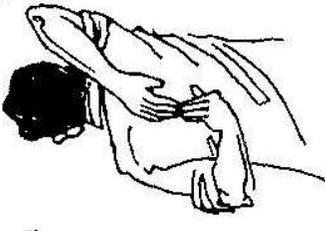
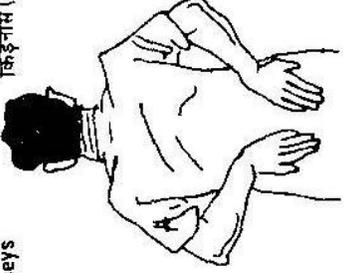
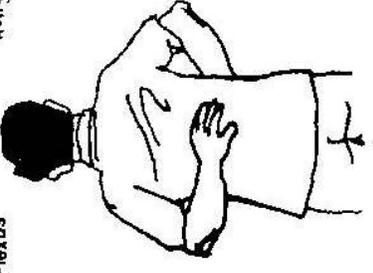
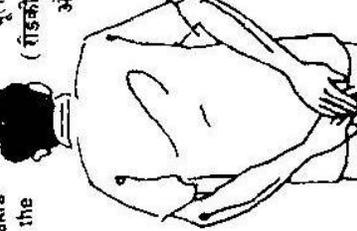
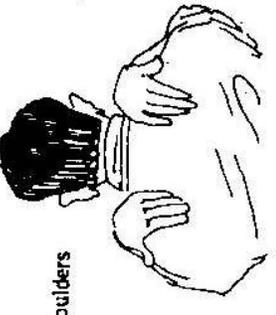
**Reiki Positions for treatment of Self & others.**  
 रेकी द्वारा अपना व दूसरों का उपचार करने की स्थितियाँ

**Attitude of Gratitude**  
 मैं अपना आभार मानता हूँ। (नाम के साथ)  
 मैं रेकी का आभार मानता हूँ।  
 मैं अपने साथी (नाम के साथ) का आभार मानता हूँ।  
 मैं अपने गुरुओं का आभार मानता हूँ।

**शरीरका अगला हिस्सा**

Eyes आँखें	1 मस्तक की आगे व पीछे
Temples मस्तक की दोनों सइडें	2 दोनों हाथ मस्तक के पीछे
Ears कान	3 मस्तक एक हाथ आगे दूसरा पीछे
Forehead & Back of the Head	4
Throat	5

Thyroid and Thymus glands दोनों हाथ गले पर	7
Heart Chakra अनाहत चक्र	8
Solar Plexus सर्पिण्ड चक्र	9
Liver लीवर (रेट के दाई ओर)	10
Tips of Lungs फेफड़ों के ऊपर का हिस्सा	11
Pancreas & Spleen पेट के बाईं ओर	12

<p>Hara Chakra स्वाधीस्थान चक्र (पेट)</p> 	<p>13 16</p> <p>Root Chakra मूलाधार चक्र</p> 	<p>Ankles पैरों की खूटी</p> 	<p>14</p> <p>17</p> <p>Knees घुटने</p> 	<p>Thyroid &amp; Thyamus Glands दोनों हाथ गले के पीछे</p> 	<p>19 22</p> <p>Heart Chakra हृदय चक्र</p> 	<p>Kidneys किडनीज (मूत्रपिंड)</p> 	<p>20 23</p> <p>Solar Plexus सर्पीपुत्र चक्र</p> 	<p>21 24</p> <p>Root Chakra (Base of the Spine) मूलाधार चक्र (रिडकी हड्डी का अंतिम भाग)</p> 
<p>17</p> <p>Back of the Body शरीर का पिछला हिस्सा</p> 	<p>18</p> <p>Shoulders कंधे</p> 