

— *Reiki Rays* —

# MEDITATE WITH ME

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*Beautiful and Useful Reiki Meditations*

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Meditations*

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# Five Minutes Reiki - Breath Meditation

*By Haripriya Suraj*

The word '**Meditation**' scares a lot of people! They don't even attempt meditating because they feel it requires intense concentration and discipline. They believe it is only for the enlightened and disciplined. This is just not true.

The essence of meditation is to just be. That is, to be with yourself in the moment and to rest in the lap of your Being. We are so used to rushing around and doing things all the time that it seems difficult to just be. To meditate is to give yourself some time where you do not have to think, do or achieve. You just have to be. Once you get to taste the joy of just being, you will begin to enjoy meditation and not find it hard anymore.

There are plenty of meditation techniques and each has its own value. But one of the simplest ways to meditate is with the help of your own breath.

Do this simple 5-minute meditation at least once every day. You can also do it whenever you are rushed and stressed and losing touch with yourself in the process. Incidentally, that is when you will benefit most from it. Taking these 5 minute breaks to just **BE** will nourish your body, mind and spirit and also help you get back to your daily routine with renewed energy.

## **This is how you do it:**

1. Ensure that you will not be disturbed for five minutes and that your mobile phone is turned off. This time is for you and you alone.
2. Have a timer set for after five minutes so you will know you have given yourself a full five minutes of quiet time.
3. Sit or lie down comfortably.
4. Close your eyes and take a deep breath.
5. Visualise a huge upturned cosmic lotus over you. As you lie still, visualise that you are bathed in a shower of Reiki streaming down from this lotus.
6. Bring your awareness to your breathing. Breathe in and out very naturally. That is all you need to do.
7. If you find thoughts entering your mind, do not resist them. Just go back to being aware of your breath.
8. Do this for the next five minutes. Once your timer goes off, you can slowly open your eyes and resume your normal routine.

That was easy right? Please don't try to convince yourself that you don't have even five minutes to spare for this! If you don't have it, you need to create it. This is for your own growth and well being.

So, go for it! ☺

## Lose Weight with Reiki Meditation

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

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

**Step 1.** Sit in your favorite meditation position.

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

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

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

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

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

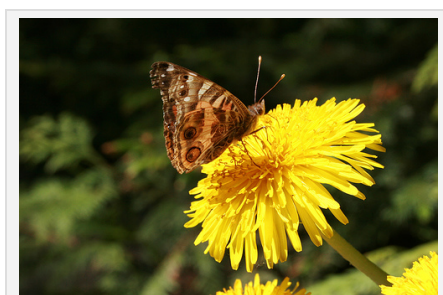


Image by someToast

**Step 6.** Continue envisioning this for a while. Use the symbols as your intuition guides you. Adjust the flow of Reiki with Cho Ku Rei, heal emotional wounds with Sei He Ki, use the distance symbol if you feel inclined to, or other

symbols you've been given. When you sense you're done for now, continue with the next step.

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

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

### **Additional tips**

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

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

Give yourself every chance to succeed.

Reiki is personal, and nobody can predict what the effect will be for you in particular. You might get a better mood and thus the emotional energies won't "stick around" anymore, making you feel lighter. You might feel more poised and determined, and find it easier to stick to your diet or exercise plan. You might release a lot of emotional issues from the past, clearing the way for attracting new experiences. You might learn to love your body. Some, or none, of these things might happen - just keep an open mind, and, more importantly, an open heart ;). Good luck, friend!

# Reiki Detox Meditation

*By Justine Melton*

Often times people decide to try Reiki for the first time when they are looking to go through a whole body Detox. This is a great time to allow the healing energy of Reiki in as it balances out every part of the body. I usually recommend that my clients try using meditations at this time as well to help with the detoxing process. Below is the meditation that I use with clients and Reiki to help them through this process.

## Detox Meditation with Reiki:

**1.** Find a space you are comfortable in. Some people prefer to do their meditations outside while others prefer to do them in a smaller enclosed environment like a bedroom. Light a candle and put on some soft relaxing music. Make the Master or Power Symbol on every wall, ceiling, window, etc of the space you are in.

**2.** Sit in the meditative space you have created for yourself, close your eyes and start to take some long deep breaths. Pay attention to your breathing for about 2 min and allow all of the muscles in your body to slowly relax.



**3.** Next, imagine a yellow ball of light suddenly appear in front of you. This light is soothing and wants to transform and soothe every imbalance in your body. It slowly grows larger and larger and fills every inch of the space you are in with a healing and detoxing yellow light. You can feel this light wash over you. It is warm, soft and feels similar to the summer sun. As it washes over you it helps to alleviate any imbalance in your body instantly relaxing you and making every inch of your body feel lighter and free from any lingering distress. Sit in this warm detoxing yellow light for 10-15min.



**4.** Notice if you suddenly have any issues that pop up in your mind. Acknowledge whatever pops up in front of you and thank it for the lesson it brought to your life. Then, tell it that it is no longer needed.

**5.** Visualize some of the detoxing yellow light in the room forming a bubble around this thought. Make a Master or Emotional Healing Symbol on this yellow bubble. The light is so powerful along with the healing power of Reiki that after about 15 seconds it breaks this thought up into little pieces until it no longer exists.

**6.** Allow this to happen for every thought/memory that comes up.

**7.** Once you are done sitting in this space give thanks for the healing/detox you have received and place one large Master or Power Symbol over the front of your body. Open your eyes. You are done.

This is a meditation I like to do about once a month. I find that it really helps to move anything lingering around out of your body. Sometimes you may be surprised and not even realize that you had a small little issue bothering you until it pops up in this meditation.

Wishing you all love and light.

# Self-Healing Reiki Meditation

*By Angie Webster*

In addition to doing daily self-Reiki, doing Reiki meditations can be a very useful practice. It can give our healing a boost, help us tune in more deeply with Reiki, learning how it moves through us and is working with our bodies and energy systems. I have come to have a fuller understanding of how the energy system works and how to work with it by doing regular Reiki self-healing meditations. It has greatly strengthened me, accelerating my healing process and it has also helped me use Reiki more effectively with others.

Reiki self-healing meditation can be done alone or in combination with a Reiki self-treatment. It is nice to use this when you are not able to do a full self-treatment, such as when you are in public. I have used this meditation when I was very ill and simply didn't feel up to lifting my arms to the upper hand positions. I can imagine it would be very beneficial to someone who had been in an accident and was incapacitated in some way. All the Reiki self-healing meditation requires is your mental focus and your imagination.

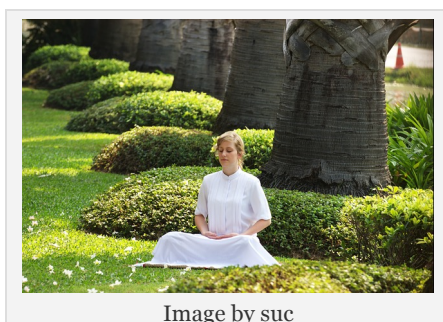


Image by suc

To do the meditation, close your eyes and begin to relax and settle your attention into your body and your inner world. Notice your breath for two to three cycles. Allow yourself to settle into the rhythmic flow as it moves in and out of your body. Next, see if you can notice the beating of your heart in the background as it pulses blood through your body. If you cannot hear or feel this, then simply imagine the pulsing flow of blood from your heart, coursing beautifully through all the vessels of your body, keeping you healthy and alive.

Begin to allow Reiki to flow naturally along these pathways of air and blood, carrying Reiki throughout your body as it goes. Infuse the symbols into the flow. Perhaps begin with the Power symbol to bless the process, but use whatever symbols feel appropriate to you. Each time you use this process, you will feel led to use different symbols in different areas and that's fine. Follow

your own intuition. Take your time adding any symbols you feel are correct for you, or use none and simply send Reiki.

Next, turn your attention to the brain. Ask your brain to open, relax and release anything it needs to let go of at this time. Pause for a moment and allow this to take place. You may feel a coolness expand across the head or a lightness. Whatever you feel is OK. Allow the sensation and notice what it is. Imagine yourself as a very small being of light, standing in the center of your brain. Look around and notice what you see and feel. Do some areas feel or look lighter or denser? Do you have a sense that some areas would like to receive Reiki energy? Begin to direct Reiki to the areas that seem dense or that you feel led to give to. Again, infuse any symbols that you feel you are led to, wherever you feel they are appropriate.

When you are finished, turn to face the spine and ask it to open, relax and release anything that it needs to let go of at this time. You may feel a sense of opening, lightness or coolness flowing down the center of your spine. Have your small light being self begin to direct Reiki energy down the spinal column and into the back muscles, nerve tissue and all supporting structures. Once again, infuse any symbols that feel appropriate to you.

Take a moment to scan your body. Tune in to the energy pathways and the physical sensations. Do you notice any densities or areas of tightness? Pain? Perhaps you feel or sense areas of thickness or other uncomfortable energy. Take this opportunity to ask your small light being form to move to any area you notice these things in and begin directing Reiki energy. Make use of the symbols wherever you feel the need. Place your attention in any organs that are in need of attention and ask them to open, relax and release. Then direct Reiki energy to them for however long they need it.

Lastly, scan the aura and send Reiki to any areas that feel dense or weak. Place all the symbols in the aura to seal it. You may choose to place them wherever, and in as many places, as you feel is correct to you. This may change from one time to the next and you are encouraged to follow your intuition. Consider areas such as above the head, below the feet, at each chakra (front and back) and at each side, yet if you are guided to place the symbols elsewhere, or to leave out one of these areas, please do that.

May this Self-Healing Reiki meditation lift you to your greatest and highest good.

# Reiki Tree Meditation

*By Patti Deschaine*

One of my favorite ways to ground and connect to earth's energy is to find a quiet place of meditation with my feet firmly planted. Here I visualize connecting down through the layers to earth's core to the powerful energy there and bringing that energy up as a pure white light. Using Cho Ku Rei and Sei He Ki, mindfully with the intent to relax, I visualize the energy rising through my feet and up into my ankles, my shins, my knees, my thighs, my hips into my root chakra, my sacral chakra, my solar plexus, heart and throat chakras, into my third eye and crown chakra until the energy runs in a brilliant current throughout my whole being and out through my hands.

A tree receives nourishment much in the same way. It enters from the earth through the roots, flowing up through the trunk and branches. To take this analogy a step further, like earth's energy flows through trees, nature and through us as practitioners, so Reiki healing flows through our lives and touches every aspect of it.

Has Reiki had an effect on your relationships; your spouse, children or grandchildren? Whether others in your household are open to it or not, they are changed by the presence of healing energy. Look for improvement in your work or work relationships. Are you softer, gentler, more forgiving with your clients and coworkers?



**Use the precepts in all areas of your life and you cannot help but improve relationships.**

- Just for today,
- I will not anger,
- I will not worry,
- I will be grateful,
- I will be kind,
- I will do my work diligently

These cannot fail to resolve any situation, sometimes with immediate results and always with a loving, peaceful longtime prognosis.

### **Here are some ways you can bring Reiki into your life that you may not yet be utilizing**

- In your home, take the time to clear the energy in your home with a smudge. Enter every room with Reiki and fragrant sage and remove lower or negative energy. Use an affirmation such as, I cleanse this room of all lower energies and invite positive vibration. Call in your spirit guides, angels and ancestors to assist you. Place candles or colorful crystals in your home to create and hold positive energy.
- Create a sacred quiet space where you practice Reiki without the distractions of television or other electronics.
- At work, place crystals around you to inspire and protect you from negativity. Send Reiki to your phone and computer for positive interactions.
- Fill your home with spiritual or inspirational books in or try angel or tarot decks to inspire and surprise you. Nothing can lift your spirits quite like drawing an angel card and realizing you really are not alone.
- Use Reiki on your pets or the wild animals that live near you, deer, rabbits, skunks. In my yard in Maine, there was an abundance of snakes, of which I am not fond. By sending Reiki to the situation, I was able to live in peace and let go of my negative feelings toward them.
- Send Reiki to your plants to help them grow and nourish your body by sending Reiki to your food.

When you leave the house do you bring your positive energy with you to share with bus drivers, cashiers, the UPS guy, your supervisor? Even if they don't know why, people notice positive energy and are drawn to it. There are many chances to be helpful that present themselves in daily living. Your day will only be better when you make use of every opportunity to integrate Reiki into your life.

# Reiki Owl Meditation

*By Justine Melton*

When you notice an owl fly into your life pay attention. They come as a warning of someone around you being deceitful and offer you extra strength in seeing the truth of any situation. If you are confused about something or feel like you are trying to see something through a fog or haze then call on the owl energy. Together with Reiki it can give you many abilities to see through any form of darkness.

One of the ways I think it is easiest to connect with the owl energy is through a guided meditation with Reiki. Use the Meditation below as a guideline and add your own twist to it. The Owl is waiting to be called on to help you see the truth in any situation.

## Reiki Meditation With The Owl Energy:

1. Get into a safe place and cleanse the room you are in. Make power symbols on every wall, window, door, etc of the room you are in. If you are in an outdoor space for cleansing purposes just pretend you are sitting in a cube and make a power symbol on each side of the cube to create a protective space. Another great way is to just envision a bubble of white light forming around you that will stay with you for your whole Reiki Meditation session. Place one large symbol over the bubble. You now have your sealed, safe space for your meditation.
2. If you like candles then light a candle. If music calls to you put on some nature sounds or soft relaxing music. For this meditation I recommend that you put on some owl sounds. However, do whatever you feel guided to do.

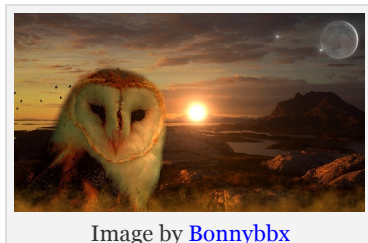


Image by [Bonnybbx](#)

3. Make one large power and emotional symbol over yourself. State what it is you would like the owl to help you with. For example, you could simply say, ***“Hello Owl Energy. I welcome you into my space***

***with open arms and would love to receive any message you are willing to bring me. I love to see the truth in all situations.”*** Or you could say, ***“Dear Owl Energy. I feel that I am stuck with (name your personal situation). Please come and help me see through the darkness. I am ready with open arms.”***

4. After stating your intention, sit in this relaxed, meditative space for 10-20 min. The more relaxed you are the more messages you will easily be able to receive.
5. When you feel guided to end your session make one large power symbol over yourself. I like to make a power symbol over the bottom of my feet as well as I feel it really helps to ground me after a Reiki Meditation. Give Thanks.
6. Write down any information you may have received in this meditation. This is true even if you were just shown images. If you were shown different images look up what symbolism is attached to each image and you may find your message. Don't give up if you don't understand what you are being shown right away. Often times things will make more sense in a few week's time.

Sending love and light your way!

# Reiki Meditation, the Most Important Tool to Clear the Past Issues

*By Chanchal Gupta*

Being a human, we all have one or the other issue, quarrel or some unhealthy incident in our past which bothers us and what we do for them, is we just dump them in some corner of our brain by saying, let it go. All such type of issues are always stored somewhere in our subconscious mind and of course they effects our energy. I would like to share that these types of the issues just drains out our energy.

Unconsciously, we live with our past by leaving some fragments of our aura in the past and making our aura withered. We all know the physical body can get harmed a lot with a withered aura. Any out side agency can enter our body and rule us. We become the puppets in hands of negative thoughts and we may have to suffer many diseases (dis –ease). Honestly, I would like to add, we ourselves are responsible for all such type of unhealthy affairs.



These issues are nothing but a web woven by us all around us and we are the mosquito between it, others, our so called well wishers act like a spider sucking our positive energy and inducing negative energy into our system. We become a platform, where a train laden with negative thoughts arrives, rests for sometime and than departs, leaving debris there. This is up to us how to deal with such incidents in our life. These are the very small tests put before the reiki healers which they have to pass through to move towards the path of purity. Reiki plays a very important role to enhance our intuitive power so we should use our intuitions to solve all such issues.

I did have a worthless issue which I took on my heart and had many unseen and unhealthy problems. I noticed a decrease in intensity of my healing power. I became introvert, wanted to run away from the people. I want to thank my teacher who always shows me the right path and insists me to meditate. Definitely after some time I just gave up the issue by saying let it go, but I noticed it was not suffice as it has some roots in deep my mind. Here



I would like to share my view that, only giving up the issues is not sufficient, but clearing of the issue is must .If you cannot clear the issue face to face with the concerned person, meditation is the best way. I am sharing a method of meditation to clear your past issues.

**Method:**

1. Play Buddha chant or Om chant as background music.
2. Clean the aura of your room & than your aura.
3. Sit in Padmaasan or on a chair with your spine straight
4. Close your eyes, take three long breaths and relax.
5. Feel the breath inhaling and exhaling from the body, have a count on your breath.
6. Now you will feel you lost the count, no surroundings and as if you are not in the body, this is the state when you can talk to your innerself (antaraatma)
7. Meditate on the issue for which you want to clear.
8. See yourself in beautiful white dress along with the person with whom you have.  
  
Some problem, he or she is looking handsome/pretty in purple dress.
9. Draw HSZSN, SHK, CKR on the whole situation, masters can use DKM also.
10. Speak aloud I want to clear so and so issue with so and so person.
11. Say sorry, shake hands and have a healthy talk about the issue, shake your head a little to throw out all the negativity. Feel you both are very happy sharing a chocolate.
12. Feel as if whole atmosphere is blossoming with lotus, inhale the essence of lotus.
13. Seal with CKR.

14. Rub your both hands softly, put on eyes, to give the positive energy generated from the body. Now slowly open your eyes with a broad smile on your beautiful face to see the beautiful world around.

15. Say thank you.

You have done it beautifully. You will see a remarkable change in your behavior after clearing the issue. Your angle to see the world will be entirely different now. This meditation will also help you to strengthen your heart chakra. Ten minutes of this meditation will help you to live your karmas blissfully.

“OM MANI PADME HUM”

## Grounding Roots Meditation

Grounding, often known as centering, is a technique commonly used in Reiki healing and other types of self healing procedures such as Yoga.

It allows you to focus on yourself and to be present in the here and now. It will make you feel connected, focused, calm, and in control.

It is important especially after a Reiki session, and it's also recommended to do it as often as possible after a Reiki attunement.



Image by PBednarz

### Grounding with the help of Meditation

One of the most popular techniques involving meditation is this:

- Find a quiet place where you can meditate.
- Sitting posture: you can sit in lotus position, with straight spine and legs crossed, hands lying on the lap. If sitting crossed-legged is a problem, another alternate is to sit on the chair with straight back. Make sure that you balance your posture on the bones of your buttocks, and touch / feel the floor under.
- Breathing: Breathe slowly with closed eyes. Focus your mind on the flow of breath, that is perhaps cooler in the inhale, and warmer on the exhale.
- Observe and meditate: Sitting in the same position, observe the contraction and expansion of your ribs due to breathing and changing happening to your body. Stop thinking about anything else but yourself. Soon, due to slow breathing, you will start to feel relaxed and calm.
- Feel the ground beneath you: Once you are in a state of trance, think about the ground beneath you and feel that you are attached with the ground as roots coming out of your body are going deep into the earth. Visualize a strong connection and attachment with earth beneath you.

This is one simple way to ground yourself with the help of meditation. Once you are familiar with this state, you can learn to return to this grounding state whenever you want. Particularly useful in stressful situations, or when overrun by worries.

### **How to Return to the Grounding State at Will?**

Once you are in a grounding state with the help of mediation, associate a word, a phrase, or an image with the grounded state. When meditating, use that as a mantra and make a strong connection of it with your grounding state. Once you have created a strong connection, you can use that particular word, phrase, or image to return to your grounding state whenever you are stressed or in need to relax. Mastering this technique will enable you to go into grounding state immediately by just saying or remembering that particular word.

Grounding is a key method for Reiki practitioners. Among other uses, it enables them to transfer energies from earth to their body and vice versa.

# Guided Meditation for After a Reiki Attunement

*By Justine Melton*

Anyone who has gone through a Reiki Attunement knows that it brings on a 21 day cleanse. During this time you may feel a great release and feel light and joyous. It is also possible that you may feel all sorts of things, experience flu like symptoms and in more serious cases may even go through a healing crisis. Some people may experience a mix of both high and low feelings and go back and forth between the two. My experience consisted of an assortment of different symptoms and a deep purging of toxins with each attunement I received. Basically, I got to experience the stomach flu with all 3 of my attunements!



After an attunement it is very important to take good care of yourself. Make sure to get out and exercise, drink a lot of water, take a salt bath, practice daily self-reiki, meditate and most of all listen to your body. During this time notice if any colors speak out to you. Colors have amazing healing properties and can add a special extra touch to your Reiki sessions.

Once I became a Reiki Master I was guided to start recommending the use of the color blue after a Reiki attunement. The color blue is a wonderful healing color, eases stress, helps with grounding and cools down inflammation.

**Here is a simple guided meditation with the color blue that is perfect for the 21 days after a Reiki attunement...**

1. Begin by Reiki-ing the space that you will be doing your meditation session in. I like to use the Master symbol but use whatever calls out to you!
2. Turn on some relaxing, soft music that will help you more easily get into the zone.
3. Light a candle that helps you relax. Blue or white are recommended here but if something else speaks out to you go with your gut. This is about healing YOU after all and not what may be best for someone else.

4. Lay down in your space and close your eyes. Spend two min allowing yourself to just slowly breathe. Concentrate on your breathing and notice how your chest slowly fills up and then slowly empties with each breath.
5. Picture a big ball of crystal blue light hovering right above your body. Let this blue ball of light slowly fill the entire room with its healing energy. Visualize the blue light expanding out into every corner of your space.
6. Allow yourself over a period of five min to then slowly breathe this light in and out. With each inhale imagine the blue light coming into your body full of healing energy. With each exhale imagine the blue light carrying away anything that is bothering you.
7. After this step picture a glass pitcher filled with over flowing blue light above you. Imagine your spirit guide or angel holding this pitcher and gently pouring this blue light over you, starting at your head and slowly going down to your feet. The blue light gently and slowly washes over you just like water. Allow yourself to feel this blue light that is like refreshing water to wash over you for a good five min. Imagine that all that is troubling you washes away as the light passes over you.
8. Pay attention to any messages you may feel you are getting from your angel/spirit guide or source during this time. You may be surprised at what transforming thoughts come to you.
9. At this point picture that a loving ball of blue healing light moves over to you and then surrounds you like a soft bubble. Imagine that it is there to stay for the rest of your day. It is protecting you, healing you, and surrounding you with loving healing energy. At this time open your eyes and be grateful for the healing you just received with the help of the color blue.
10. Lastly, ground yourself with the version of the Reiki grounding symbol you were taught.

This meditation can be done at any time you feel that you need to heal or relax.

Wishing you all love and light.

## Hatsurei Ho: Reiki Meditation Technique

One of the fundamentals of Reiki is to connect with one's self spiritually, or to one's soul. Dr. Usui taught his students Hatsurei Ho: **Hatsu** meaning to bring forth, **Rei** meaning spirit and **Ho** meaning method. The Hatsurei method plays an important part in the Reiki practice. It's a meditation technique, but it stands out as different from other techniques through the gestures made and words spoken.

Below are the steps, or stages, to perform this method. It can be practiced either individually or in a group. When practiced in a group, it is called *Shuyo ho*. Hatsurei Ho consists of nine stages, each stage helps in clearing and opening the energy levels in the process.

### **STAGE ONE: Relax**

Seat yourself in a *Sieza* position or sit up straight in a still yet comfortable position and place your hands palm down on your thighs or in your lap. Close your eyes and concentrate on your core or center of your body (between your abdomen and pubic bone).

### **STAGE TWO: Mokunen**

Mokunen means "focusing", which requires the individuals complete focused state and declaration in low voice that "*I will now begin Hatsurei Ho.*"

### **STAGE THREE: Kenyoku**

Kenyoku means "Dry bathing". In this process, the negative aura is brushed off either by an actual physical touch or just superficially. In this procedure, you basically attempt to "disconnect" yourself from every being, emotion, thoughts, and energy – preparing to enter the meditation state.

Start by relaxing your breathing by inhaling through your nose and exhaling through your mouth. Place your right hand on your left shoulder, your finger touching the joint between the end of your collar bone and shoulder. With palm faced towards the body; while exhaling, smooth your hand down diagonally across your chest to your right hip. Repeat this procedure with your left hand placed on your right shoulder; fingers touching the joint between the end of the collar bone and shoulder. Palm facing your body, exhale while brushing down diagonally across your chest to your left hip. Repeat twice in same order.

Now stretch your left hand forward in front of you and place your right hand fingertips on the edge of your left shoulder. With the palm flattened, move your right hand down along the side of your left arm while exhaling. Repeat this process with your right arm, completing the cycle three times.

#### **STAGE FOUR: Connect to Reiki**

Move your hands up above your head, aligned with your shoulders with your palms facing upwards and fingers pointing towards each other. With your mind clear, now feel the Reiki energy or white aura flowing down from above through your arms and into your body. Once you sense the Reiki energy, slowly lower your hands.

#### **STAGE FIVE: Joshin Kokkyu Ho**

Joshin kokkyu Ho is a procedure of purifying the soul through a breathing process. Place your hands, palm up on your lap and in a relaxed manner, breath slowly through your nose while focusing on your "seika tanden" or core. With natural breathing, feel the white lighted Reiki energy flow from your mind into your center. Slowly feel the energy spread in your entire body, dissolving all negativity and unlimitedly expanding around you.

#### **STAGE SIX: Gassho**

Gassho, meaning joined hands requires you to hold your hands together as if you were praying in front of your chest. Concentrate on connection of your middle fingers and hold yourself in this position.

#### **STAGE SEVEN: Seishin Toitsu**

Still in the Gassho position with mind and soul gathered, breath in white Reiki energy passing through your hands to your tanden. When you breathe out, imagine the energy flow out from your core and through your hands. (This is the stage where the Reiju is given to students by teachers).

#### **STAGE EIGHT: Gokai Sansho**

Gokai Sansho consists of five fundamentals for the day that are spoken out loud and repeated three times. The Fundamentals are:

*Kyo dake wa* - Just for today

*Okoru na* - Avoid anger



*Shinpai suna* - Stop worrying

*Kansha shite* - Be thankful

*Gyo o hage me* - work with effort and sincerity

*Hito ni shinsetsu ni* - Be friendly and kind hearted to all

**STAGE NINE: Mokunen**

Bring your hands back to your lap, palm faced down and say, "I conclude Hasurei Ho".

You're done :).

# Guided Meditation to Connect with Archangel Raphael

*By Justine Melton*

Archangel Raphael is known as the supreme angel of healing. He reaches across numerous religions and belief systems just as the healing art of Reiki does. He loves to be called upon and welcomes any opportunity to show you a sign of his presence. Raphael's greatest joy is to bring healing to your life. He has a special affinity for those who feel the calling to work as healers. He will watch over you and use you as a vessel to help others. He emits a beautiful green emerald healing light.

I first came in contact with Archangel Raphael during a meditation session. I knew that I loved the world of Reiki and that my calling was to help others heal. I wasn't sure however if Reiki was something I should pursue as a business or if it was just a hobby. Raphael appeared to me in my meditation and said that I was to move forward and be a healer. He promised to look over me and help me be a vessel to bring healing to many around me. He instantly alleviated any worries I had and helped give me confidence in the direction I was to go. Before each Reiki session I have with a client I ask him to please help heal the client for their greatest good. He has brought so much peace to my life and inspired my business name of Divine Light Therapies.

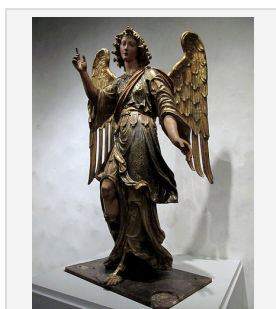


Image by daryl\_mitchell

One of the things that I love the most about Archangel Raphael is that he is so easy to make contact with. He loves to show you his presence and receives a great deal of joy from making a connection with you. Raphael can help bring so much love and healing to your life as well as being able to show you how to bring it to others.

**Here is a very simple guided meditation routine of how to easily connect with Archangel Raphael.**

1. Pick a **place** where it is quiet and you are most at peace. This can be an outdoor space or indoor space.
2. Reiki the room or space with whatever **symbols** you feel called to use. I like to use the Master symbol but any symbols you feel called to use will be correct for you.
3. Next, if you prefer to mediate with **music** put music on. Music can really help some people to clear their mind and have a better connection.
4. Next, light a **candle**. I like to use white or pink but many people find it easier to connect by using a green candle since that is the color that radiates from Raphael.
5. Sit in your prepared meditative space and close your eyes. Spend a minute slowly breathing in and out, in and out, in and out. At this point picture Raphael coming to you and standing before you. Open up to whatever **messages** you feel he is trying to tell you.
6. If you have any **questions** for him now is the time to ask! Pay attention to whatever thoughts you suddenly have. These thoughts could be your answer! Do not dismiss any information you are receiving. If it doesn't make sense right away it may make sense to you a few days or weeks later.
7. After ten minutes of being in this meditative state (or however long you feel called to stay) picture a **majestic green light** filling your space. This light is clearing your space of anything that is bothering you and is bringing healing energy to you.
8. **Thank** Raphael for his loving presence and then open your eyes feeling relaxed and at peace.
9. At this point you may like to write down any **messages or symbols** you feel you were given so you can refer back to them later.

Wishing you all love and light!

# Gratitude Meditation

*By Ashwita Vajandar*

Deep, honest gratitude brings about shifts in our energies, enabling us to witness the miracles in our lives that we've otherwise taken for granted. We have plenty to be grateful for – difficult situations in our lives that helped us grow and heal, loved ones that stand by us, food on the table, a roof over our head, and so much more. This meditation focusses on the things we usually take for granted.

It is a good idea to practice this meditation in a park or garden, if possible. We use a few objects in this meditation. It is ok if you don't have one or more of these things, you can imagine them in that case.

You will need:

- A candle/ earthen lamp
- A glass of drinking water
- An empty bowl
- A small bowl with grains in it
- A flower

## ***The Meditation***

Close your eyes, and take a few deep breaths. Allow your whole body to relax. As you take these deep breaths, become aware of the air entering your nostrils and traveling inward. Allow yourself to become aware of the magic in being alive. You can breathe. Isn't that such a wonderful thing?

Now, become aware of your physical body. Start with the flaws. Become aware of the flaws, but don't react to them, merely observe.

Shift your attention to your skeletal system now, starting with the spine, which is supporting you and helping you stand. Your bones, giving you the strength and power. Feel the gratitude.

Next, thank your muscles and all the organs, for taking so much care of the body and working continuously from year to year.

Bring your attention to the outer layer of your body now. The skin protects us from microbes and the elements, and helps regulate body temperature. It is the largest organ of our body.

Next, become aware of the sensations you are experiencing. What a wonderful thing it is, to be able to experience touch!



Think of your favourite food. What a gift, to be able to taste it.

Become aware of the sounds you can hear. What a miracle it is, that a physical phenomenon makes vibrations that we perceive as sound!

Now, slowly open your eyes, and look around. Do you realise that no other animal can see the way humans do? What a wonder of nature it is, that we can see.

Pick up that flower, and smell it. Enjoy your capacity to smell.

Touch the grains with your fingertips. Be grateful for the food life has provided. It took someone a lot of toil in harsh conditions, to grow these grains. When you feel the gratitude towards these people, allow a huge flood of love to flow out through your heart to all the farmers on earth, and all the other people who play an invisible role in our lives.

Feel the sensation of the air entering your nostrils. The air we breathe is such a blessing.





Become aware of the solidity of the ground on which you sit. The earth has supported and nourished us for centuries, and continues to do so, without asking for anything. Place your hands on the ground, sending love back to Gaia.

Pick up the glass of water now. Think of all the rivers, the oceans, the clouds and the rain. And then drink this water, aware of it passing through your throat. Feel the gratitude.

Now hold the empty bowl in your palms. The space, the lack in our lives is so important. It is part of the five elements, and makes room for silence, for spaciousness in our lives. Become aware of everything that is missing in your life, and thank that void for keeping your life in balance.

Lastly, rest your gaze on the flame. Allow yourself to go beyond this game of light and dark, to that space where light has no opposite. If you like you can continue to look at the flame, or close your eyes and slip into meditation for some more time.

## About the Authors

	<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. <a href="http://www.letthewhitelightshine.com/">http://www.letthewhitelightshine.com/</a></i></p>
	<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 <a href="mailto:aanandaholistic@gmail.com">aanandaholistic@gmail.com</a> 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: <a href="http://naturalholisticlife.wordpress.com">http://naturalholisticlife.wordpress.com</a>, <a href="https://www.facebook.com/HolisticSpirituality">https://www.facebook.com/HolisticSpirituality</a>, <a href="http://www.serenityenergyhealing.com/">http://www.serenityenergyhealing.com/</a></i></p>
	<p><i>Patti Deschaine is a traditionally trained Usui Reiki Master and owner of Maja Energy Works and Reiki Healing. She resides and practices in Wilmington, NC. She enjoys all types of Reiki and particularly loves using Reiki on animals. Patti can be found at <a href="http://majaenergyworksandreikihealing.com">http://majaenergyworksandreikihealing.com</a> and <a href="https://www.facebook.com/MajaEnergyWorks">https://www.facebook.com/MajaEnergyWorks</a>.</i></p>



*Chanchal Gupta (M.Sc.) is a Reiki Master. She is a science teacher and also Masters in Mathematics. These days she is practicing, exploring and trying to connect every aspect of Reiki with science. She is from Chandigarh and lives in Hoshiarpur (Panjab) with a family of 😊😊😊😊. Reach Chanchal at Reiki Miracles do happen on Facebook.*



*Ashwita was a teenager when she learned Reiki, unaware of the impact it was about to have in her life. There was healing, surges of creativity, and plenty of guidance to develop intuition. She started teaching Reiki a decade later and when she witnessed the miracles it brought, and the ease with which it could bring joy and relief to so many lives, she wanted to do more. She left her software job in 2007 to take up Reiki professionally. She now incorporates Reiki, past life therapy, hypnotherapy, EFT and meditation in her healing work. Her book 'Healing Through Reiki' is available on Flipkart and Amazon. You can connect with her through her website <http://www.reiki-bangalore.com/> or visit her blog <http://www.ashwita.com/zen/>.*