







Reiki Tips Cheat Sheet

<http://reikirays.com>

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