



# 22 Innovative Ways to Heal with Antahkarana Symbol



<http://reikirays.com>

<b>Ways to Use Antahkarana Symbol for Healing Purpose</b>	
1.	Simply sticking or placing Antahkarana in any room is enough to create an illness free and healthy atmosphere.
2.	It is most effective in fighting any illness.
3.	Any object or anything placed between 2 Antahkarana symbols will be cleared of all negativities.
4.	Male and female Antahkarana symbols neutralizes any kind of energy.
5.	Crystals can be cleansed by placing them between 2 Antahkarana symbols.
6.	Place Antahkarana symbol under bed or mattress to promote better sleep.
7.	Place Antahkarana symbol on chakras to balance chakras.
8.	Charge your food and water to purify by placing it on Antahkarana. It acts as a detoxifier.
9.	Place near electronic gadgets to reduce EMF effect.
10.	Meditation with Antahkarana symbol gives inner clarity, improves immunity and establish stronger connection with spiritual realms.
11.	If you are going through unbearable heartache, placing a Cosmic Cross symbol helps release the pain.
12.	Sticking or placing it anywhere in room neutralizes negative energy as well as transmute it to positive energy.
13.	Dispels negative effects from medicines when placed beneath medicines or in first aid box.
14.	During Reiki sessions, place symbol directly face down on chakras or organs and give Reiki by placing palms few inches above it. It amplifies Reiki healing.
15.	Keep symbol on or under working desk to keep negativity and psychic attacks off from colleagues.
16.	Make a sandwich of 2 Antahkarana symbols and your/client's pic/name for faster and optimize healing.
17.	A printed cloth of Antahkarana symbol is helpful in healing as you can easily place it on client.
18.	If you feel blockage in any chakra, you can opt for square Antahkarana symbol and give Reiki.
19.	Sit on any Antahkarana symbol to ground yourself.
20.	Take a printout of the symbol and use it as a crystal grid base.
21.	Just keeping it near your aura can bring positive effects on aura and chakras.
22.	Put along with your angel/tarot deck to cleanse the decks.

## **Versions of Antahkarana Symbol**

<b>Male</b>	Direct, intense and penetrating energy. Use when you need fast healing.
<b>Female</b>	Nurturing and gentle energy. It is not as intense as Male Antahkarana energy. You can use this for subtle and relaxed healing.
<b>Cosmic Cross</b>	Opens heart chakra to positive energy and accept love.
<b>Squares</b>	Removes negativity, blockages and stagnant energies. Helps energy flow freely. It is advisable to ground yourself with Male Antahkarana symbol after using square symbol.

*Inspired by Rinku Patel's article*