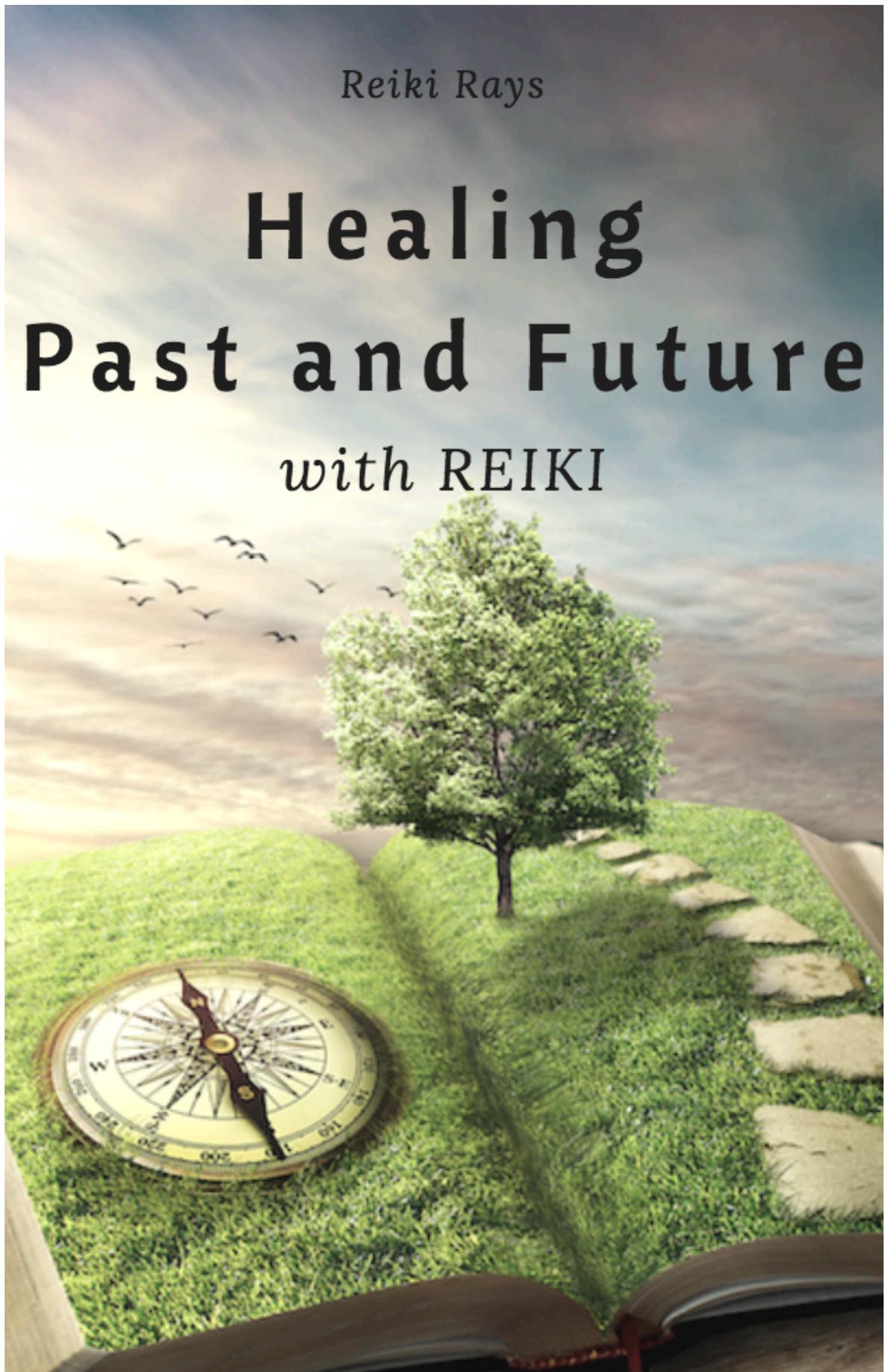


*Reiki Rays*

# Healing Past and Future *with REIKI*





Reiki Rays

# Healing Past and Future *with REIKI*

Healing Family Ancestry, Past Wounds,  
Childhood, Karma Clearing, and more.

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# Healing Your Family Ancestry

*By Angie Webster*

We understand that we are physically affected by our family ancestry through our DNA and mentally through our parent's influence on us during our upbringing, but it goes much deeper than that and carries much further through time and space than we tend to realize. The DNA and the decisions of relatives we never even met echoes through us and those ripples still continue to affect us until they are healed and the waves are calmed once more. Indeed, they will continue to ripple through our lives and even through the lives of our children and grandchildren until the healing is complete.

For example, we all have seen how abuse can carry on from generation to generation, even if it doesn't carry itself out in the same way. Sometimes it will be a husband who abuses his spouse, and the next generation it may be the daughter allowing herself to be abused by her husband, abusing herself or even her children. In the next generation, the cycle will continue in a new, yet familiar way. It doesn't stop until someone is able to recognize a new way and heal the pattern in their mind, their heart and their family. The same is true for cycles of abandonment, poverty, war, religious zeal and many other things. Or for any unhealed pattern or illness in a family line, physical or otherwise.

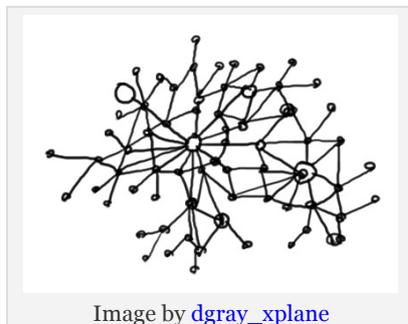


Image by [dgray\\_xplane](#)

But how do we heal the patterns in the minds or DNA of family members we may have never met, from our long distant past? Or from far into the future? How can we heal our present family situation when we feel so deeply involved in the outcome?

When we notice a pattern arising in ourselves, particularly if it is one that repeats in similar ways in members of our family, whether it is with a health issue or a negative behavior pattern, then we can send healing to the entire family line, starting with ourselves and echoing outward. So, in the same way that the illness or damaging pattern echoes out through space and time, we

will echo healing energy out through space and time, through all the DNA, molecules, mental, emotional and auric layers of our family ancestry.

To do this, relax and take a few deep breaths as you focus on the pattern or illness that you wish to send healing energy to. Try not to get too emotionally caught up in the outcome of the healing and simply allow the energy to flow. Activate CKR, SHK and HSZSN, and intend that the healing flow throughout all of space and time, to any and all family members affected by this illness or damaging behavior pattern. Visualize the DNA of any who need the healing energy being infused with its light. See their neural pathways shifting and opening to allow for new understandings that will make healthy patterns possible. See the healing energy flowing through their minds and bodies, infusing their cells, flowing through every direction of time and space. Imagine any damage that has been done, now being healed and any lessons that were needed, now have been learned, all flowing in with the healing energy.

Once you feel this is complete for this session, close the session by sending a final boost of CKR through time and space through the family line, past, present and future. Try not to be too focused on a particular need or desire for a specific person or outcome. Instead, just allow the healing echo to continue to ripple throughout time and space as it needs to, trusting that it will find its way where it needs to go, much as water flows into the spaces it must fill.

# Healing the Past with Reiki and the Energy of Love

*By Justine Melton*

Do you have things that bother you from your past? A bad breakup, a traumatic event, or something that makes you feel bad whenever you are reminded of it? This negative energy could be holding you back in your present life. Reiki is an amazing healing force for healing past emotions and situations. When combined with the healing energy of love dramatic results can occur. You are not going to change what happened in the past but your perspective on it may change and instead of negative emotions and energy surrounding that event peace and love will surround it. The negativity will fade away and blocks from the past will no longer hinder your future.



Image by [Lida Rose](#)

**Here is the method that I use on myself as well as with clients. I have found it to be especially effective with past relationship wounds.**

- First, spend 10 minutes relaxing and using your favorite way (relaxing music, breath work, Reiki, etc.) to get into a meditative state. If you are a Reiki Practitioner I have found extra benefits if you do this method during your regular self-reiki session.
- After you are in a deeply relaxed state think of a situation, emotion, or person that has hurt you in the past. Send the Distance and Emotional healing symbol 2x each. If you are a Reiki Master send the Master symbol as well.
- Acknowledge what is coming and just let it sit in front of you for about 30 seconds and just let it be.
- Thank this presence for the growth it brought to your life no matter how painful it may be.
- Then, immediately visualize a large, radiant, pink bubble of love surrounding it. To be able to better connect with the healing power of love think of something that makes you feel as if you're at a higher

vibrational level. This could be a favorite holiday, sexual encounter, favorite song, etc. Allow this loving energy from this good memory to wrap around the bubble of the unpleasant event from your past. Visualize the loving healing energy radiating right through the bubble and soaking the past situation in pure love.

- Make 3 emotional healing symbol's on the unpleasant event here.
- Then, send Reiki and loving energy to it for 5 minutes.
- At the end of the 5 minutes visualize the bubble with the unpleasant event from the past start rising into the sky. It slowly and gently floats up higher and higher.
- Once it is so high up that you can barely see it visualize that it is so full of love from all of the Reiki and love energy that was sent to it that it bursts into a million pieces of bright pink light.

The unpleasant event is no more. It has left you. Notice how much lighter your heart and entire being feels.

Wishing you love and light.

# Healing Past Wounds

*By Angie Webster*

We all have things in our past that have caused us pain or trauma. Some of these things can be quite severe and leave lingering effects or keep us living in the past, either reliving the wound or wishing for what we believe should have happened instead. This keeps us stuck, unable to move forward and enjoy our lives in the moment or create the future we would like to live. These painful memories and stuck traumas also tend to manifest in physical ways in our lives through repeating patterns we create without realizing it and through our bodies as physical illnesses.

We can make a big difference in our own lives and the lives of those around us by beginning to do conscious healing work on our past traumas. Each time you notice an emotion that repeatedly resurfaces around an old issue, you are wishing something could have turned out another way or feeling indignation or anger at the way something in the past went, you are likely stuck in an old painful memory. The same may be true if you find that something in the present makes you feel intense anxiety, fear or anger when there is no immediate threat of danger or loss to you.

Pay attention to your body signals when these things happen. Do you feel tight in your chest, throat or belly? Is your jaw clenched and your forehead bunched? Use all of these signs to notice that healing work needs to be done around the issue at hand. If it has gone on a long time, you will likely feel that the emotions are "justified" and you "have a right" to feel that way. You may use this to fan the flames of the emotion and make it stronger. Your feelings are your own and they are telling you that you need to be healed. They are not wrong or right. They are simply a signal.

When you have pinpointed the painful memory you are feeling stuck in, write it down on a piece of paper. Go into as much detail as you feel you need to, or simply use a few keywords that symbolize the memory for you. If you are also finding yourself stuck on playing out what you feel "should" have happened, write that down, too, preferably on a separate piece of paper. Again, use great detail, if that feels right, or a few symbolic keywords. Once you have these accounts written down, hold the memory of what actually happened in your hands and send it healing energy, love and gratitude. Send any healing symbols that feel intuitively appropriate to you. Hold it to your heart chakra as

you extend gratitude to the person you are today for helping the person you were then to heal. Send deep love to all versions of yourself, at all ages.

Next, hold the account of what you wish would have happened in your hands. Begin sending healing energy, love and gratitude to what actually is as you allow yourself to let go of this false past. Allow yourself to see that it is not a true past and to grieve it fully so you can release it. It is OK to feel whatever comes up. That is part of the release and the healing. It has been dear to you and it's natural to grieve. Keep sending love to yourself and allowing what really is, knowing that what is now is OK. You can be in the present more fully without tending to a false past. Heal it completely and let it go.

Once you are done, either bury or burn (in a safe place where nothing will catch fire!) the pieces of paper, allowing healing energy to release the memories completely as you symbolically give them up to the elements. Again, use CKR, SHK and/or HSZSN or any other symbols that you feel are appropriate. Spend a few additional minutes simply being aware of your breath, your body sensations and your energy field. You will likely feel a sense of lightness and freedom; however, you may feel somewhat drained and tired as well. Rest if you need to and drink plenty of water to help flush toxins. Do this process as often as necessary and recommend it to your clients, as well.

# **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 affect our energy. I would like to share that these types of the issues just drain 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 breath 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 inner self (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.

# How to Send Reiki to the Future

*By Justine Melton*

Reiki offers so many opportunities with its healing powers besides what is found in a standard Reiki session. What you can do with Reiki is truly limitless. It can be used for anything from meditating to sending positive energy to the food you eat. Reiki is used on animals, to draw your soul mate to you and to open your life up to abundance.

It is funny how sometimes the universe will present the same thing to you over and over. Lately I have had several people separately come to me all asking about how to send Reiki to something in the future that they are nervous about. For some people it may be a job interview they are anxious about, for some it is a big exam or doctor's appointment they have coming up and for others it is a difficult conversation they need to have with someone. Reiki is all knowing and always helps the greatest good to occur. Let go of what you think the best outcome may be for any given situation and allow Reiki to step in for the highest good.



Image by [Maddox74](#)

## How to Send Reiki to a Future Situation:

1. Visualize what you would like to send Reiki to in your mind.
2. Once you have a clear picture pretend that you can see it in front of you just as if you were watching it on a tv directly in front of you.
3. Make one large power symbol over the front of it. I like to do one emotional healing symbol as well but it is optional. Make whatever other symbols you feel called to use here.
4. Make the distance-healing symbol.
5. Make power symbols over the palms of your hands, cup your hands together (palms facing the image in front of you) and beam Reiki to it for 5-10 minutes.
6. Make one large power symbol at the end.

You are done. You have just sent Reiki to the future. Remember to let go of any attachment to how you would like the outcome to be. You have ensured that the greatest good will happen. Relax and be at peace.

Wishing you all love and light.

# Simple Karma Clearing

*By Ananya Sen*

This is probably one of the most commonly pursued questions I have encountered. Almost everyone wants to know how to clear and heal their Karma. And what better way to do it than with Reiki?

This healing needs to be done in three sets of seven days, leaving a gap of one week between each set. For instance, use this from days 1-7; give a gap from days 8-15; again use it for days 16-22; give a gap from days 23-30 ; last set use from days 1-7. The total number of days you heal are 21. The reason for giving these gaps is because, the blocks that get removed during the healing, comes into effect when you stop the healing for sometime.



*Image by [emifaulk](#)*

## **Here are some simple steps for the same**

1. State your intention three times.
2. Draw or visualize or chant all the Reiki symbols you are attuned to
3. Imagine a purple pyramid or cone in front of you in the air.
4. Affirm 3 times “all the negative karma is turning into positive karma.”  
Visualize it entering the pyramid or cone.
5. Keep Reiki flowing for few minutes, as long as your hands tingle.
6. Then release the cone into space. See it floating away
7. Seal off with a Cho Ku Rei

I have used this successfully for myself and others and I am happy with the results. I tried doing it continuously for 21 days as well as in three sets of 7 days. I feel the latter works better. I realized that some blocks are getting removed, simply because positive opportunities started popping up into my life.

You may not know what karma you are clearing, but just believe that you will clear your karma this way. Its simple and powerful!



# Reiki and Karmic Healing

*By Haripriya Suraj*

The word '**Karma**' carries with it a negative connotation. It is often associated with suffering and pain. Many view it as a kind of punishment for their misdeeds. Some also believe that this punishment is imposed by God or a higher power who decides what is right and what is wrong. Many children are frightened into believing that if they do not comply, God will punish them for being bad. This belief is taken as truth and causes deep rooted fear.



And then there is the parallel belief that the more good one does, the more good karma he or she accumulates. It is believed that good karma is rewarded while bad karma invites punishment.

Karmic principles and laws are valid but they are not something to fear or to be taken literally. There is no one up there who is judging every thought, word and action of ours and making a note of how we must be punished for our so called sins.

## **We Create our Own Reality**

*We create our karma. Period.*

Though it does not appear so, the deepest truth is that we have been creating our own reality since the beginning of time. We have operated from a state of non-awareness for eons of time, which may amount to several incarnations for many of us. In every incarnation of ours (including the present one), we have created karmic patterns, some positive and some negative. This was created by our relationship with our selves, with others and with the whole of existence. It is not always easy to accept that we create our own reality, especially when faced with issues like severe illness, abuse or something else that happened to us for no seeming fault of ours. However, with power comes

responsibility and there is no easy way out. If we take responsibility for our lives, we also receive the power to heal karmic issues. If we choose to blame others, we give our power away and continue to remain stuck in karmic loops.

### **Karma can be of varied kinds such as:**

1. ***Individual Karma*** - This is karma that is limited to an individual. It can show up as struggles with health, relationships, finances and the like.
2. ***Collective Karma*** - When a group of related or unrelated people share a similar issue, they are said to be recipients of collective karma. Victims of war, accidents and other unfortunate group incidents fall into this category.
3. ***Ancestral Karma*** - This is where patterns are passed on from generation to generation. Genetic illnesses, early deaths, frequent miscarriages, abuse, violence, dysfunctional relationships and the like fall into this category.

Every karmic experience has a lesson in store for us. Once we learn the lesson, the pattern drops away of its own accord and the karma is healed. This is easier said than done as it can be mind boggling to analyse the dynamics of karma. However, in order to heal karma, it is not necessary to know what happened in each of our lifetimes or even to ponder over everything that happened in our current lifetime.

People often wonder if Reiki helps with karmic healing. The good news is that it most certainly does. It is not necessary for us to do anything special in order to heal karmic issues with Reiki. All it needs is that we surrender to the energy of Reiki and then go with the flow.

It is important to remember that once we heal, we break free from the respective karmic cycle. It is not necessary that every other person who is karmically involved with us must also heal at the same time.

### **How Reiki Helps with Karmic Issues**

- The Reiki attunement opens us up and we invite more divine energy to flow through our bodies. This contact with Reiki increases our awareness quotient. We become aware of self limiting patterns in our lives, which is the first and most important step towards healing karmic patterns.

- Reiki heals at the cellular level and goes right to the root cause of every issue. It brings up hidden patterns and memories that need healing from across space and time. It gives us opportunities to heal past life issues, without always having to be aware of what exactly happened.
- If we need to see some past lives in order for karmic healing to occur, Reiki helps even with that. It leads us to the right resources and teachers who may help us go back in time and heal.
- Some amount of karmic healing automatically happens after being attuned to each level of Reiki. By the time one reaches the Master Level, one can expect to have healed plenty of individual karma. Karmic healing can continue even after the Master Level but that is often tailored to healing oneself for a global cause or a larger purpose.
- Reiki also invites Divine grace into our lives. Often, a touch of divine grace can help ease the process of karmic healing and reduce the number of bumps on the road.
- In cases of ancestral karma, by choosing to heal ourselves, we also contribute to healing our family tree. Our decision to heal an unhealthy pattern can bring healing to many generations before and after us.

We have all chosen to make Reiki a part of our lives. So, let us surrender to the energy and allow it to lead us. Let the energy lead us right back to our own inner light, where we finally discover that all karma is of our own doing. So we may then wake up from our dream, whole and healed. And possibly enjoy a hearty laugh at the end of it!

# Heal your Childhood with Reiki

*By Haripriya Suraj*

How do you feel when you recall your childhood?

Does it bring feelings of warmth and happiness? Does it evoke feelings of sadness and pain?

Or does it lie somewhere in between, with neither an excess of happy or painful moments?

Some pointers of a wounded childhood are:

1. Having parents that were unhappy together.
2. Growing up in an environment where fights and drama were commonplace.
3. Being an unwanted child that was born by accident.
4. Being born a girl when the parents preferred a boy and vice versa.
5. Being subject to physical abuse and violence.
6. Being subject to emotional abuse, manipulation and frequent trauma.
7. Being a victim of sexual abuse within the family.
8. Suppression and being forced to do things against the will.
9. Being forced to take on the role of parent. Parents confide in the child and get the child to take sides. The child is forced to be mature beyond his age and cannot live like a normal child.
10. Lack of love in the family and cold home environment.
11. Lack of cuddling and physical display of affection (especially for babies and younger children).
12. Basic needs of physical care and comfort not met.

13. Child abandoned or separated from parents (especially mother) at an early age.

14. Death of one or both the parents.

If you can relate to any of the above points, it is quite likely that there is a wounded child still living inside you. The degree of childhood trauma varies from person to person. Reiki, being an intelligent energy, knows exactly how to facilitate healing in each individual. It can cause a direct healing and set you free in one go. In the case of deeper issues though, it may direct you to the right teachers, therapists, books and other resources that can help you heal your childhood. In order to heal fully, it is a good idea to connect frequently with the child within and to keep him or her happy. Once you take the initiative to heal your inner child, Reiki and the Universe will support you and guide you on further steps.



Image by zbigphotography (1M+ views)

### **Connecting with Your Inner Child**

Healing the inner child can be an intense yet enriching journey that usually happens in stages. While working independently, it can be a daunting task to figure out where to begin and how to go about healing your inner child. It's best to start in simple ways and thereafter allow Reiki to show you the path.

**Recognise the Inner Child:** The first step to healing the inner child is to recognise the presence of the child in you. Many of us may not even be aware that there is a child still living in our adult bodies. You can recognise the child in you whenever you find yourself in the grip of intense emotions. This is especially true when your emotional outbursts feel illogical or unreasonable but you can't help feeling them anyway. This is a sign that an unhealed part of you (your inner child) is calling out for attention. For example, moments when you strongly feel you are not good enough are a definite sign of trauma

to the inner child. All children naturally feel they are good enough until they are repeatedly told by well meaning adults that they are not. They grow up believing this and relive this misery many times over. You can also recognise your inner child in those moments when you feel light, carefree and joyful for no reason. When you have fun, live in the moment and enjoy life, it is the work of your inner child.

**Connect with the Inner Child:** As you learn to recognise your inner child in day to day life, make an effort to connect with him or her. When you experience emotional turmoil that does not heal despite all effort, connect with your inner child using the distance symbol and give him or her some Reiki. Use a childhood picture of yours and give Reiki to the picture. You can also have a teddy bear or doll represent your inner child and give Reiki to it. Hug and comfort the teddy bear like you would comfort a troubled child. This is a powerful act that can help you heal your inner child. In moments of happiness, allow your inner child to surface again. Stop being a serious adult all the time! Whenever possible, play, have fun and enjoy life like a child. Have you seen children skipping around for no reason? Can you do that?

You can do it in the privacy of your own space. Let your inner child come alive. It does not matter whether you are twenty or ninety. Age is just a number. The child is eternally alive in each of us. If you find it impossible to be like a child, spend time with young children and connect with their energies. That will help your own inner child come alive.

**Reiki Practice and Other Resources:** Finally, please practice self healing every day. When you hold an intention to heal and you are in constant touch with Reiki, you will be led to the right books, therapists and teachers that can help you heal your childhood. This works like magic and accelerates healing. For starters, you can read the book *“Home Coming- Reclaiming and Championing your Inner Child”* by John Bradshaw. It has fantastic information on healing the inner child and can serve useful on your journey to healing.

Healing our childhood is crucial as that is where many of our blocks have their roots. When you heal your childhood, you water the roots of your being and the effects start showing in other areas of your adult life. As you reclaim the

natural spontaneity, innocence and magic that you so naturally had as a child,  
life blossoms like a beautiful flower and a new YOU that is wise, loving and  
powerful takes birth!

# Reiki and Past Life Regression

*By Sunetra Dasgupta*

*“We live in accordance with our deep, driving desire. It is this desire at the time of death that determines what our next life is to be. We will come back to earth to work out the satisfaction of that desire.” -The Upanishads*

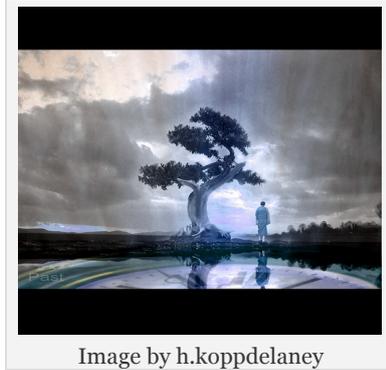


Image by h.koppdelaney

## **What is Past Life Regression?**

Past life regression is a method to visit your past or rather go back to that part of your subconscious mind which has memories stored off all the lives you have lived and can see flashes of it to understand, what are the deeds done by you in those lifetimes whose consequences or repercussions are being faced by you in this lifetimes. It is not only the consequences but also few repeated patterns which keep happening to you in this lifetime too.

## **How does PLR (Past Life Regression) help?**

When we access our past life memories it helps us release the pain, confusion, estrangement, negative emotions and painful memories instantly, hence immediate healing happens. Also it stops the occurrence of repeated patterns in our life as we have released the negative karma associated with it hence helping us to live a much happier life.

## **Who should not get PLR done?**

People who are just curious what they were in their previous or what happened in their past lives should not get PLR done. Also one has to be ready to accept what they “**see**” what happened in their past lives. I have known some people when they come for a PLR they would like to see someone they

really like as their partner, some people do not realize over the years we all have been with each other but in different relations. One should realize PLR is a very sacred process and one should only do it if they are in some severe problem or have perpetual repeat patterns in their life.

### **How Reiki comes into picture?**

As I keep saying in all my articles that Reiki is such a beautiful energy as it can travel across time and space, I generally use Reiki when one wants to get PLR done. As there are 2 healings happening at the same time, one through PLR and the other through Reiki. Though most people do PLR with hypnotherapy, it takes much longer for it to get done, and the pain is too much sometimes for the person to bear, the “*effect*” of the PLR can take some days to come in terms with.

### **How to combine the two?**

If one wants to take the client to their past lives, one should balance their own and the clients’ chakras. Else later one can feel very tired and drained out.

1. After balancing the chakras, make the client lie or sit in a comfortable position, and ask them to take 3 deep breaths, so that their mind can become blank.
2. Ask them to state their intention thrice, after they do connect to their guides with the help of the distance symbol, and ask them to get your client through the past lives.
3. State the intention “*Take my client to that life when he/she walked on this planet with some other identity, and the root cause of the intention that has been stated*” thrice.
4. As you do so draw the distance symbol or the master symbol on their head, heart and solar plexus.
5. As you guide the client through the PLR session, keep drawing the emotional symbol or if one is a Karuna® Reiki practitioner they can draw 6. Zonar on their third eye, heart and Solar plexus. Keep drawing them, till the

time the process is not over. This is done to soothe the client's emotions through the process.

7. Do not push the client for any information, as the conscious mind is always active and hence the client may start using their conscious mind and the whole purpose of the PLR will not be successful.

8. Once the client has done accessing their past lives, guide them back slowly to their current environment. It is ok for the client to feel any pain, hurt during the process. It is to throw out the negativity.

Thank the guides and disconnect from their past by drawing a reverse Cho-Ku-Rei.

## About the Authors

	<p><i>Haripriya is a Reiki Master, Angel Healer, and Spiritual Teacher. She was drawn to Reiki right from her childhood and Reiki went on to become part of her life's purpose. Reiki is her constant companion from which she derives peace and contentment. After reaping the fruits of Reiki practice in her life, she was inspired to spread the joy of Reiki. She is the founder of Aananda Holistic Center where she conducts as well as teaches Reiki and Angel Healing. Haripriya resides in Bangalore, India. Reach Haripriya at <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>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>Ananya is an Usui and Karmic Reiki Teacher and is also certified in Magnified Healing. She teaches and reads the Akashic Records, Oracle, Tarot and Angel cards. She is highly aura sensitive and gifted with claircognizant abilities. She lives in Bangalore, India. Ananya can be reached at <a href="http://www.zinoathensreiki.com/">http://www.zinoathensreiki.com/</a> and via her email address <a href="mailto:zinoathens@gmail.com">zinoathens@gmail.com</a>.</i></p>

	<p><i>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.</i></p>
	<p><i>Sunetra Dasgupta is a Reiki Teacher. She is emotionally attached to Reiki as she feels, when she was nowhere, Reiki came to rescue her. She heals and teaches Traditional (Usui) Reiki, Karmic Reiki, Karuna® Reiki, Soulmate Reiki, Fusion Reiki, Wagle Reiki, Angel Reiki, Tiger Reiki, Lavender Flame Reiki, Magnified Healing, Akashic Records, Access Consciousness, Aura Brushing, Cord Cutting, Hypnotherapy, Past Life Regression, EFT, Psychic Surgery, Angel and Tarot Card Reading. She is also an Angel whisperer. She lives in India and can be followed on her Reiki Page: Soniele Daniel Reiki <a href="https://www.facebook.com/SunnyDReikiPractice">https://www.facebook.com/SunnyDReikiPractice</a>.</i></p>