

Karuna Ki Reiki Manual



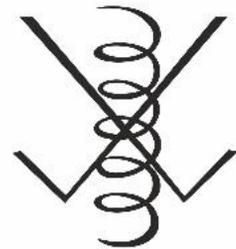
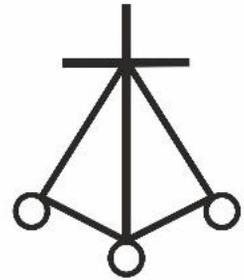
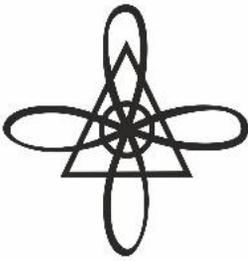
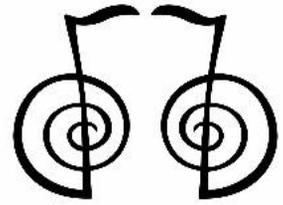
Karuna Ki

Karuna is a Sanskrit word and is used in Hinduism and Buddhism. It is translated to mean any action that is taken to diminish the suffering of others and could also be translated as "compassionate action"

William Rand is credited with being the founder of Karuna Reiki. He had learnt it as Sai Baba Reiki and developed Karuna Reiki. William Rand says the following about the origin of Karuna Reiki "The Karuna system of Reiki has come from a number of sources. The first three symbols were channelled by Marcy Miller in 1991. It was originally thought that these first three symbols were channelled from the Eastern Indian Guru, Sai Baba. However, the Sai Baba organization deny knowledge of this. It was then credited to channelling the symbols from an ascended master.

However we are learning a slightly modified version called Karuna Ki reiki an advanced form of Reiki developed by Vincent Amador. Karuna Ki uses the same symbols as Karuna Reiki® and Tera Maiâ Reiki, but it has different attunements, exercises, and new ideas in general.

Karuna Ki Symbols



Karuna Ki Reiki I Zonar

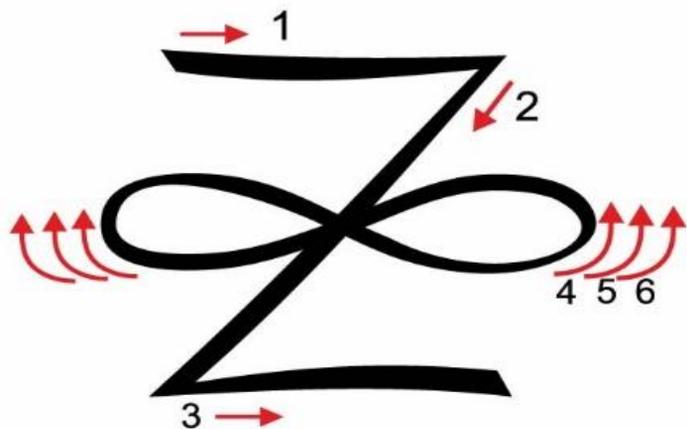
Zonar –pronounced “Zoe Nar”

Zonar is a beautiful symbol and is part of Karuna Ki Reiki. In the symbol the 3 concentric infinity symbols stand for healing of past lives, karmic and inter dimensional issues. It means "infinity" or eternity

Zonar helps us release Karma, create clarity and open our hearts and awareness. Zonar also opens dimensions of the Universe.

Zonar is good to use at the beginning of a session to prepare for deep healing. It is said to work as a psychological and spiritual anaesthetic, reducing and/or eliminating emotional pain. It can also be used to improve on physical pain.

How to Draw Zonar



Zonar

Zonar

Cellular level

Our cells carry knowledge and memory of childhood trauma as well as past life experiences. These can be stored over lifetimes in our cellular memory. Zonar helps loosen up and induce the healing of those issues at the cellular level. Combined with the Hon-Sha-Ze-Sho-Nen Zonar can be used to amplify the energy for past trauma healing.

Past life issues

Our today life is sometimes influenced by events from a past life, bringing about all kinds of difficulties for us to deal with. Phobias, addictions, difficult relationships etc. Apply Zonar together with the Hon-Sha-Ze-Sho-Nen directed to the event in a specific past life, to heal the cause, core, effect and memory of such an event. When Zonar is drawn on the Solar Plexus, it helps us to access our past lives where there is healing for trauma needed. It works as a spiritual and emotional anaesthesia hence reducing the emotional pain, helping us to get rid of addictions, break repeated patterns and eliminating toxic relations from our life.

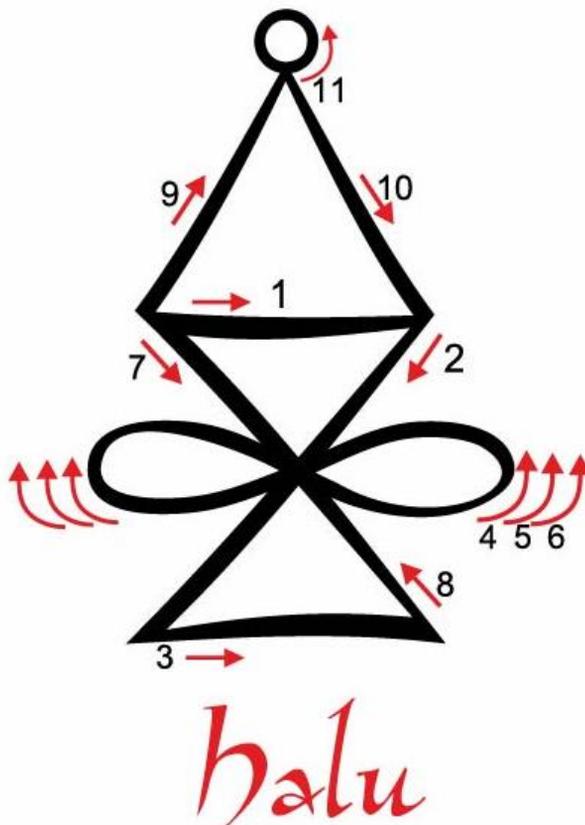
Child abuse

Unfortunately, it seems that in society we do have increasing cases on child abuse, whether sexual or physical. This results in issues of shame and unworthiness that run deep in the subconscious mind. Zonar helps release those deeply denied and suppressed traumatic experiences and ignites the healing process.

Halu

This is an amplification of [Zonar](#). The Z is completed and the pyramid is added. It is said to be more powerful than Zonar and works on higher dimensions and deeper levels. It restores balance physically, mentally, emotionally, and spiritually and brings about deep healing.

Drawing Halu



Break down unconscious patterns

Halu helps break undesirable patterns, frees us from delusions and negative ego thinking. Moves us towards self acceptance and integrity on all levels. Supports us in claiming our personal power by taking responsibility for our thoughts, words and actions.

Bringing light to the dark side or healing the shadow self

Looking at this from a duality point of view, there is light and dark, good and bad, etc. Within all of us, there is a side that we are not happy with. We have come to the earth to get to know ourselves and accept the dark as well as the light within us. We maybe hiding from our darkness, Halu helps us shine light into those dark corners of ourselves.

Sexual and physical abuse issues

Any abuse can be very traumatic and painful to move through those feelings of being victimised. Halu together with Zonar helps us look at our issues, bring all feelings to the light in order to heal.

Psychic and psychological attack

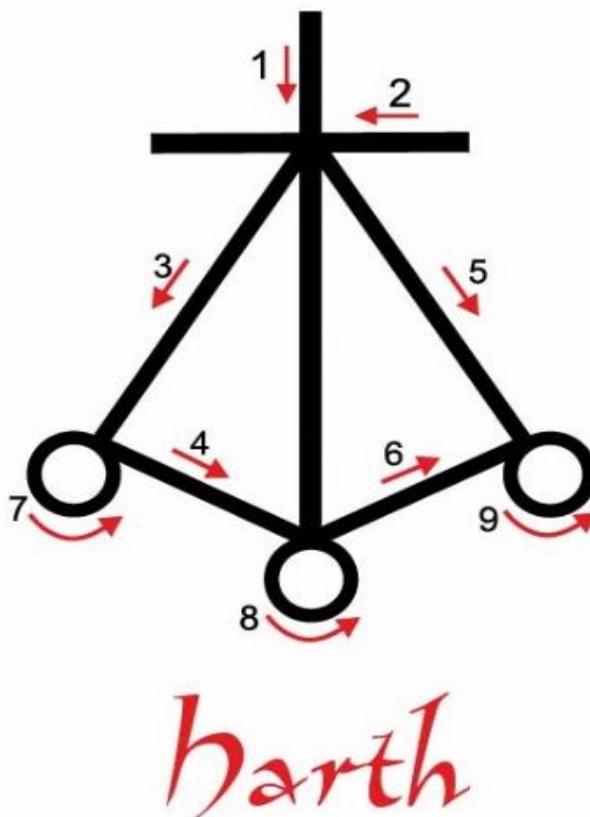
We cannot be attacked unless we perceive ourselves as weak. It's a fine line with having knowledge of dark energy and allowing it into our space. Halu helps us reclaim our personal power and strength. The best way to deal with a psychic or psychological attack is to bless the energies that are being sent and direct them back to the source. Love is the greatest power we possess. If you want to use it for this purpose then draw the symbol in the air, connect the heart centre to the divine compassion. Infuse and surround yourself with the symbol.

Harth

Harth is a beautiful symbol, representing love, truth, beauty, harmony and balance represents infinite compassion. Harth restores our love of life since it is used to heal issues of the heart

Harth for all issues of the heart (emotionally and physically).
Where blocks have been removed, use Harth to fill the created space with compassionate love.

Drawing Harth (apply to the heart chakra)



Harth like Halu, it means love, truth, beauty, harmony and balance

Relationships

Harth helps us maintain a relationship and heal it, ultimately by surrendering it to God. In doing that we let go of control completely.

Change

To enhance any change you wish to apply in your life, you can use the symbol Harth. Envision your situation and what you wish to replace it with, by mind intent, then send Harth to the situation.

Addictions

Harth can also be applied to any addiction for healing. Addictions could be seen as search for something, a missing part of us. Addictions can also be used to hide from ourselves. Harth can help to heal that missing part of us by connecting us back to internal love and love of source.

Contacting Light Beings, Angels, Ascended Masters

Ask for a blessing from the Higher Realms, your favourite Ascended Master, Angel or Light Being. You can send Harth to the chosen being and ask for a special blessing.

Reiki is also termed "The Art of Inviting Happiness". Use Harth for everything that you desire in your live, increasing the love that surrounds you.

Rama

Rama, interchangeable with "Ram" or "God" means abiding joy
Rama connects us to Gaia, Earth energy, our lower six chakras.
Rama is used to clear negative energy and create determination.
It used for grounding (draw on the feet) and connecting to the earth.

It helps to balance the lower chakras. It can be used to clear
Crystals or spaces. It can help manifest material goals.

How to Draw Rama (apply to the soles)



Rama

Gnosa

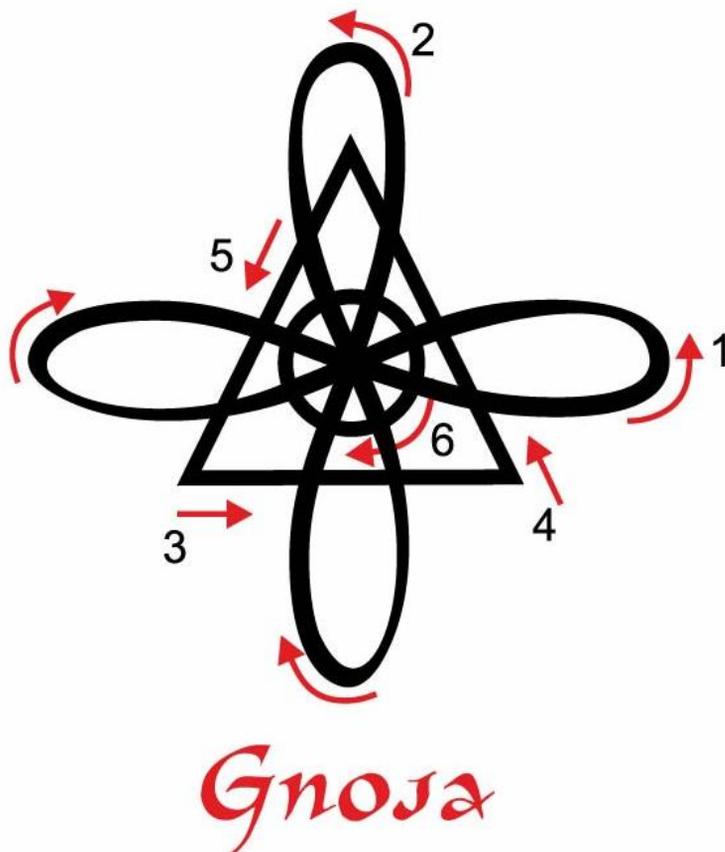
Pronounce Know-sa

This called planetary healing and enlightenment. Gnosa is derived from the Greek word Gnosis – which means mystical and spiritual knowledge acquired through feeling and prophecies from God.

Gnosa links you more strongly with the higher self and bring higher consciousness into the physical body.

It is a great symbol for students as Gnosa clears our minds which further improves our communication skills, both verbal and written.

Draw Gnosa (apply to Solar)



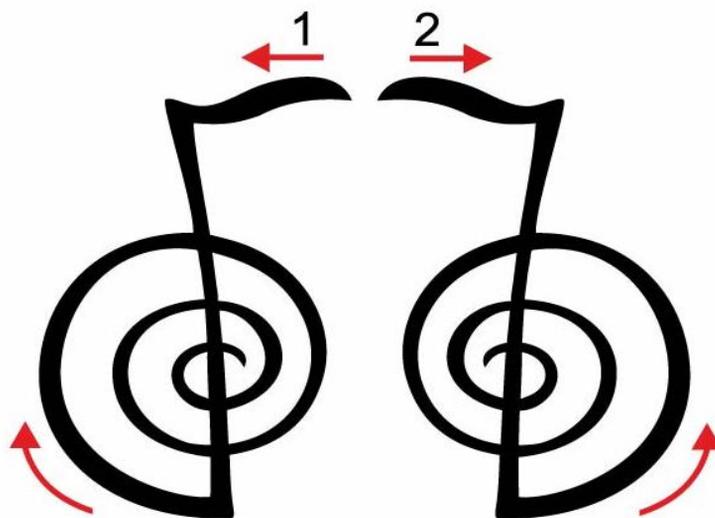
Kriya

Kriya is pronounced “kree -Yah” It represents perfect balance. Kriya means action. Kriya is used for physical manifestation.

This symbol can be used in various situations, some of which are listed below:

1. It helps us to get our priorities straight. It makes us realise each decision we make we have a choice.
2. Helps in healing bonds with family, everyone co exists peacefully and harmoniously together.
3. Helps in manifesting our wishes and desires, provided they are in alignment with the Universe. It brings in a lot of joy and happiness while healing for the wish
4. Wonderful symbol for grounding, one can imagine the symbols moving down from thighs to the soul of your feet in spirals, also makes a strong connection of your body with the Universe

How to Draw Kriya (all chakras)

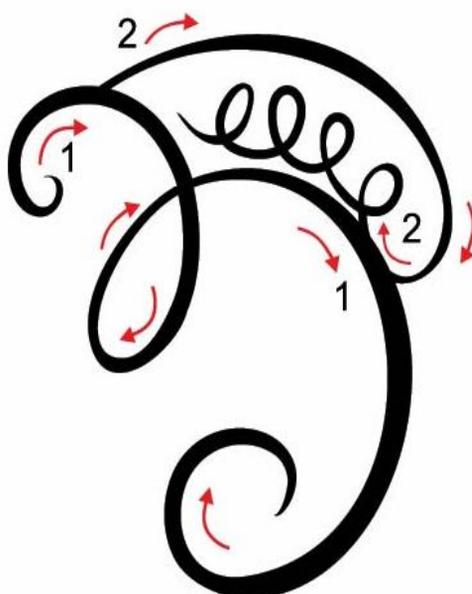


Kriya

Karuna Ki Level II Iava

Pronounced "Ee-Ah-Vah", it balances the four elements. When drawing the four small loops, say "Earth" with first, "Water" with the second, "Wind or Air" with the third, and "Fire" with the fourth. Iava dispels illusion, conditioning 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.

Draw Iava (Heart or Solar Chakra)

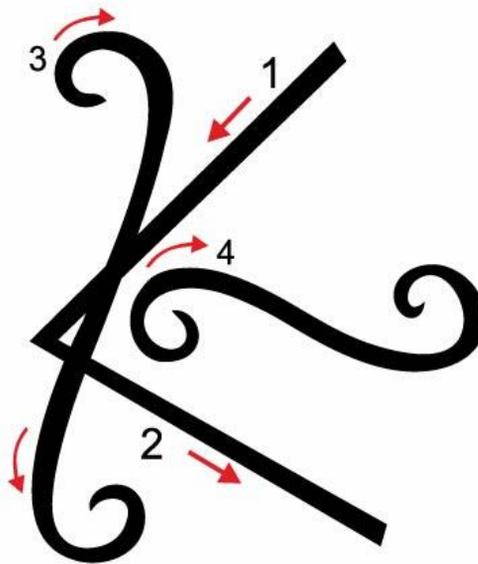


Iava

Shanti

Pronounced, "Shan-Tee", it means peace. Shanti helps heal the past and make way for the present. We send peace to the past, free our attachments and heal. It releases fear, anger, hurt while soothing the aura.

Draw Shanti (all Chakras)



Shanti

Dumo

Dumo represents the swirling heat of the Kundalini. Also known as Tibetan Master Symbol. Tibetan Dai Ko Mio, it is the heat felt over the spine as the Kundalini awakens. This heat is the unification of and the mind. Dumo ignites this fire in the root chakra, pulls negative energy and disease from the body an it. Dumo heals on the deepest of levels.

How to dra



Dumo

Fire Serpent

This sleeping serpent awakens during an attunement. It opens the central channel of Kundalini fire. Depends on how it is used, it can either ground energy into the lower chakras or push energy upwards into the higher without allowing it to release through the Crown chakra. The Fire Serpent connects and opens all chakras all balance and harmony.

How to Draw the Fire Serpent



Fire Serpent

Pronounced "Ah uu mm", it is a Sanskrit symbol, the sacred sound of the Universe. It represents All of creation working together as one unit. Think "As above So below", "All opposites are identical in nature only different degree".

We are one and the understanding of such a concept- the integrity of All life leads us greater under better choices, happier life. Om cleans, stabilizes and seals the aura. It brings in light, purifies, protects. It represents creation, preservation and destruction.

Om has four subtle sounds that correspond to four levels of consciousness. The first sound of "A" represents the conscious waking state. The second sound of "U" represents the subtle, unconscious dream state. The third sound of "M" represents the casual, subconscious deep sleep state. The fourth sound is the silence that follows the sound of Om which represents the absolute consciousness that illumines and pervades the thre

Drawing Om



Aum Om Ohm

Raku

Raku is used in attunements, not in individual healings. It helps lift negative energy while taking the attunement.

Raku activates the Hara Line, bringing Reiki energy in through the chi channels, and last settling Hara. It is used at the end of attunements in both Usui reiki and Karuna Ki reiki attunements. Last, it is used separate the Master complement is



Raku

Toning



Your voice can be empowered by Karuna Reiki and used during a treatment. It is especially useful in releasing blocks and negative energy.

Once the area is located, empower your hands. Draw the Om symbol on your throat, and place your hands on it asking Karuna Reiki to empower your vocal cords and voice. Do Karuna Reiki for a minute or so. Say a prayer asking the Karuna guides and other spiritual beings to work with you.

With your hands between several inches and several feet from the client, begin beaming Karuna Reiki to the area. (The Usui distance symbol can also be drawn over the area before starting.)

Experiment in your mind with the different tones at different frequencies to find the one that feels like the right frequency, or you may simply intuit which is right. Experiment with any of the symbol names like Om, Ra-Ma, Halu, Iava, Dai-Ko-Mio, etc.

Take a deep breath and begin toning out loud with a long continuous tone.

Focus your attention and Karuna Reiki energy on the area of concern and intend that the block be broken up and released.

Use your voice and hands at the same time until the block is gone.

Chanting



Toning or chanting during a Karuna treatment creates profound shifts in the vibrational frequency of the energy. Can be done aloud or telepathically for similar effects.

With hands on the sides of the head, chant Om seven times, pause and allow the energy to flow. This intensifies the energy flow through the crown and higher chakras, while creating a protective shell around all of the energy bodies which retains the healing energies and lets them penetrate more deeply. Then give a normal Karuna treatment as guided. Then repeat the above technique, replacing Om with Rama. This assists in releasing negative energies and balances the chakras. Next chant Om, Harth, Om three times, then Om, Shanti, Shanti, Om three times. This completes the releasing process, fills the aura with an energy of compassion for self and others, and seals the session in a glow of unconditional love and peace.

Om, Om, Om, Kriya, Kriya, Kriya, Om, Om, Om sends a powerful stream of high frequency Karuna energy down through the crown, all the way through the energy system, and out the feet. Cleans blockages, anchors to the earth and to one's spiritual purpose.

With hands on the area of pain or tension, chant Om Shanti Shanti Om three times. Relieves pains, muscular tension, or muscle spasms.

Karuna Ki Process

Step 1 Open the Healing

- 1) Clean your space – Smudge and declutter
- 2) Do your grounding
- 3) Set your intention for the client

Step 2 Chakras

- 1) Start with the Third Eye chakra and visualise the healing going to the third eye
- 2) Work your way down through the chakras approx. 3 mins per Chakra
- 3) Go back to a chakra you felt needed more healing.

Step 3 Closing

- 1) Finish the Reiki by saying closing prayer
- 2) In your mind wash your aura with white
- 3) Cut the cord with the client three times by the motion of the hand
- 4) Once the client has left, smudge the area and wash your hands

Karuna KI With Usui Process

Step 1 Open the Healing

- 1) Ask permission from the recipient
- 2) Clean your space – Smudge and declutter
- 3) Do your grounding
- 4) Say your opening prayer
- 5) Set your intention for the client
- 6) Draw Dai Ko MYO
- 7) Draw Hon Sha Ze Sho Nen
- 8) Draw Se Hei Ki
- 9) Draw Cho Ku Rei
- 10) Draw appropriate Karuna Reiki Symbol

Step 2 Chakras

- 1) Start with the Third Eye chakra and visualise the healing going to the third eye
- 2) Work your way down through the chakras approx. 3 mins per Chakra
- 3) Go back to a chakra you felt needed more healing.

Step 3 Closing

- 1) Finish the Reiki by saying closing prayer
- 2) In your mind wash your aura with white
- 3) Cut the cord with the client three times by the motion of the hand
- 4) Once the client has left, smudge the area and wash your hands

Karuna KI Scanning

Hand Scanning - This is the traditional Scanning technique taught in Karuna, and other Systems. Scanning is placing your hands into the energy or auric field of another to try to discern differences in their energy field. You are essentially looking for anything odd or out of place.

Try to feel for hot spots, cold spots, tingling sensations, obstructions. Start at the head and work to the feet and then back up.

Begin with the hands about 2 inches (4.5 centimeters) above the person's body. After the first pass, increase the distance to about 6 inches (14 centimeters).

Scanning is something that requires a great deal of practice to become proficient at.

Make a mental note of the areas that feel different. Ask your client if there is any specific illness associated with the area. This process is done to find areas that need additional treatment.

Step 1

- 1) Look at the issue of the client
- 2) Decide which chakras are impacted.
- 3) Decide which symbols are relevant.
- 4) For instance if it's family karma. You would use Kriya, Harth, Zonar and Halu.
- 5) You would send Harth to the heart centre and the rest to the solar plexus.

Step 2

- 1) You still go through the normal process.
- 2) Start with the Third Eye chakra and visualise the healing going to the third eye
- 3) Work your way down through the chakras approx. 3 mins per Chakra
- 4) Go back to a chakra you felt needed more healing.

Step 3

- 1) Finish the Reiki by saying closing prayer
- 2) In your mind wash your aura with white
- 3) Cut the cord with the client three times by the motion of the hand
- 4) Once the client has left, smudge the area and wash your hands

How to activate the Symbols

- Draw them on your palm and say each one three times and end with patting your hands together
- Visualise them and say the name three times
- You can place them on the clients chakra at the beginning so it flows to the heart
- You can guide in the symbols at each hand position
- You can send to a particular chakra
- After practice you can start to trust your intuition.

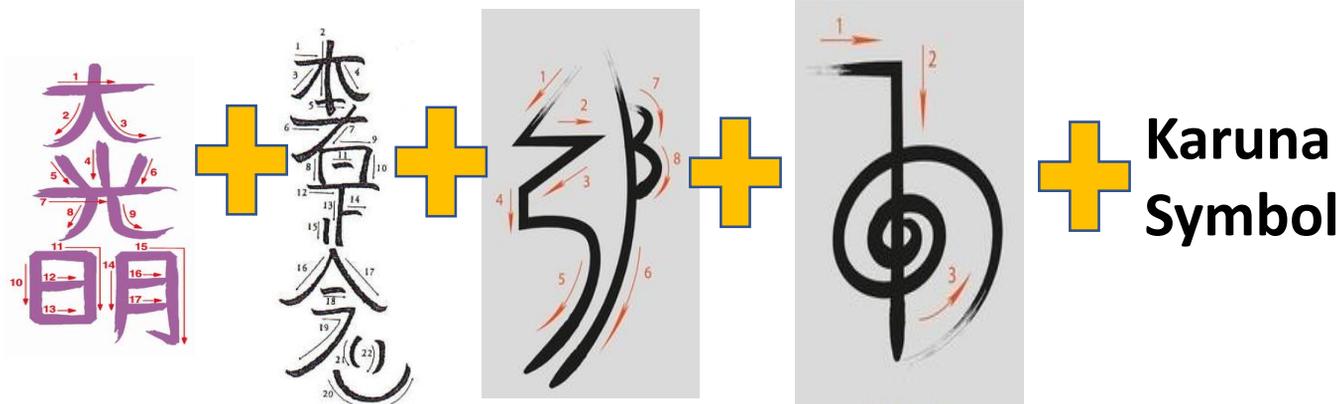
Karuna KI Mixed with Usui Process

How to Ground Yourself

Close your eyes, imagine your feet are feeling warm and heavy. Imagine you have roots like an oak tree coming from the bottom of the feet into the ground. Allow the roots to go wider and deeper. Really feeling the energy of the planet and feeling grounded. You can now open your eyes.

Opening Prayer

- 1) I thank God for being here
- 2) I thank Reiki for being here
- 3) I thank [your name] for being here
- 4) I thank the client for being here.
- 5) I cover myself and the client with divine white light.



Closing Prayer

- 1) I thank God for being here
- 2) I thank Reiki for being here
- 3) I thank [your name] for being here
- 4) I thank the client for being here.
- 5) I thank the white Light
- 6) I thank each of the Symbols used by naming each one.
- 7) I thank DR Usui, the lineage of Reiki both Usui and Karuna Ki & Sneha

How to Use the Symbols

First use **Zonar**. Zonar is a deep healing symbol that connects to the infinite. It is cleansing. It also can help resolve issues left undone from relationships, activities, situations.

Halu (like Sei Hei Ki) helps release and break up negative patterns and emotional difficulties and beliefs that keep us from seeing reality as it truly is.

Harth is the principle symbol of the Karuna Ki system and is the symbol of loving compassion. Use it and let the compassion that is this energy flow. Loving compassion is healing, restoring balance to energy and emotions.

Rama grounds and connects us from the source through to the earth. It is both grounding and clearing.

Use **Shanti** next, to help release the past, and to focus on living harmoniously in the moment, and to release the futures we create for ourselves. Finally use Om to bring in wholeness into the life of the client, and to clean, stabilize and seal the aura.

Another possibility is to simply focus on the Karuna Ki energy and let it flow and allow the energy to direct the session. This is the highest level of practice. We simply "be" and allow the energy to flow with intuition as our guide.

Karuna KI Symbol Summary



Karuna Level I

Zonar - Past Life, child abuse, cellular healing, spiritual aesthetic, physical pain

Halu- unconscious patterns, shadow of self, abuse issues, psychological or psychic attack

Harth – Relationships, addictive behaviour, develop healthy habits and universal compassion.

Rama – Harmonises Chakras, focus, lower chakras, goals, manifestation, grounding, finishing a session, clearing objects and room.

Karuna Level II

Gnosa – Aligning with higher self, communication, creativity and motor skills

Kriya – grounding, manifesting, priorities, healing humanity and family ties.

Iava – personal divine power, co-dependence, reality awareness, empower goals, heal the earth

Shanti – create peace, trust in life, insomnia, fear, panic and intuition.

Master Symbols

Dumo – Tibetan master symbol. The unification of the body and mind.

Fire Serpent - The Fire Serpent connects and opens all chakras all balance and harmony.

Aum - Om cleans, stabilizes and seals the aura

Raku - Om cleans, stabilizes and seals the aura

Karuna KI Symbol Example

Anxiety

Prayer of Intention

Beam energy into the client with the intention of creating a healing link between the two of you

Activate Zonar, Gnosa, Iava and Shanti.
Transmit to Root, Sacral and solar Plexus.
Transmit Harth to Heart Chakra.

Offer Prayer of thanks.