

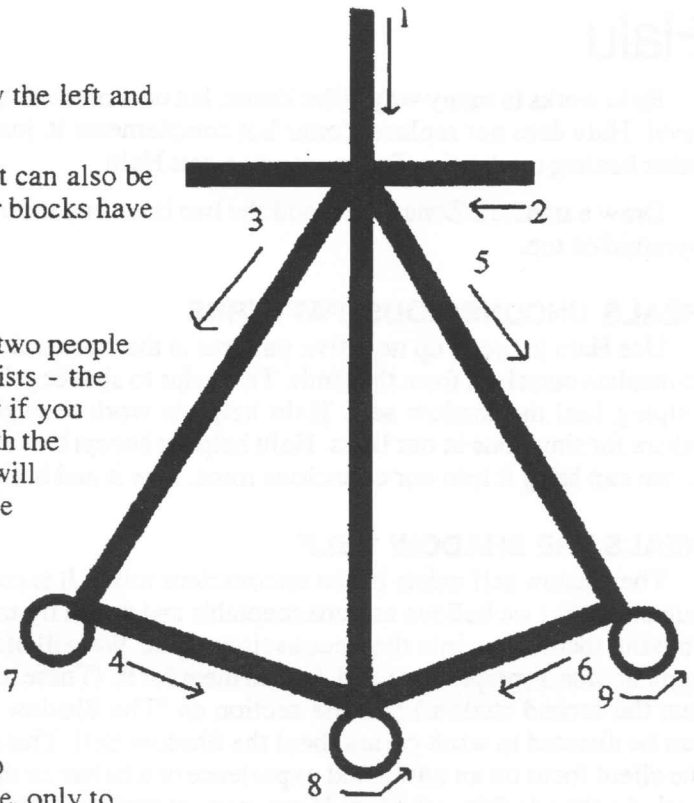
Harth

Draw the cross with the first line going down. Then draw the left and right sides and then the circles.

Harth heals the heart and all issues relating to the heart. It can also be used to fill in a healed area with love where negative energy or blocks have been removed.

HELPS HEAL RELATIONSHIPS

Harth can be used to heal relationships of all kinds. When two people are involved in a relationship, there is a third entity that exists - the relationship itself. If there is difficulty in the relationship, or if you simply want to improve your relationship, use Harth along with the Usui distant symbol to send Harth to the relationship. This will create a loving and compassionate feeling between the two people so they will more easily solve any problems that may have come up and will enjoy each others company much more. Harth can improve a relationship that is already good! However, some relationships are co-dependent and not healthy for those involved so if this is the case, and it is time for the relationship to end, then Harth will help it end in a healthy way. Because Reiki is guided by the Higher Power, you will not be able to use Harth to get someone to enter into a romantic relationship with you against their will - it cannot be used to control people, only to empower them to come from love and to make wise decisions for themselves.



DEVELOPS GOOD HABITS

If you want to develop a good habit, the best way to do this is to allow yourself to love what you want to do. When you look at all the habits that are healthy for a person to have, you will always be able to find some group or someone who loves that activity. There are people who love to cook and eat healthy food, or who love to exercise, or who love to meditate, or who love their work, or who love a balanced life. Sometimes we have trauma around things that are healthy for us. Harth can help us heal the trauma so we develop a natural love of things that are healthy for us to do. If there is a habit you would like to create for yourself, write it on a piece of paper, put it between your hands and send Harth to it. Do this everyday, and also spend time doing the thing you want to develop a habit for. You will find it easier and easier to be involved with the new activity and soon you will love to do it. Try this, it works!

HEALS ADDICTIONS

If a person is addicted to something, it usually means that they have a problem with their heart. A person will turn to drugs, alcohol, or destructive relationships and behaviors because there is something in their life that isn't fulfilling the love that they need. Harth will restore the balance within their heart so that they love life. When a person loves life it is very unlikely that they are going to become addicted to something that is harmful. If you love yourself, you will take good care of yourself. Use the Usui distant symbol to send Harth to the addiction.

DEVELOPS COMPASSIONATE ACTION

Compassionate action is the most essential part of the spiritual life. It is the key to both personal happiness and planetary healing. Harth can help develop the motivation for compassionate action by healing the heart. The wisdom that comes from the heart becomes available to guide us in all our actions. Harth helps us heal within ourselves so we can openly love others unconditionally. A wonderful revelation that comes to all who practice compassionate action is that it is not a sacrifice to do so, but a joy and a blessing.

CONTACT SPIRITUAL BEINGS

Harth can be used to receive blessings from spiritual beings such as Mother Mary, Kuan Yin, and Avalokiteshvara who are the embodiment of compassionate action. Use the Usui distant symbol and send Harth to these spiritual beings. Ask for their blessing so your heart will be healed and you will be better able to help others. You will discover that love is the greatest power.

"The Original Reiki Ideals" state Reiki is "The secret art of inviting happiness" and Harth is a symbol that can do just that. Use Harth often to create love in your heart for yourself, others or for anything in life worth doing, having or being.

After you have used Zonar, Halu and Harth, and are ready to complete the treatment you can go on to Rama.