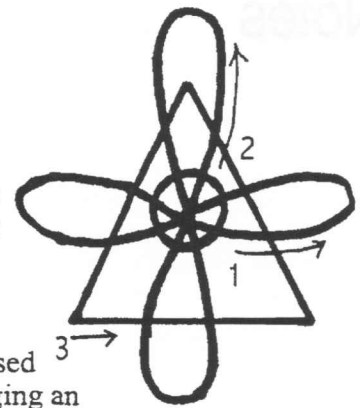


Karuna II Symbols

Gnosa

Gnosa heals the mind and links you more strongly with the Higher Self. Draw the propellers first, starting where the numbers are located, then the triangle, ending with the circle.



Circle is clockwise and drawn last

CONNECTS THE HIGHER SELF WITH LOWER SELF

Gnosa brings the Higher Self into the physical body. Because of this, Gnosa can be used for very deep healing. It penetrates very deeply and lifts out emotional pain, often bringing an awareness of the true cause of the pain in a way that completes the healing.

IMPROVES LEARNING ABILITY

Gnosa opens the mind allowing new ideas to more easily integrate into the mind. Because it works with the nervous system, it helps you learn physical things as well such as dancing, martial arts, sports of all kinds, even playing musical instruments. It is great for studying and taking tests.

HEALS COMMUNICATION

By improving mental clarity, Gnosa helps us organize our minds and improve communication. It is useful for both speaking and writing. It can also be used for research projects, guiding you to the best sources of information and helping you comprehend their meaning.

INCREASES CREATIVITY

Gnosa brings the higher mind into our everyday consciousness increasing clarity and inspiring us with new ideas. Gnosa adds depth to all our projects and connects us with those enlightened beings who can guide us in their development and fulfillment. Gnosa works well with Rama allowing the Higher Self to manifest our creativity on the physical plane.

Kriya

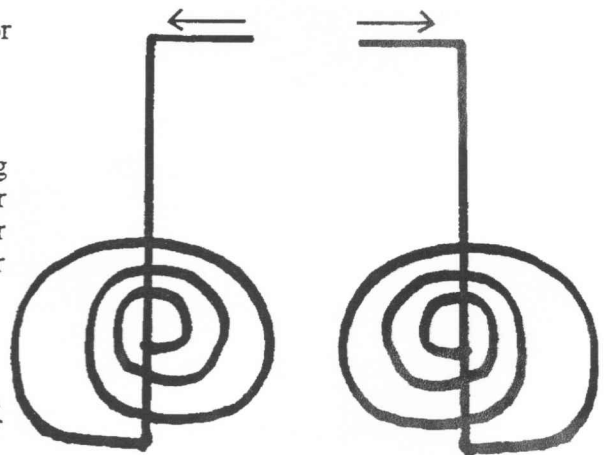
This double Cho Ku Rei is used for physical manifestation and for healing the human race.

GROUNDING

To use Kriya for grounding, visualize each side of the symbol going down each leg. Place the upper part in your hips with the spirals in your feet. This will create a strong connection to the earth and bring your consciousness more fully into your body. This will also help guide your path through life in a very practical way.

MANIFESTS GOALS

Kriya can be used to manifest goals. One way to work with Kriya to manifest goals is to write your goal on a piece of paper in the form of an affirmation. For example, if you would like to have a Reiki practice where you see 20 people a week, you would create an affirmation like; "I have 20 Reiki clients every week." Then draw Kriya on the paper and hold it between your hands and do Kriya Reiki on it everyday. At the same time, you must be working to create your goal, by creating a plan and acting on it. If your goal is for your highest good, you will find valuable "coincidences" occurring that help you manifest your goal. Kriya Reiki will reach out to all the people and resources needed to help you create your goal and make it a joy to manifest.



CREATES PRIORITIES

Kriya is helpful if you feel stuck with many thoughts and have difficulty focusing on what you need to do. It will help you sort out your priorities and focus on the things that are important to manifest in your life now. It also helps you focus your energy on them.

HEALS THE HUMAN RACE

Kriya can be used to heal all the people of Earth, helping them work together in harmony.