

## Week 4: Spirit Attachments and Karmic Attachments

### **Spirit Attachments-use Sei-He-Ki!**

An entity stuck in the astral and in a person's body or animal's body waiting to cross over but afraid to do so. This manifests as dis-ease in the client.

What to do:

Call on ArchAngel Michael

Wonderful prayer from Diane Stein's book, Essential Reiki:

"I'm here to help you move on. You don't belong here any longer."

And do Sei-He-Ki repeatedly until you feel guided to stop.

### **Karmic Attachments-use Hon-Sha-Ze-Sho-Nen**

These are situations, dis-eases, or negative energy brought from other lifetimes for the purpose of being healed now. They can include past life emotional patterns, but are usually negative symptoms, habits or dis-eases from the past.

Using the 3<sup>rd</sup> sacred symbol to help in situations where a dis-ease has no reasonable cause, freeing the client from unexplainable negativity and pain.

As always, use your intuition and remember, you never have to do this alone! Ask for help from the Angels! ☺