

REIKI RAYS

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# TRADITIONAL USUI REIKI SYMBOLS

INNOVATIVE WAYS





Reiki Rays

Traditional  
Usui Reiki  
Symbols

Innovative Ways

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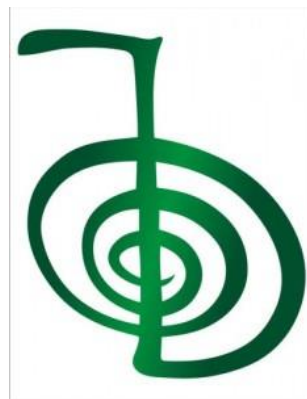
## Cho Ku Rei Explained

Reiki symbols are basically Sanskrit derived Japanese forms that help improve the flow of Life Force Energy. These symbols are an essential part of Reiki practice and they used to be secret and revealed only to Reiki students who are initiated into the advance or master level. However, with the technology available today it's hard to keep anything secret :), so information about them can easily be found on the internet.

Although these symbols do not have any special power in and of themselves, using them after attunement helps a practitioner focus the Reiki energies. The primary three symbols used in traditional Reiki are **Cho Ku Rei** or the **Reiki Power Symbol**, **Sei He Ki** or the **Emotional and Mental Healing Symbol** and **Hon Sha Ze Sho Nen** or the Distance Healing Symbol.

### Meaning of Cho Ku Rei or the Reiki Power Symbol

Cho Ku Rei, which is considered one of the first symbols used in Usui Reiki essentially means "Placing all the powers of the universe here". The Reiki power symbol basically works as a "switch" that helps to instantly increase Reiki practitioner's ability to channel the energies. The main purpose of using it is to enhance the power of Reiki and draw the energy around and concentrate it on the required purpose. The power symbol looks like a coil.



The symbol can be drawn in both counter and spiral clockwise directions. Some Reiki masters draw it counter clockwise when applied in areas or places where there is excess energy - but others believe that the Reiki energy always works for the highest good and there is no need for us to try to influence it by telling it what to do.

### How to Use the Reiki Power Symbol

The Reiki power symbol is used primarily to connect with Reiki energy at the start of a session and also to help boost the Reiki power whenever it is required during a session.

Some practitioners use it on their own palms and chakras before treating others, to help clear the channels and empower their hands. Using the power symbol over the client's crown chakra helps create positive energy around them, while using it on the lower back and behind the heart chakra helps seal the energy at the end of the treatment.

### **Example Uses of the Reiki Power Symbol**

Cho Ku Rei is an all purpose symbol that can be used anywhere and everywhere for anything. Here are a few ways that it can be used.

#### **Empower other Reiki Symbols**

Using the Reiki power symbol before other Reiki symbols such as Mental or Emotional Symbol or the Distance Healing Symbol has an empowering effect on those symbols and boosts their effectiveness.

#### **Helps in Spot Treatment**

Drawing Cho Ku Rei on a specific part of the body helps in focusing the Reiki energies on that particular spot, helping cure or heal especially acute injuries, but also chronic conditions that have localized effects in the body.

#### **Clears Negative Energies**

Using this symbol mentally is useful in clearing all the stagnated energies during a Reiki session. Similarly, drawing it on the walls of a room clears the negative energy in the room, and drawing it in the atmosphere around a physical space aids in cleansing the area. Drawing can be physical, such as with paint or a pen, or symbolic with the hand in the air.

#### **Provide Protection**

Drawing a large Power Symbol in front of a person or on each of their chakras works as a shield and protects the person from negative energies. Reiki works on different levels (physically, emotionally, mentally, or spiritually) and Cho Ku Rei will naturally provide protection on all levels.

#### **Makes Meals Healthier and More Nutritious**

Using this symbol over your meals before you start eating helps remove the negative energies present in the food, thereby making it more healthy and nutritious.

#### **Increase Effectiveness and Reduce Side Effects of Medication**

Drawing the Reiki power symbol on your medication goes a long way in reducing the side effects of the drugs. It also helps them work in a more effective manner.

### **Improve Relationships**

Empowering greetings, gifts and business cards with Cho Ku Rei will enhance both personal and professional relationships, bringing about the highest good for all the involved parties.

### **Prevent Misfortunes**

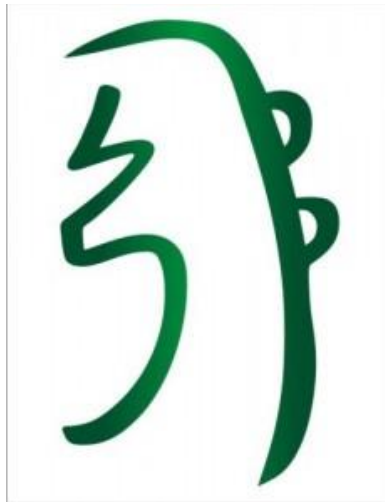
The Reiki power symbol helps in connecting to the universal energy instantly, and using it can help prevent misfortunes or a bad events. Misfortunes essentially happen because of the inharmonious energies around; using Cho Ku Rei helps purify the energy system, making accidents or bad events less likely to occur.

### **Activating the Law of Attraction**

Cho Ku Rei proves to be an amazing law of attraction focusing tool. Empower your affirmations with it, and to make it even more effective, end all your affirmations with *for the highest good of all*. Doing so will help ensure that you don't get attached to a particular outcome and remain open to new, creative solutions and experiences.

## Sei He Ki Explained

Reiki symbols are basically words from Japanese language that play an important role in Reiki practice. These symbols are used by advanced Reiki practitioners and can help in focusing or channeling the Reiki energies. The symbols can be activated either by visualizing them mentally, drawing the symbol with the palm of your hand, speaking the name of the symbol out loud, or simply invoking it in your mind. The three primary symbols used in traditional Reiki are **Cho Ku Rei (power symbol)**, **Sei He Ki (mental or emotional healing symbol)** and Hon Sha Ze Sho Nen (distance healing symbol).



### Meaning of Sei He Ki

The name **Sei He Ki** means *The earth and sky meet* or *God and Man become one*.

This symbol acts on a person's conscious mind (the mental body) and subconscious mind (emotional body), and is used primarily for emotional and mental healing, clearing, purification, protection and balancing. Sometimes it's also called the *Protection Symbol*, because of the role it plays in providing protection.

Most of our ailments are caused by mental and emotional imbalance in our bodies. The use of the emotional healing symbol helps in bringing the problem to the surface and liberates emotional and mental issues that cause the problem. This symbol also aids in balancing the left and right side of the brain and promotes peace and harmony. It can be used to draw gentle and subtle energies required to ease the feelings of sorrow or suffering.

### How to Use the Reiki Emotional / Mental Symbol?

Different practitioners use this symbol in different ways. For example, the practitioner draws the Cho Ku Rei (the power symbol) to create a connection with the Reiki energy source. Sei He Ki is then drawn over the troubled area where the Reiki energies are required. The energies are sealed by drawing the power symbol or Cho Ku Rei again. This sustains the effect of Sei He Ki for a longer time.

### **Improve Memory Power**

Sei He Ki is beneficial in improving your memory. Drawing this Reiki symbol on pages of your book, can help you memorize the content while reading or studying. Visualizing the symbol on top of your head can help you remember things that you might have forgotten; such as your keys, the name of a person, and an answer for the test, or just about anything else.

This works because of the connections this symbol makes in and between the two hemispheres of the brain.

### **Get Rid of Bad Habits**

The mental and emotional symbol aids in restoring emotional and psychological balance in a person's body and promotes deep healing. The use of this Reiki symbol helps in eliminating unwanted or bad habits such as alcoholism, smoking cigarettes or overeating. Visualizing or drawing this Reiki symbol around you helps in changing your negative beliefs, negative parental or social conditioning and makes you a more positive person.

### **Improve Relationships**

Drawing Sei He Ki around your surroundings and the people involved in a troubled relationship can bring about the wisdom and strength to sort out problems amicably. Using this Reiki symbol will help bring relationship problems to the surface and make you tackle them successfully.

### **Empowers Your Affirmations**

Affirmations are powerful tools that can play a vital role in helping you to achieve your goal successfully. The mental symbol works in the subconscious mind, repeating the name of this symbol mentally can help in empowerment of your affirmations and help you accomplish your goal. If you write down affirmations, draw the symbol on the paper as well.

### **Personal Bodyguard**

Drawing Sei He Ki around you helps protecting you from the negative vibrations and allowing only the positive energies to reach you. As mentioned,



it is otherwise called the *protection symbol*, and can also be used as protective shield during purification ceremonies to help in removing negative energy from the physical body or from the aura.

In medical settings, this symbol tends to work as an "antiseptic ointment", when used before, during or after an operation or surgery.

### **Dissipates Headaches**

Sei He Ki is used to heal emotional issues that can cause physical problems too. By using this Reiki symbol, you can find a way to heal your headaches caused due any mental or emotional instability. It can be a good solution to help you cure your headaches naturally, without having to take any kind of medications (remember to drink a lot of water too, as many headaches are caused by dehydration).

### **Helps to Find Lost Objects**

Drawing the Reiki mental and emotional symbol in the front of you and asking for assistance to locate lost objects will help you either find the objects or give you ability to think and remember the location at which you kept it in the first place.

### **Harmony**

This symbol teaches us about the *synchronization* or *harmony* of things in nature. It teaches subconsciously about the rhythmic cycle of nature, the need of adaptability towards changes and understanding the importance of non attachment. It helps making an individual gain more positive outlook of life and helping them stay happy throughout their life.

## Hon Sha Ze Sho Nen Explained

Reiki symbols are basically sacred healing symbols that help in enhancing the flow of universal life force energy.

The primary symbols of traditional Reiki are the **Cho Ku Rei** or the Power Symbol, **Sei He Ki** or the **Mental and Emotional Symbol**, and **Hon Sha Ze Sho Nen** or the **Distance Healing Symbol**. These symbols which are given to a Reiki student during the advanced level of Reiki attunement are essentially impressed in the mind and aura of the student and blend with metaphysical energies that they characterize. Thus, whenever a Reiki practitioner thinks or draws or visualizes any of these symbols, they will connect immediately to the energies that it symbolizes.

### Meaning of Hon Sha Ze Sho Nen or the Reiki Distance Healing Symbol

Distance is no barrier to Reiki, and this symbol, which means 'having no present, past or future' is essentially used for absentee healing and to send Reiki energy across time and space.



### Example Uses of Hon Sha Ze Sho Nen

**Heal the Past:** Sending Reiki in the past helps heal "old wounds" that may be affecting you in the present. It will not change the events, as past things cannot be changed; but sending Reiki to the past helps reframe the experience as part of learning process, and it helps heal the pain and move on with your life.

**Enhance Future Conditions:** Using the distance healing symbol for the future helps in storing the Reiki energy like a battery to be accessed at a time when you require it. Sending Reiki ahead of time for doctor's appointments, interviews, examinations, workshops, or traveling will help you adjust to the unforeseen circumstances of the future and keep an open and optimistic mindset.

**To Heal across Time and Space:** The Reiki distance healing symbol's primary use is to send healing energy across a room, town, to different parts of your country or just anywhere in the world. To heal people that are not present. It is otherwise called the "absent healing" symbol sometimes.

### **How to use the Reiki Distance Healing Symbol?**

The Reiki distance healing symbol is considered one of the most powerful and helpful symbol by most Reiki practitioners. However, when using this symbol, it is important to understand that the energies used in long distance healing work more effectively on the subtle body of an individual like the aura or the chakras rather than working directly on an individual's physical body.

Energies used for distant healing require time to work on physical body and heal physical pain; sending Reiki energy for a particular problem such as headaches or backaches can limit the energies to a great extent. The recommended practice is to send Reiki to an individual as a whole, and this will allow the energy to reach directly to the part of the body where it is required the most.

Periodically empowering the long distance healing on day to day basis plays a vital role in helping the energies work effectively in a successful manner. However, it should be noted that Reiki cannot be used to change an individual or his behavior. The wisdom of Reiki understands what is best for the individual, and the energies act accordingly for the best possible outcome.

### **How to Send Distance Healing Reiki Using Hon Sha Ze Sho Nen**

There are many ways to send Reiki, and different Masters might use different techniques. A lot of practitioners learn one technique, which they then tweak and personalize it to suite their style. The steps below describe one technique which many people find effective.

**Step 1:** Activate the power symbol.

**Step 2:** Write the name of the recipient or the situation you are sending energy to on a piece of paper and hold the paper in between your hands.

**Step 3:** Draw the symbol Hon Sha Ze Sho Nen in the air above the paper and repeat its name three times.

**Step 4:** Repeat the name of the recipient or the situation. Draw the power symbol.

**Step 5:** Allow Reiki to flow to the recipient for the greatest and highest good.

**Step 6:** Finish the Reiki session by either clapping your hands or shaking them vigorously in order to cut the connection.

An alternative way of distant healing is to either use their photograph or use a proxy ( a soft toy or any object) instead of writing their name on a piece of paper.

### **Benefits of Receiving a Reiki Session through the Reiki Distance Healing Symbol**

One of the greatest benefits of receiving Reiki energy through Hon Sha Ze Sho Nen is the fact that it allows you to receive positive energy just anywhere and everywhere in a quick and easy manner. To receive distant healing treatment, you do not have to spend extra time or go anywhere to receive Reiki treatment.

Distance healing treatment also proves to be a perfect tool for all those people who find it uncomfortable to receive hands on Reiki treatment. Reiki sessions are not only affordable but also helps maintain your privacy. Reiki distance healing symbol can be used regularly to help keep your mind, body and spirit in harmon. However, it is important to remember that one of the most significant things in distant healing is the intention of the Reiki practitioner. Thus, formulating the intentions carefully and using the Reiki distance healing symbol to transmit energies only for the highest good, whatever that is and whether it is known to us or not, can go long way in producing positive results.

## Dai Ko Myo Explained

The Dai Ko Myo in Usui Reiki is known as the “Master” symbol. It is one of the most powerful symbols in Reiki that can be used only by Reiki Masters. The power of the Reiki Master symbol combines the power of the first three symbols, Cho Ku Rei, Sei He Ki and Hon Sha Ze Sho Nen.

The Dai Ko Myo is the symbol with the highest vibration and is therefore most transformative at the spiritual level. Using this symbol helps enhance the healing of the soul as the energies are sent to the more subtle layers of the aura and upper chakras. When the spiritual soul is healed, the mental and physical get healed automatically.

The Dai Ko Myo symbol also helps heal our karma. Also known as "all purpose healing" symbol and "empowerment" symbol, this Reiki symbol represents all that is Reiki, including personal empowerment and love. Reiki practitioners at all levels receive the master symbol from their Reiki teacher during the attunement.



### **What does Dai Ko Myo mean?**

When the individual symbols of the Reiki mater symbol are translated, it symbolizes the energy it carries. While “Dai” means great or big and “Ko” means smooth or glossy, the word “Myo” means bright light. The symbol also translated to evident or clear and is a verb for knowing or understanding. The Dai Ko Myo basically means "Great Enlightenment" or "Bright Shining Light". This Reiki symbol represents inner knowledge, truth and enlightenment.

### **What happens during Dai Ko Myo Attunement?**

When a Reiki practitioner is attuned with this Reiki symbol by a Reiki master, the symbol enters into the crown chakra and enlightens the truth about who

we really are. The symbol helps us recognize our divinity and association to everything, taking us back to God.

The Dai Ko Myo symbol reconnects us to the divinity that is inherit within all and helps us heal ourselves and others. Once attuned to the symbol, it is highly recommended that you use the symbol with all your Reiki works. This will allow your energy receive an extra boost and help you draw strong energy constantly through your energetic system.

### **Methods to activating the Dai Ko Myo symbol**

The symbol can be activated in many ways, including but not limited to:

1. Drawing it with your palm center
2. By visualizing it
3. Drawing the symbol with your finger
4. Drawing it with your third eye
5. Spelling the name of the symbol three times.

### **Where to apply Dai Ko Myo symbol during healing?**

Using the Reiki master symbol enhances the healing effects of every form of Reiki healing. The symbol is usually used with every Reiki healing whether individual or group, hands-on or distant or when aimed at an individual, thing or situation. To apply the symbol during a Reiki healing session, first draw the Reiki symbol on your own palms or hands and then visualize or redraw the symbol on the crown chakra and the palms or hands of the client and the area to be treated.

### **Dai Ko Myo Uses**

- Used by Reiki masters to open channels during Reiki attunement and attune those who want to become Reiki practitioners.
- Helps enhance the connection between the practitioner and universal energies and helps heal the soul.
- Heals the chakras, the aura and any disease that initiates from our subconscious beliefs.
- Deals with our spiritual self, using it helps heal illness and disease from its original source.
- Helps provide enlightenment and become more psychic and intuitive.
- Can be used in all Reiki healings to bring in a purer and higher dimension of light.
- Can also be used to draw out negative energy from the body (physical emotional, mental or spiritual) and then liberate it.

- Helps develop and strengthen personal growth, self awareness, spiritual development and intuition.
- Using this symbol with the other Reiki symbols helps increase the effectiveness. For examples, using Dai Ko Myo with the distant healing symbol helps the energy to quickly travel from the heart chakra of the healer to the heart chakra of the receiver.
- Can be used to charge, clear crystals or make them self healing.
- It is considered to be an immune energizer. Helps improve immune function and increase energy flow through the body.
- Can be used to enhance the healing properties of herb tinctures, medicines or homeopathic remedies.

### **Benefits of Meditating on Dai Ko Myo symbol**

The Reiki master symbol provides great benefits when meditating with it. It helps lead you to the “Bodhisattva Path” or “Saint Hood”. Accepting Dai Ko Myo through meditation encourages you to help others by helping yourself and direct your life specifically towards this purpose. Meditating on the symbol not only allows self purification and self cleansing at a spiritual level, but also helps create more harmony and balance in your daily life. It brings "light" in your life and helps eliminate blockages at all physical, emotional, mental and spiritual levels, present, past and future.

Dai Ko Myo is one of the most sacred Reiki symbols. The primary purpose of using this symbol is empowerment, enlightenment, unity and wakening of the soul. It is a bright shining light which nourishes and fills, shows the way and rests the spirit. It helps nurture your physical body and soul and also encourages you to do the same for others. With practice, using Dai Ko Myo can bring profound changes in life and make you a better person.

## Reiki Symbols

<http://reikirays.com>

Reiki Symbol	Meaning	How to use the symbol	Example Uses
 <p>Cho Ku Rei (Reiki Power Symbol)</p>	<p><i>"Placing all the powers of the universe here"</i></p>	<p>Used primarily to boost the Reiki power, to connect with Reiki energy at the start of a session, and to seal the energy at the end of a treatment.</p> <p>Some practitioners use it on their own palms and chakras before treating others, to help clear the channels and empower their hands.</p> <p>Using the power symbol over the client's crown chakra helps create positive energy around them.</p>	<p>Empower other Reiki symbols Helps in spot treatment Clears negative energies Provide protection Makes meals healthier and more nutritious Increase effectiveness and reduce side effects of medication Improve relationships Prevent misfortunes Activate the law of attraction</p>
 <p>Sei He Ki (Reiki Emotional / Mental Healing Symbol)</p>	<p><i>"The earth and sky meet"</i> or <i>"God and Man become one."</i></p>	<p>Different practitioners use this symbol in different ways. As an example, the practitioner draws the Cho Ku Rei (the power symbol) to create a connection with the Reiki energy source.</p> <p>Sei He Ki is then drawn over the troubled area where the Reiki energies are required.</p> <p>The energies are sealed by drawing the power symbol again. This sustains the effect of Sei He Ki for a longer time.</p>	<p>Improve memory power Get rid of bad habits Improve relationships Empowers your affirmations Personal bodyguard Dissipates headaches Helps to find lost objects Teaches us about the synchronization or harmony of things in nature Gain more positive outlook of life and stay happy</p>
 <p>Hon Sha Ze Sho Nen (Reiki Distance Healing Symbol)</p>	<p><i>"Having no present, past or future"</i></p>	<p>There are many ways to send Reiki. A lot of practitioners learn one technique, which they then tweak and personalize it to suite their style. The steps below describe one such technique:</p> <ol style="list-style-type: none"> <li>1: Activate the power symbol.</li> <li>2: Write the name of the recipient or the situation you are sending energy to on a piece of paper and hold the paper in between your hands.</li> <li>3: Draw Hon Sha Ze Sho Nen in the air above the paper and repeat its name three times.</li> <li>4: Repeat the name of the recipient or the situation. Draw the power symbol.</li> <li>5: Allow Reiki to flow to the recipient for the greatest and highest good.</li> <li>6: Finish the Reiki session by either clapping your hands or shaking them vigorously in order to cut the connection.</li> </ol>	<p>Allows sending and receiving positive energy just anywhere and everywhere quickly and easily Perfect tool for people who find it uncomfortable to receive hands on Reiki treatment Used regularly to help keep your mind, body and spirit in harmony Healing the past Sending positive energy to the future Absentee healing</p>
 <p>Dai Ko Myo (Master Symbol)</p>	<p><i>"Great Enlightenment"</i> or <i>"Bright Shining Light"</i></p>	<p>The symbol can be activated in many ways, including but not limited to: Drawing it with your palm center By visualizing it Drawing the symbol with your finger Drawing it with your third eye Spelling the name of the symbol three times.</p> <p>Example: First draw the Reiki symbol on your own palms or hands and then visualize or redraw the symbol on the crown chakra and the palms or hands of the client and the area to be treated.</p>	<p>Open channels during Reiki attunement Heals the chakras, the aura and any disease that initiates from our subconscious beliefs Draw out negative energy from the body (physical emotional, mental or spiritual) and then liberate it Develop and strengthen personal growth, self awareness, spiritual development and intuition To charge or clear crystals Helps improve immune function and increase energy flow through the body</p>



# How to Draw the Reiki Symbols – Infographic

Even though you can draw the symbols however you like, and they will still work, sometimes you just want to know how exactly to draw them "correctly". Especially the complicated ones, such as the HSZSN :-).

The chart below should be quite helpful in this case.

**Drawing Reiki Symbols**  
<http://reikirays.com>

 <p style="text-align: center;"><b>Cho Ku Rei</b> (Reiki Power Symbol) <i>"Placing all the powers of the universe here"</i></p> 	<p style="text-align: center;"><b>Sei Ho Ki</b> (Reiki Emotional / Mental Healing Symbol) <i>"The earth and sky meet" or "God and Man become one."</i></p>  
 <p style="text-align: center;"><b>Hon Sha Ze Sho Nen</b> (Reiki Distance Healing Symbol) <i>"Having no present, past or future"</i></p> 	 <p style="text-align: center;"><b>Dai Ko Myo</b> (Master Symbol) <i>"Great Enlightenment" or "Bright Shining Light"</i></p> 

## Drawing The Symbols The Wrong Way?

Recently we asked on Facebook what's the most difficult symbol to draw. The response was quasi-unanimous: HSZSN! We've got some good news for you!

Question: Will the symbols still work if I draw them the wrong way?

Short answer is: **Yes!**

Now to elaborate, as we mentioned before, one of the cornerstones of Reiki is that it's guided by intent. And if we focus our intent to invoke HSZSN, or any other symbol for that matter, it will be activated whether we draw it or not, and if we do, whether it's correct or not.



Two versions of Cho Ku Rei (mirrored)

Hon Sha Ze Sho Nen in particular has a lot of versions and is being taught in different ways by different Reiki masters. That definitely does **not** mean that only some practitioners, who draw it "correctly", can invoke it.

When you invoke the symbols, what you're actually doing is connecting to the energetic signature of that symbol, and to the metaphysical energies associated with it, and this connection will be established based on your intent, not on the way you draw.

It does help to "formalize the process" or "handshake the connection" by consciously drawing the symbols. After all, that's what they're meant for. But remember that the correct way to draw them is the way you personally draw them.

So don't worry about it. Even if you draw it wrong, it will still work!

## Three Things You Didn't Know about the Main Reiki Symbols

Here's three less known facts about the main Reiki Symbols.



### About Cho Ku Rei

The way to draw Cho Ku Rei is just a convention. Some Masters teach that it should be drawn clockwise. Others teach it counterclockwise. And others still teach to draw it in one direction to increase the flow of energy, and the other way around to decrease it. And of course, there are practitioners who don't use it at all, and a lot of other options in between.

The fact is, there's no right or wrong way. The meaning you give to it, and the way the connection with the intention is formed in your mind, is what makes it work the way it does. Let's say your Master taught you that the correct way to draw it is clockwise. You draw it clockwise, and you notice that it works. But if your Master told you to draw it the other way around, you would have noticed the same results.

No need to change the way you draw it now. Don't fix anything if it's not broken.

*The correct way to draw Cho Ku Rei is the way that works for you.*

### About Sei He Ki

The two brain hemispheres deal with different aspects of life. The left hemisphere is in charge of reasoning, logic, rationality. The right one deals with dreams, imagination, intuition.

Sei He Ki will bring balance to the two hemispheres, allowing for a life that is neither rooted in pure logic, nor in a dream state :). Peace is achieved in life when the two sides work together in balance and harmony.

## **About Hon Sha Ze Sho Nen**

You can imbue the distance healing symbol on your cell phone (just intend it while in a Reiki flow, no special "imbue" procedure) and activate it whenever you talk on the phone, to send Reiki to the situation you and the other person are talking about, or to that person, should it benefit and be accepted by their higher self.

You can start sending as soon as the phone rings, and let it flow "on auto-pilot", i.e. intending that the flow either ends when you hang up, or it continues for a while if required by the situation at hand. Remember that Reiki is an intelligent energy and it's perfectly capable of turning itself off at precisely the right time.

After a while, this will become automatic, and you'll become a beacon, beaming more light and energy into the world and into everything you're a part of.

### **Bonus Tip: The Symbol Sandwich**

To increase the effectiveness and power of any symbol, you can use the Sandwich technique:

1. Draw Cho Ku Rei
2. Draw the symbol you want
3. Draw Cho Ku Rei again

Now you have a tasty sandwich, sealed with the Power symbol - making for a power-sandwich :)

## Three Ways to Use the Symbols in Your Relationship

Here's three ways to use the symbols in your relationship. Remember to always use them intending for the highest good of all involved, whatever the outcome may be.

### Cho Ku Rei - Strength

Use the power symbol to empower and strengthen your relationship. Don't worry, it won't make it "rigid" strong - such as to cause a lot of jealousy and the like. It will most likely be the exact opposite, a strength of trust, confidence, acceptance, and peace.



### Sei He Ki - Depth

The mental and emotional symbol will allow for a deep connection. You will connect on the heart level, and on spiritual level, and experience deep emotions of love. That is, if you're compatible, of course :).

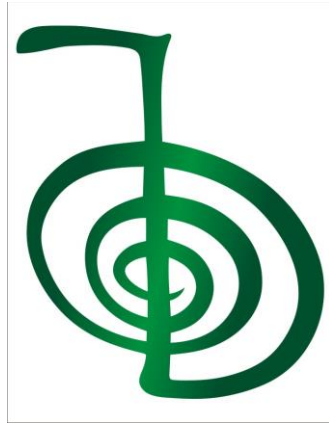
### Hon Sha Ze Sho Nen - Distance

Use the distance symbol to establish a connection even when you're apart. Send them energy and tell them that you love them. Don't do it too often though, or you'll miss the gift of missing them, which, in itself, is a blessing. Missing someone is sometimes good, because it reminds us that we love them ;).

# The Cho Ku Rei Boost

*By Haripriya Suraj*

Cho Ku Rei is known as the Power Symbol. It helps to strengthen the flow of Reiki. It can help you receive a quick boost of energy. It can add a dash of extra power and strength not only to your healing sessions but to your entire day.



## **Palm Method**

Draw the Cho Ku Rei symbol on both your palms first thing in the morning and use your palms in innovative ways!

- \* Intend that everything you touch during the day has Reiki flowing to it.
- \* Whenever you feel stressed or find yourself in troublesome situations, look at your palms and feel the flow of Reiki. Let the energy envelop you and bring you healing.
- \* Place your palms wherever you feel healing is needed. Place it on children, plants and pets. Place it on your personal belongings. Place it on your heart chakra and any other part of your body that needs healing.
- \* Place your palms over food and water and bless them before you eat.
- \* Whenever you have a moment during the day, stop and draw the symbol again on both your palms. This will keep the energy flowing throughout the day.
- \* Finally, place your palms on your pillow and let your pillow be infused with Reiki before you fall asleep.

In each of the techniques described above, you only need to use your palms for a few seconds. You don't have to stop and give Reiki every time. It is more like

placing a Cho Ku Reiki stamp and thereafter allowing the energy to do its work. Once we are attuned to Reiki, it flows through us even we are not consciously channelling it. It flows through us and out into the world. Just by being a Reiki channel, we leave a trail of loving energy wherever we go. Drawing the power symbol on our palms strengthens the flow and we'll have a lot more Reiki going around the world.

### **Third Eye Beam**

This is a powerful technique where you visualise a steady beam of Reiki infused with Cho Ku Rei symbols emerging from your third eye and reaching the person, place, situation or object that needs healing. Let the energy flow until it needs to and thereafter stop of its own accord. This is particularly useful in situations that need physical healing.

### **Quick Reiki Recharge**

Whenever you feel drained out, this technique can help you recharge quickly with Reiki.

Lie down and take a few deep breaths. Visualise a huge ball of light over you. Then visualise several Cho Ku Rei symbols dropping down from the ball and enveloping you with Reiki. Feel and absorb the power packed energy for a couple of minutes or more. Feel the power and strength returning to your cells. Thank Reiki and get back to your routine.

# Experiments with Cho Ku Rei

*By Dhwani Parikh*

Cho Ku Rei is the symbol of power and protection. The meaning of it is **“place the power of the Universe here and safeguard the same”**. We use this symbol for many purposes such as to protect against negativity by using it as a barrier, to increase the power of Reiki, to close the session, to increase the power of other symbols, to remove the negativity, to clean the crystals and many others.

I am using this symbol a little differently to get the quick effects on any issues. I want to share with you how to use it to multifold its power to manifest any road to destiny for the highest good of everyone. For that, we are going to follow this procedure:

- Find a place such as a garden or a terrace or any other open place where you can see the sky and lie down on the ground with clean air and not much noise. You can use any mattress and lie down on it.
- Count 10 to 1 and relax yourself from all the thoughts and clear your mind.
- Observe the sky for 4-5 minutes and take deep breaths and completely get relaxed.
- Now close your eyes and take a few more deep breaths and do your Reiki prayer and start the energy flow in your Ajna chakra.
- Think about the goals or things you want and visualize it as it already happened.
- During the visualization, feel that millions of Cho Ku Rei symbols from the sky are raining on you with an abundance of light and positive energy and facilitate to manifest your goals. Also, you can visualize that each Cho Ku Rei brings all the things you want for the highest good.
- Seal your visualization with a big Cho Ku Rei symbol to protect the desired outcome and its positive energy from draining. Do this 3 times.
- Relax and open your eyes slowly. You can repeat this process daily for the achievement of any goals.
- If you are using it for other people, use distance symbol and emotional healing symbol too. You can multiply the emotional healing symbol if the healing is related to any emotional issues.



## **Money**

You can use this method for healing your finances. For example, if your goal is related to money, think the biggest currency inside the Cho Ku Rei symbol is raining in millions of numbers. You can use this method to send gratitude to all the bills you have already paid and the products or services you have enjoyed.

## **Career**

If your goal is related to learn something or getting a job or a higher position, think that you have already achieved that and millions of Cho Ku Rei are raining for the highest good in your Ajna chakra and seal with a big Cho Ku Rei.

## **Gratitude**

You can also use this method to feel gratitude about all the things and people you have got. Think of all the good things and people you have got and use the sky as your visualization screen and seal everything with a big Cho Ku Rei and feel good to multiply it.

## **Protection**

Cho Ku Rei is the symbol used for self-protection, it seals the positive energy you manifest for your and others goodwill and I personally used it to negate the feelings of fear in bad events. For example, when I travel on my scooter or car, I use Cho Ku Rei to protect myself against any accident. In that, I visualize myself surrounded by divine white light and then I use Cho Ku Rei seal around myself and my vehicle individually, thinking that this divine energy will protect me against any accidental event and, believe me, many times I got saved by an inch.

## **Sleep**

During the sleep, I use Cho Ku Rei to charge my ceiling and think that for the whole night, lots of Cho Ku Rei will shower on me and heal my body totally from all negative energy I grabbed today and wake me up with all positive energy.

## **Against Negativity**

You can use Cho Ku Rei symbol with passing Reiki to minimize the negative emotions of anyone against you and can avoid meaningless conflicts. For that,

use lots of emotional healing symbols and Cho Ku Rei surrounding yourself and that person and seal it with big Cho Ku Rei symbol.

In a nutshell, you can multiply the number of symbols and multiply the power of the event. It will heal your health, wealth and brings you all the happiness. More energy you give to the intention, the quicker result you will see. The speed on which the Universe works on your intention it depends on the energy you give to that intention. So, multiply the symbols and multiply the energy.

Have a happy day!

## 7 Different Ways to Use Sei He Ki Symbol

*By Darshan*

Sei He Ki Symbol is used for harmony and balance. It represents two opposite energies combining harmoniously. The symbol is used to heal the mental and emotional body.

**The following are the different ways to use the symbol:**

### **1. To find misplaced objects/items/things**

Draw Sei He Ki symbol over your head and say the affirmation "*I allow and give myself permission to remember \_\_\_\_\_ (whatever that you are trying to find) in ways that are for my highest good*".

### **2. Balancing the left and right hemispheres of the brain**

To balance the left and right hemisphere, draw symbols 1+2+1 (**Cho Ku Rei + Sei He Ki + Cho Ku Rei**) on the temples and give Reiki for about 10-15 minutes every day. Anchor the energy there by saying stabilize, stabilize, stabilize.

Affirmation: *My left and right hemispheres are completely balanced and work harmoniously with each other.*



Image by [Wokandapix](#)

### **3. To improve memory/concentration and intuition**

To improve memory, concentration and intuition, draw symbols 1+2+1 (**Cho Ku Rei + Sei He Ki + Cho Ku Rei**) on the '*3rd Eye Chakra*' and give Reiki for about 10-15 minutes every day. Anchor the energy there by saying stabilize, stabilize, stabilize.

Affirmation: *My memory, concentration and intuition is increasing more and more everyday.*

#### **4. For relationships**

Draw Sei He Ki over the couple and say *“May this relationship be healed in ways that are for their highest goods and in the best possible way”*. (x3)

#### **5. To heal addiction and Emotions**

To heal any kind of emotional blockages arising due to addictions draw 1+2+1 symbols (**Cho Ku Rei + Sei He Ki + Cho Ku Rei**) on the **‘Heart Chakra’** and give Reiki for about 10-15 minutes every day. Anchor the energy there by saying stabilize, stabilize, stabilize.

Affirmation: *I heal, resolve and release all my negative behavior and addictions to the divine for my highest good.*(x3)

#### **6. For better memorization**

Hold whatever content that you want to memorize between your hands and draw **Sei He Ki** over it and over yourself and affirm *“I give myself the permission to absorb and understand all the information that I am reading from \_\_\_\_\_ (whatever that you are reading) and I allow myself to access this information whenever I feel necessary”*. (x3)

#### **7. For Recalling information**

Draw **Sei He Ki** symbol above your head and say *“I give myself permission to recall the contents of \_\_\_\_\_ (title of the book) in the next 5 minutes”*. (x3)

# Healing Anxiety with Sei Hei Ki

*By Haripriya Suraj*



Image by [Unsplash](#)

Anxiety is something that almost everyone experiences from time to time. However, for a few people, anxiety is a constant presence and eats into their lives on a daily basis. It can severely affect the quality of life and leave one feeling drained and exhausted.

Anxiety prone people do realise that most of what they feel anxious about never comes to pass. Unfortunately, this realisation does not prevent them from feeling anxious and they continue to suffer.

Can Reiki help with anxiety troubles? It most certainly can, provided we remember to seek its help.

If you are a Reiki practitioner and you suffer from anxiety, it can be hard to remember to seek Reiki's help when you find yourself feeling anxious. However, if you can remind yourself to do so, it can help you calm those nerves and encourage you to shift your focus on to feelings of love, safety and peace.

**Those of us who are attuned to Level 2 and higher can work with the mental emotional symbol Sei Hei Ki to help heal anxiety.** You can also teach the following techniques to your Level 2 students.

1. **As we all know, prevention is always better than cure. How about making a conscious effort to stay calm before anxiety can take over?** It helps to start and end the day on a calm note. As soon as you wake up in the morning, stand with your feet planted on the ground and draw the mental emotional symbol all around you. Take a deep breath and visualise a stream of Reiki entering your body. Feel this gentle energy flooding your nerves and enjoy a feeling of peace washing over you. Then draw a big power symbol to seal the energy and intend that it stays with you all through the day. Do the same practice before going to bed at night and fall asleep feeling calm and peaceful.
2. **In the morning, draw a small mental emotional symbol on your dorsum (back of the hand) or on your palm.** If you find yourself feeling anxious during the day, look at your hand and connect with Reiki through the symbol. Allow its healing energy to flow to you. This will help you feel supported and enable you to keep calm.
3. **Draw the mental emotional symbol on a tiny piece of paper and put it under your pillow at night.** Before you drift off to sleep, request Reiki to help you heal the root cause of your anxiety. The root cause of many anxiety troubles can be traced back to early childhood and past life traumas. Also request Reiki to help you release any resistance that you may hold towards letting go of anxiety. Anxious people often harbour an unconscious attachment to anxiety and have a hard time letting it go.
4. **During Self Reiki sessions, draw a large mental emotional symbol over you.** Visualise the anxious energy trapped in your body floating up to the symbol and being transformed into light.

If you are attuned to the third degree, you may also use the Master symbol alongside the mental emotional symbol if you feel guided to do so.

Remember that healing is a journey of uncovering layers of blocked energy, transforming this energy into light and eventually recognising our true innate state of wholeness. Healing takes time. It is best not to focus much on the end result but to flow with the journey instead. Flowing with life helps us heal

much better than setting targets and expecting healing to occur as per those targets.

Love and Light to You!

**Note:** If anxiety is severely affecting your everyday life, do not hesitate to seek additional professional assistance alongside helping yourself with Reiki.

# Sei He Ki Shield to Heal Irritation

*By Haripriya Suraj*

All of us find ourselves in situations where we are prone to irritation. Some of us have a low threshold and allow people to irritate us to the point of feeling energy drained. Some of us are more resistant and manage to stay neutral in the face of external triggers.

Recall a situation when someone irritated you to such an extent that you either wanted them to vanish or vanish yourself! It could be a friend, a co-worker, your boss, your partner, your parents and in laws, relatives and children too. While wanting to escape may be a normal reaction, it only serves to rob us of precious energy. A better approach is to make ourselves thick skinned and heal our feelings of irritation before they can drain us of energy.

The symbol Sei He Ki can help us create an impenetrable cover of energy around ourselves. This shield can bounce off the effects of all triggers from our field. You can use this technique after an interaction with someone that has left you feeling irritated and also before meeting people who are potential triggers.



Image by [amayaeguizabal](#)

## **Here's how you do it:**

1. If you are in a state of irritation already, feel the irritation fully. Move to step 3.
2. If you are not irritated yet but are scheduled to meet someone who is a potential trigger, you can skip the previous step and begin with step 3.
3. Take a moment to connect with Reiki. Feel grateful for the energy.
4. Now visualise or draw the symbol Sei He Ki to your right, then to your left, then in front of you and finally behind you.
5. Feel Reiki enveloping you from all sides.
6. Now visualise the person who is your trigger standing some distance from you.
7. If more feelings of irritation come up, allow them to.



8. Now visualise a shield of white light over the Sei He Ki cover. Stay in this energy field for around two to five minutes.
9. In this double energy field of Sei He Ki and White light, notice your feelings of irritation. If you do all the steps thoroughly, the intensity would drop immediately. You will feel different about the situation.
10. In case you are scheduled to meet this person in a few minutes or hours, request this protective cover to stay over you for a specific time period.

Notice the difference when you meet the same person again. You will either not be affected by anything that person says or the person will not say or do things that get on your nerves!

# Hon Sha Ze Sho Nen: Karma Clearing / Healing the Past

*By Anamika Mishra*



Image by [axinia+](#)

In today's fast paced world we put our heart and soul to achieve our goals and manifest our desires, yet are unable to do so inspite of best our endeavours. Many a time , the problem lies far beyond the present ..... in the past and /or our own karmas. We can use the distant healing symbol, used for healing beyond time and space, HSZSN.

Read the below-mentioned points to heal your karmic blockages:

1. Call Reiki (Attitude of Gratitude)
2. Invoke HSZSN and intend to connect to all your past lives till date. Then intend to remove all the blockages that are affecting the concerned areas of your life.
3. You can also use colour therapy along with Reiki.
  - a. Red colour for issues related to Root Chakra
  - b. Orange colour for issues related to Sacral Chakra
  - c. Yellow for issues related to Solar Plexus
  - d. Pink and you can even use green for issues related to Heart Chakra
  - e. Blue for issues related to Throat Chakra.
  - f. Indigo for issues related to Third Eye Chakra
  - g. Violet for issues related to Crown Chakra

4. Keep on chanting the name of the symbol as you heal the situation. Once you feel that you have completed seal it with CKR and the Master symbol, if you are attuned to it. You may use any other symbol if you are guided to. You may invoke angels or any higher being if you guided to.
5. Call off Reiki. Express your gratitude.
6. Grounding is a must after this.
7. Do this process for a span of at least 11 days to a maximum of 40 days.
8. In this way we can, to a great extent tend to get rid of our problems that we face in our present life because of our past karmas(even coming closer to manifestation).
9. Intention and faith are keys to achieve anything in the world.

Divine Blessings. Namaste!

## Charge Your Phone with Hon Sha Ze Sho Nen

No, not the phone battery, you'll probably want to use Cho Ku Rei for that. But the phone itself. As mentioned in a previous article, you can set up your phone so that Reiki starts automatically flowing to you, the person on the other end, and the situations you discuss about.

You'd do this using the Hon Sha Ze Sho Nen, which enables Reiki to travel across space and time.

Here's a few simple steps to do this.

**Step 1.** Place the phone in front of you, such as on a table.

**Step 2.** Relax and start the flow of Reiki.

**Step 3.** Start sending Reiki to the phone, imagining a small, but very condensed, ball of Reiki energy being formed inside it.

**Step 4.** Draw the distance symbol, and mentally place it inside the phone, inside the energy ball.

**Step 5.** Say or intend "*May the energy stored here travel wherever needed to heal and raise the energy of all the situations discussed over this phone, for the highest good of all involved.*"

**Step 6.** Use the Power Symbol to charge the ball of energy some more, and reinforce the Hon Sha Ze Sho Nen you placed earlier.

**Step 7.** Seal everything with Cho Ku Rei, thank the energy, ground yourself, and complete the session.

This technique takes about 4-5 minutes to complete. You can repeat this technique every time you feel it's depleted, or simply "refill" it from the palm of your hand every time you talk.

## **Reiki Symbols: to Show or Not to Show?**

A lot of people get angry when they see the Reiki symbols displayed on Facebook, on websites, probably even in books, on clothes, or jewels.

It's because they were taught that the symbols are secret and sacred, and it's disrespectful to display them in public.

Many Master Teachers are adepts of this line of thinking, and are teaching their students accordingly.

However, there is another school of thought, and the Reiki Masters adhering to it teach that the symbols are sacred, but not necessarily secret.

### **To Show or Not to Show**

Personally I'm an adept of the second school of thought, whose Masters Teachers see nothing wrong with the symbols being displayed and popularized. Here are a few things trying to clear out the confusion.

Displaying something on Facebook or on a website does not mean you disrespect that thing.

There are already millions of internet pages displaying the symbols. This is a fact that we can't ignore, and its meaning is very, very simple: the symbols are no longer a secret. Pretending they still are is unbecoming.

Technology helps us learn, and helps us spread the word about Reiki. For all its advantages, it also has this slight impediment: it has made it impossible to keep anything secret :), especially something of this consequence.

That being said, regarding the two schools of thought, even though they have divergent opinions on this topic, it does NOT necessarily mean that one is right and the other is wrong. It is simply a matter of choice, and a very personal one too.





### **Your National Flag**

If you think that displaying something is a sign of disrespect to that thing, think of your national flag.

Would you display it on your Facebook page? Would you wear it proudly on your t-shirt? Would you feel pride to see it raised at the Olympics when your country's athletes have won gold medal? You probably would.

Does it mean that you disrespect the flag by showing it? No! In fact, it means the exact opposite. Displaying the Reiki symbols does not mean a lack of respect, but a sign of love.

## About the Authors

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