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# REIKI 2

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EXPERIENCE · LEARN · DISCOVER · QUESTION

*And then create your own path lead  
by your own intuition!*



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## *Where did the symbols come from?*

There are so many stories and sometimes I believe the magic is in the unknown... however, this is the story that was passed onto me via my own Reiki Master (from her Reiki Master...) "What was found by Dr. Usui in the Sutras, was a formula to contact the higher powers. The symbols were transmitted to him when he had his mystical experience on Mount Kori-Yama. The symbols came to Dr. Usui in Japanese. It is thought that he found out about Reiki by reading the book the "Healing Buddha" in Sanskrit. Reiki was previously used by Tibetans and the symbols must have been in Tibetan language or Sanskrit. These were translated for Dr. Usui in Kanji which is the Japanese alphabet"

## *How to use the Reiki symbols:*

Simply imagining the symbols in our mind, drawing them in the air with our fingers OR even with our eyes and then activating them by chanting their name 3 times in our mind will create enough intention to get them flowing.

I have worked with the Reiki symbols I was attuned to, I have also been gifted new symbols by my Reiki guides (some of which I pass onto my students if I feel guided). I have learned that the aim is not to worry about a perfectly drawn symbol, but to become very conscious of your intention and your connection with the symbol. When you work with your Reiki guides you will learn to trust that they know the symbols too.

Most people who have been initiated into Reiki will have slight variations between the symbols. Originally, Master Usui did not draw these symbols, they were passed down to him and it is told that the original Reiki alliance once compared their symbols and some were indeed different to the others. For me this goes to show that it is the intention behind the symbols that is important. I can honestly say, it does not matter whether the Reiki symbol is drawn perfectly or not when used... it's all your intention. However, I have also found that the deeper my connection and honour of the symbols the more powerful the results. Once I spent the time learning them, the more connected I became and I believe this is because everything is intention and the right relationship was created... so take it from me... your level of intention will be a reflection of the results you get in both your personal work and your client work (if you so choose that path).

## *Reiki Guides and Angels:*

Reiki guides are not, as far as I'm aware, something that came from the original reiki teachings, however no one really knows what came from the original teachings as nothing was written down. Reiki guides and angels are certainly something that is openly spoken about in the Reiki community and information on the Reiki guides idea was passed down to me from my master, and her master and so on.

I can only share with you what came up for me, and I have to note that this is not something that all students experience.

I believe there are many spirits around here wanting to help us... however, in my experience, if we choose to work with these energies we must remain wise and aware of what we are accepting into our energy field.

When I attune people to Reiki I often see spirit animals or 'beings' and as you are attuned to Reiki it appears that we are gifted a Reiki spirit guide. So I invite you to become connected with your Reiki guide(s).

You can speak with them, get to know who they are and ask them questions. Direct them as you would a team of helpers. They are here to help you with your own healing and your client work. Your clients may say they feel extra hands on their body and, more often than not, this will be your Reiki guide helping you.

### *Meeting my Reiki Guide:*

It was 12 months after my Reiki 2 attunement when my Reiki guide made himself present. It was at a time in my life where I was looking for my purpose, and in truth a little lost. I took myself off to bed one afternoon and did Reiki on myself... and then he came, a small Indian man with an orange turban that looked like it wasn't tied properly. His name was Gupta and he was small yet strong and he was old (well, maybe in his 60's) and wise and he loved me. I knew he loved me very much.

He whispered into my ears for what felt like a very long time. For the life of me I cannot recall what he told me, but I remember how it felt... and I was safe.

I never really knew what I was to do with this guide but in time I noticed he was around and I realised I could ask him to help me... and he did. However, over the years, I began to become more and more open to other guides especially the Archangels (Gabriel, Mary and Jesus came and worked with me). I now have an army of Angels, power animals and spirit helpers however, Gupta, my first Reiki guide, he holds the stories of my Reiki growth and I am so grateful for how he holds space for me and works with me.

I only call upon the spirits that I have got to know. There have been times when I was open to all sorts, I often felt people come in with their dead parents, grandparents and I seemed to think it was ok to invite them into my body. Erm...that was my first experience of what the movie 'Ghost' was on about and I had to ask them politely to leave! I soon learned to be very specific with who I work with and know that my body is my body and not open at all!

If I feel a new presence around me and I feel or they say that they want to help, I state in my mind: "only those beings of highest light, who have my (/our) highest intention based on love are invited to work with me" - this, for me, has been very powerful because I have been able to help many people using their own spirit guides and known that I'm not inviting "every man and his dog" in - setting boundaries is a fantastic thing to learn - in all areas of life.



A hand with a silver bangle reaches up to touch a grass seed head against a bright sunset sky. The scene is filled with tall grasses and a warm, golden light. The word "SYMBOLS" is centered in a thin, blue, sans-serif font, flanked by two horizontal lines.

# SYMBOLS

## *POWER SYMBOL*



### CHO-KU-REI

Meaning:

"Put all the Power of the Universe here"

I love the power symbol and you will form your own relationship with it however, here are some ideas: The power symbol is great for working with the “physical realms” - the here and now, the physical body, the physical issues, however I also use it as a first base for myself and clients. As if I was making a sandwich, I would begin with the bread and add the filling - the power symbol for me is the ‘bread’ or the start of opening the many layers.

As you draw the symbol you may feel the top line being the male universal energy, the line down represents the spinal column.

The spiral moves round 3 times and it is seen to represent the Female energy of the Universe, it's interesting how the spiral touches the spinal column 7 times (a representation of our 7 dominant chakras). The spiral rotation is anticlockwise, this is the direction followed by Universal energy coming to earth.

**CHO:** To draw a curved line

**KU:** Penetrating through something & creating a hole

**REI:** Transcendental spirit, mystical strength & essence

### *Why use the power symbol:*

1. Faster Flow: opening the Reiki flow a little more, to help the heavy energy to move and disperse (within yourself or a client)
2. Clearing energy blocks
3. For protection - around yourself, your client, your room, your ideas & dreams
4. For greater intention
5. To activate extra strength and power of other symbols

## *How to use the power symbol:*

1. Draw the power symbol in your hand and activate it by stating its name 3 times, or simply clapping your hands. This will energise your hands and make your Reiki stronger.
2. You can also draw the power symbols on each of your Chakras. This is very powerful.
3. Drawing the power symbol on the sole(s) of your feet grounds you.
4. Draw it in the room (all corners of the room and the door) to create a sacred space.
5. Draw it on furniture and places of stagnant energy to get the flow again and to cleanse the space.
6. Draw it over your client at the end of a treatment to contain the energy for longer.
7. Draw the Power symbol on the front of your body to bring the intention of creating healthy boundaries between yourself, your client and the spirit world.
8. Charge your phone when it dies! It has worked for me a handful of times when my battery was at 1%!
9. Draw it on your hands and food when cooking, to activate a higher vibration and clear away any heavy energy it may contain from transportation and chemicals.
10. For dreams, ideas and projects... use it on your intention to get things moving... (you can use this with the distance symbol).
11. Try it with everything! Do little experiments - see what works for you!



## *HARMONY SYMBOL*



SEI-HE-KI

Meaning:

"God and humanity become one" and  
"Spiritual composure"

This connects to the emotional charge that is at the heart of the issue and brings it to the surface so it can be healed and balanced by connecting the 2 sides of the brain. Right side (yin) which is intuitive, creative, subjective whereas the left side (yang) is logical, practical and objective.

SEI: Blossoming state

HE: Deserving attention, balancing

KI: Energy, life force

### *Why use the harmony symbol:*

This symbol is more for the use of the energetic body, the energy field/aura whereas the power symbol is more for the physical body. The harmony symbol works with issues that are causing (or could cause) physical issues. All physical issues stem from a place of emotional neglect or trauma.

## *How to use the harmony symbol:*

1. To balance and bring perspective to strong emotions that are causing and creating heavy energy build up, such as: fear, jealousy, hate, depression, anxiety, panic attacks, anger.
2. The Harmony symbol is a wonderful tool for all relationships: family, friends, work.. if conflict or endings are inevitable, using the harmony symbol will help bring them to a more harmonious conclusion that is in right balance for all.
3. You cannot use Reiki to make someone do what you want them to do (that is sorcery) but it helps bring people together, clearing the way for people who are drawn to each other to connect and with clearer communication.
4. To ease body tension caused by negative emotions such as tension headaches.
5. To give yourself strength so you do not take on others emotional energies. You can use the harmony symbol and the power symbol and state "I am protected by divine love and wisdom from negative energy". This is great for bringing balance between people in heated arguments or situations.
6. We store all our information in our brain. This symbol is a way to access this information and it helps us to learn and retain information. I draw it on books to help me access the information I need. This can also be used to help you learn something so you can draw it on yourself or in your energy field. Wherever you feel guided.
7. Healing addictions - use the symbol as you feel guided or when you get urges to smoke / drink / eat sugar.
8. Use it for setting goal intentions, affirmations and wishes. Write them down and draw the symbol on the paper.
9. Boost your memory when you need to, by drawing the emotional symbol on your hands and in your energy fields and intend the Reiki to bring forward any information you need, detach from the outcome and let it flow. Surrender control and be open to the guidance that comes. This is great for: lost items, exams, names, pub quizzes.





## *DISTANCE (BRIDGE) SYMBOL*



HON-SHA-ZE-  
SHO-NEN

Meaning:

"The Buddha in me reaches out to the  
Buddha in you to promote enlightenment  
and peace."

*"No past, no present, no future"*

HON: Unit to count cylindrical objects

SHA: Person

ZE: Right/just

SHO: Correct/certainly/exactly

NEN: Thought/idea/wish

I love the distance symbol, when I first started using it, it changed the way I saw Reiki... I saw that it is limitless and the more I used this symbol the more deeply connected to Reiki I became because my honor and respect for it grew!!! This symbol means you can send Reiki to anyone, anywhere, any time. Past, present, future... in this world or another, in this dimension or another! The only limit is your mind!

## *How to use the distance (bridge) symbol:*

1. Distant Healing Session: Draw it in the air, imagine a portal opening. You will feel when the symbol is activated. Visualise the person in your hands or use a pillow and imagine doing a full reiki healing on that person as if that pillow was a tiny version of themselves or use a picture of the person, draw the symbol, send distant healing to that person as a whole. If using a picture, or a piece of paper, hold it between your hands, draw the Distance symbol on it and repeat its name 3 times and intend to send Reiki to the person. If visualising, draw the Distance symbol mentally or with your hand, say the name of the symbol 3 times and intend to send Reiki to that person. This will be sufficient to start Reiki flowing to that person. The energy will however be stronger if you visualise it going to your patient.
2. Healing the Past or Future: I use the symbol to access the past and the future, to time travel to heal or create good flow. I have healed childhood traumas within myself and others. I have also traveled along the time lines to past lives and healed issues. If you choose to use the symbol in this way you can connect with your Reiki guides to assist you with setting the right intention to where you want to go and what you need to heal and how to heal this. I use the emotional symbol when I feel I have been taken to the right place, however more often than not I find the guides will do the healing for me so I simply have to hold the intention and the desired outcome.
3. Death and Spirits: I use the distance symbol to connect with those who are dying to help them transition peacefully to the otherside. I only do this when I feel I have been deeply guided to do so. For me, I have felt a calling in my soul. I have not felt the need to do this with everyone, usually for those who are fearful of letting go of this life. I open up the Gateway by drawing the symbol and activating it, I can feel their soul and see what fears are holding them back from taking their flight. I send healing to that situation helping cut any ties to this world so they can travel peacefully. I have felt this to be a deeply honourable and beautiful call and doing it requires a lot of respect and stillness. You can also send Reiki to Spirits that are 'stuck' between worlds. It is best to protect yourself with the power symbol before opening the gateway with the distant symbol. Connect with your Reiki guides and send them to do the work rather than you. They operate on the same frequency and that is a much cleaner way of working with the spirit world.
4. Sending Reiki to the Universe and the Angels is a gift, they love this. Try it for yourself!
5. Sending Reiki to natural disasters and world issues is a wonderful gift; to plants, trees and sacred sites, however, you must be very respectful when sending Reiki to individuals. I have sent Reiki both when requested and not requested. In truth, you could send healing to someone who didn't ask for it but unless their soul wants it, then it is unlikely to penetrate them. This however does not mean you have a God given right to send Reiki to every person you 'think' needs healing because they may be in their own suffering which may well be part of their healing process.

You can always consult your guides and send them to do the work if you are unsure, they will know. You can however always send Reiki to a situation with the intention for a harmonious outcome. I have sent Reiki to people on a tube who were having an argument, to car crashes and to people who have had heart attacks or passed out. For me, I find that people find me. I always seem to be in the right place at the right time and I know deep in my soul I was guided to that person at that time.

*There is no right or wrong way to use Reiki, use your intuition and be respectful! If you are coming from a place of pure heart and not ego then you will grow to become a very wise Reiki Healer, doing great things in the world.*