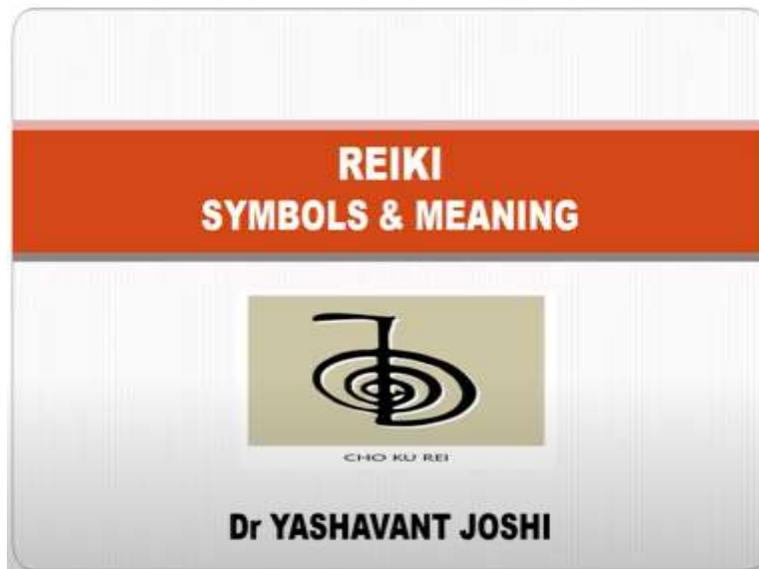


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Week-05
Lecture 42: Reiki: Symbols & Meaning

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Hello friends, in last lecture we discussed about Reiki. Now let's see what are the symbols, there are basically five main symbols and what do they mean.

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PRELUDE

- Reiki is an ancient healing practice based on the idea that energy can be transferred through touch, jump-starting the mental, emotional, and physical healing process.
- One of the most important elements of Reiki is its symbols, which allow people **to take their Reiki practice one step further by taking the energy of Reiki and using it for a specific purpose.**
- Here's what to know about Reiki symbols, how to use them, and even how to combine them together for a stronger effect.

You already know it's an, Reiki is an ancient healing practice based on the idea that energy can be transferred through touch, jump starting the mental, emotional and physical healing process. One of the most important elements of Reiki is its symbols, which allow people to take the Reiki practice one step further by taking the energy of Reiki and using it for a specific purpose. The symbols are basically meant for instructor, who generally graduates from level 1 to level 2 and level 3. And whenever using these symbols, it gives specific powers to him.

Some sort of healing touch to his hand here is what we should know about Reiki symbols, how to use them and even how to combine the signals all these symbols together for a stronger effect.

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What are Reiki symbols?

- Although Reiki symbols are traditionally supposed to be kept a secret, over the years they've gotten quite a bit of exposure and buzz.
- Reiki symbols are the traditional symbols or glyphs (A Greek word meaning carving. A graphic symbol that provides the appearance or form of a character) used by Reiki practitioners to assist in healing or moving energy. They are often drawn, visualized, or meditated on during a Reiki session.
- While in most cases, symbols really only affect the subconscious, Reiki symbols work a bit **differently - they actually alert the mind and body to change the way the Reiki energy functions.**
- To activate them, Reiki practitioners **can visualize the Reiki symbols, say their names out loud, etc.** As long as you're using intention in the activation process, you can make it happen.

Now, let's understand what are Reiki symbols they are traditionally supposed to be kept a secret they are never to be discussed like this. It generally used to pass down from Reiki master to his students who want to learn Reiki. But now it is an open secret, so let us see.

It has been already exposed, so let us study about them. Reiki symbols are the traditional symbols or glyphs. Glyphs is a Greek word. It means carving, like when you will see Reiki symbols, it will seem to you that you know certain things have been carved either on stone or wood. And these carvings, they are like graphic symbols which provide the appearance or a form of a particular character.

These symbols are used by Reiki practitioners to assist in healing or moving energy. They are often drawn, visualized or meditated on during a Reiki session. So, they are basically doing three things. They are drawn to get some power, power of those Reiki symbols. Sometimes they are being visualized in their mind and they are being meditated also.

Therefore, they go deeper and deeper in their conscious. While in most cases, symbols really only affect the subconscious, Reiki symbols work a bit differently. They actually alert the mind and body to change the way the Reiki energy functions. To activate them, Reiki practitioners can visualize the Reiki symbols, say their names out loud, etc., as long as you are using intentions in the activation process, you can make it happen.

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These are the major symbols. Cho Ku Rei, that is called symbol of power. Sei He ki, that is symbol of harmony. Hon Sha Ze Sho Nan, that is a symbol of distance, when you are giving Reiki at a distant place, you use this particular signal. Raku, that's a master signal, most important signal among all these five symbols.

And Dai ko Myo, that's a completion, when you have completed the session on the client. And already we discussed that the session lasts anything from 10 to 90 minutes, but generally they are of 30-40 minutes.

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1. Cho ku rei
The Power Symbol

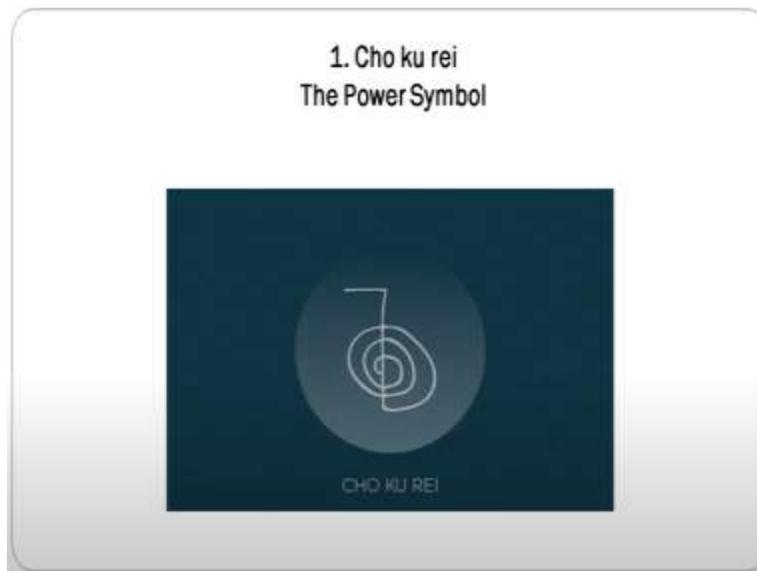
- If you're looking to either increase or decrease power, cho ku rei is the symbol for you. It can be identified with **a drawing of a coil** (which can be drawn in a clockwise or counterclockwise direction) and represents chi, or the transfer of energy throughout the body.
- When visualizing the power symbol, imagine a **"switch"** - meaning once it's activated, the Reiki practitioner instantly has a greater ability to illuminate, enlighten, and channel energy in their body.

The first symbol, Cho ku rei, power symbol. If you are looking to either increase or decrease power, Cho ku rei is the symbol for you. How much Reiki power you want to transfer to the client.

It can be identified with a drawing of a coil, which can be drawn in a clockwise or counterclockwise direction. This particular symbol is just like a coil. You can draw it. I said in the previous slide, it can be drawn upon, it can be meditated upon, it can be visualized in the mind also, and it represents chi, that's a prana energy, or the transfer of energy throughout the body. When visualizing the power symbol, imagine a switch, meaning once it is activated, the Reiki practitioner instantly has a greater ability to illuminate, enlighten and channel energy in their body.

It is just like making use of an electric switch, when you enter a room and it is dark, you go inside and just activate the switch and your room is filled up with light. Similarly, when a practitioner makes use of power symbol, the whole hand and his body gets flooded with this power, power of Reiki.

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Now, this is the power symbol. It is like a coil. It can be drawn from right side to left side.

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How to Use cho ku rei

- Cho ku rei is most commonly used at the start of a Reiki session as a way to help boost Reiki power at any point when it may be needed during a session.
- One excellent way to use cho ku rei is when you're working to heal an injury - it can help with anything from light aches and pains to more serious, painful injuries.
- In a more abstract sense, cho ku rei can be called upon when you're working to clear negative energy that may be getting stuck during your Reiki session.
- And if you want to take the negative energy-clearing power of cho ku rei into your day-to-day life, try drawing the symbol on walls of rooms where you want the energy to be light and positive.

How to use Cho ku rei? That is the power symbol. It is the most commonly used at the start of a Reiki session. When you start a Reiki session, you firstly make use of power symbol as a way to help boost Reiki power at any point when it may be needed during the session. It is like a sort of a reservoir of power with you. You can use it whenever it is required during the session.

One excellent way to use Cho ku rei is when you are working to heal an injury. Some injuries are body injury. This first symbol can be used. It can help with anything from light aches and pains to more serious and painful injuries. In a more abstract sense, Cho ku rei can be called upon when you are working to clear negative energy that may be getting stuck during your Reiki session.

And if you want to take the negative energy clearing power of Cho ku rei into your day-to-day life, try drawing the symbol on walls of your rooms if you draw the symbols of this symbol of power you can get the energy you can get light and you will feel positive.

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How to Use cho ku rei

- **Cho ku rei can also be used when your relationships are in need of a boost.** Drawing the cho ku rei symbol on business cards or working to activate it before a job interview or important conversation with a loved one is a great way to go about giving your relationships the boost they need.
- Cho ku rei can also act as a protection against misfortunes—which typically happen because of impure energy—so activating cho ku rei is an excellent way to purify the energy systems.
- And if you're looking to give your meals a nutritional boost, look no further than cho ku rei — it will help remove any negative energy in your food, making the nutrients in it all the more powerful.

Cho ku rei can also be used when your relationship are in need of a boost your spoiled relationship with somebody else some of your friends or may be your relatives this is the time you can use this symbol. Drawing the Cho ku rei symbol on business cards or working to activate it before a job interview or important conversation with a loved one is a great way to go about giving your relationship the boost they need. Cho ku rei can also act as a protection against misfortunes, which typically happen because of impure energy. So, activating Cho ku rei is an excellent way to purify the energy systems.

And if you are looking to give your meals a nutritional boost look no further than Cho ku rei it will help remove any negative energy in your food making the nutrition nutrients in it all the more powerful. This is what we generally do even before we take a meal in india we always pray god our prayer to god acts like this particular power symbol it removes the negative energy from our food

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2. Sei He Ki
The Harmony Symbol

- **When you're in need of purification and mental and emotional balance**, turn to sei he ki, the harmony symbol.
- The general meaning of sei he ki is "**God and man become one,**" and the drawing of the symbol for sei he ki resembles either a wave cresting and getting ready to crash over a beach or a bird's wing.
- It can also aid in balancing the right and left sides of the brain and is often thought of as a protection Reiki symbol on top of being a harmony symbol.

Second symbol, Sei He Ki, it is written as Ki but otherwise it is Chi. Sei He Ki, the harmony symbol. When you are in the need of purification and mental and emotional balance, turn to Sei He Ki, the harmony symbol. The name itself suggests that it brings harmony in your relationship.

The general meaning of Sei He Ki is God and man becomes one. And the drawing of that symbol for Sei He Ki resembles either a wave cresting and getting ready to crash over a beach or a bird's wings. It can also aid in balancing the right and left sides of the brain and is often thought of as a protection reiki symbol on top of being a harmony symbol.

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So this is the harmony symbol.

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How to use sei he ki

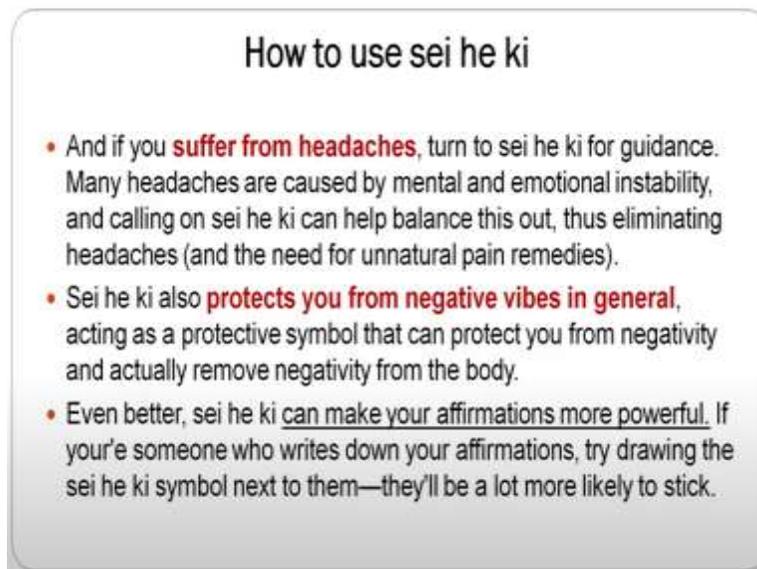
- **Looking to memorize new information, ace a test, or improve your memory in general?** Sei he ki can help with that. If you're reading or studying, try drawing the sei he ki symbol on the pages of a book or notebook as a way to help you retain that information not just in that moment, but for days, weeks, or even years to come.
- And if you'd rather activate the Reiki symbol sei he ki using visualization, imagine it sitting atop your head.
- Additionally, if you're struggling to **kick a bad habit** like drinking too much, smoking, or overeating, consider calling on sei he ki as an aid. Bad habits and addictions are often born from negative experiences or negative beliefs about yourself, and visualizing the sei he ki symbol around you can help you cultivate a more positive view of yourself, thus helping eliminate these bad habits.

How to use this symbol? Looking to memorize new information, ace a test you want to get good result in the test or improve your memory in general, Sei He Ki can help with that if you are reading or studying.

Try drawing the Sei He Ki symbol on the pages of a book or notebook as a way to help you retain that information not just in that moment but for days weeks or even years to

come and if you had rather activate reiki symbol Sei He Ki using visualization imagine it sitting atop your head you have to imagine that this particular symbol is just sitting on top of your head. Additionally, if you are struggling to kick a bad habit like drinking too much, smoking or overeating, consider calling on Sei He Ki as an aid. Bad habits and addictions are often born from negative experiences or negative beliefs about yourself and visualizing the Sei He Ki symbol around you can help you cultivate a more positive view of yourself. Thus helping eliminate these bad habits.

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And if you suffer from headaches, turn to this symbol for guidance.

Many headaches are caused by mental and emotional instability, and calling on Sei He Ki can help balance this out, thus eliminating headaches. Sei He Ki also protects you from negative vibes in general. Acting as a protective symbol that can protect you from negativity and actually remove negativity from the body. Even better, Sei He Ki can make your affirmations more powerful. If you are someone who writes down your affirmations, try drawing the Sei He Ki symbol next to them.

They will be a lot more likely to stick.

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3. Hon Sha Ze Sho Nen

The Distance Symbol

- The concept of hon sha ze sho nen is a bit more difficult to grasp than some of the other Reiki symbols, but not tremendously so. The meaning of hon sha ze sho nen is "having no present, past, or future," and it's used to send Reiki energy across time and space.
- For example, although hon sha ze sho nen can't change the past, it can help heal old wounds by reframing the experience and turning it into a learning experience rather than simply a devastating event that has no rhyme or reason.
- Hon sha ze sho nen can also help Reiki practitioners send Reiki into the future, ahead of events that could bring bad news, such as exams, doctor's appointments, or difficult conversation with loved ones.

Hon Sha Ze Sho Nen, the distance symbol. The concept of Hon Sha Ze Sho Nen is a bit more difficult to grasp than some of the other Reiki symbols, but not tremendously so. The meaning of Hon Sha Ze Sho Nen is having no presence, past or future, it doesn't have any present, past or future and it is used to send Reiki energy across time and space because it doesn't believe in all those three states, present, past and future. For example, although Hon Sha Ze Sho Nen can't change the past, it can help heal old wounds by reframing the experience.

and turning it into a learning experience rather than simply a devastating event that has no rhyme or reason. Hon Sha Ze Sho Nen can also help Reiki practitioners send Reiki into the future ahead of events that could bring bad news such as exams, doctor's appointments or difficult conversation with loved ones.

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This is the distance symbol Hon Sha Ze Sho Nen.

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How To Use Hon Sha Ze Sho Nen

- Hon sha ze sho nen works a bit differently than the previously mentioned Reiki symbols. While hon sha ze sho shen is considered one of the most powerful symbols, it has to be used correctly for it to work.
- The distance Reiki symbol **works better when it's used on the subtle body rather than the physical body**, and it's suggested by Reiki experts that this symbol be called upon on a day-to-day basis in order to effectively encourage past and future healing in the body.

How to use this symbol? Hon Sha Ze Sho Nen works a bit differently than the previously mentioned Reiki symbols. While Hon Sha Ze Sho Nen is considered one of the most powerful symbols, it has to be used correctly for it to work.

The distance Reiki symbol works better when it is used on the subtle body rather than the physical body. And it is suggested by Reiki experts that this symbol be called upon on a day to day basis in order to effectively encourage past and future healing in the body.

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4. Dai Ko Myo The Master Symbol

- All hail the powerful dai ko myo, or master symbol. This symbol is a nourishing and enlightening one, and **it is the most sacred Reiki symbol**. It also has the highest vibration, and it has the most transformative power of all five of the Reiki symbols.
- The healing powers of dai ko myo are all-encompassing, healing the upper chakras, the aura, and the soul as a whole. **Dai ko myo is the empowerment symbol, and means "great enlightenment" or "bright shining light."**
- By aiding in the process of spiritual enlightenment, dai ko myo helps bring Reiki practitioners closer to God.

Fourth, the master symbol. This is the all hail the powerful Dai Ko Myo or master symbol. This is the most important, most powerful symbol of Reiki, the master symbol.

This symbol is a nourishing and enlightening one. and it is the most sacred Reiki symbol. It also has the highest vibration and it has the most transformative power of all five of the Reiki symbols. The healing powers of Dai Ko Myo are all encompassing, healing the upper chakras, the aura and the soul as a whole. All the three things, chakras, aura and the soul, they can be cleaned up by the use of master symbol.

Dai Ko Myo, it is an empowerment symbol and means great enlightenment or bright shining light. By aiding in the process of spiritual enlightenment, Dai Ko Myo helps bring Reiki practitioners closer to God.

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This is the master symbol Dai Ko Myo.

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How To Use Dai Ko Myo

- In order to call on dai ko myo, you can use several different methods, from drawing the symbol (a series of characters) to visualizing it or drawing it with your third eye.
- You can also **meditate** with the dai ko myo symbol as a way of receiving it, which will nourish your body and soul and give you the power to help yourself and eventually go out into the world and help others.
- If you're working on strengthening your relationship with yourself and working to gain more self-awareness or a stronger spiritual practice, dai ko myo is an important symbol to call on, and using it in combination with other Reiki symbols only makes it more effective.

How to use Dai Ko Myo? In order to call on Dai Ko Myo, you can use several different methods. From drawing the symbol, a series of characters to visualizing it or drawing it with your third eye.

You can just draw this particular symbol in between your two eyebrows, that is the third eye. You can also meditate with the Dai Ko Myo symbol as a way of receiving it, which

will nourish your body and soul and give you the power to help yourself and eventually go out into the world and help others. if you are working on strengthening your relationship with yourself and working to gain more self awareness or a stronger spiritual practice Dai Ko Myo is an important symbol to call on and using it in combination with other reiki symbols only makes it more effective.

How To Use Dai Ko Myo

- Dai ko myo is also **an excellent way to help improve your immune system** - because dai ko myo improves the flow of energy throughout the entire body, it can help clear blockages that could be holding your immune system back.
- Additionally, if you're using any homeopathic remedies to heal your body or improve your life (think herbal tinctures or essential oils), dai ko myo can help enhance those benefits. It can also be used to charge or clear crystals.

Dai Ko Myo is also an excellent way to help improve your immune system because Dai Ko Myo improves the flow of energy throughout the entire body. It can also help clear blockages that could be holding your immune system back.

Additionally, if you are using any homeopathic remedies to heal your body or improve your life, think about herbal tinctures or essential oils, Dai Ko Myo can help enhance those benefits. It can also be used to charge or clear crystals.

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5. Raku
The Completion Symbol

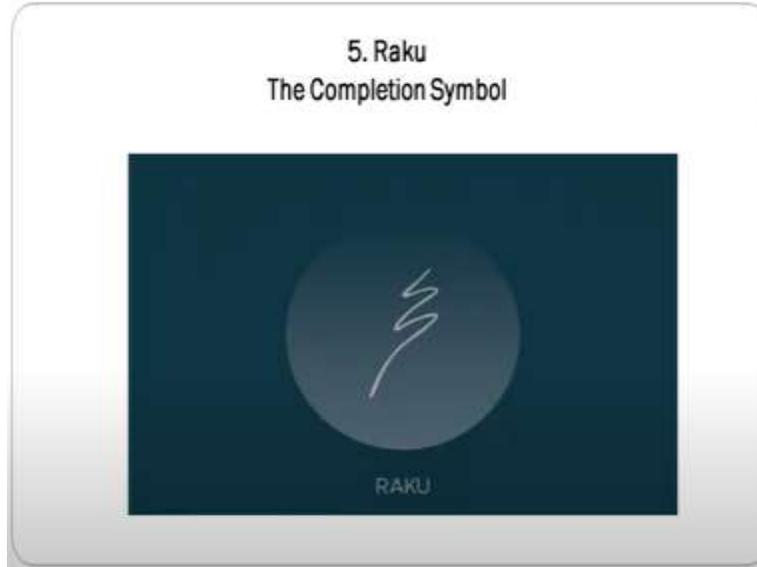
- Raku is a Reiki symbol that's used at the master level, and it's also known as the "fire serpent" — and one look at its shape will tell you why. Its drawn in zigzag, lightning-bolt-like shape that's used primarily for grounding after Reiki.
- Drawn from head to ground, the purpose of raku is to allow the body to receive the benefits of Reiki - much like how savasana is used at the end of yoga to help the body absorb all the benefits of the practice.
- Above all, raku is a grounding symbol, and this symbol should also be used by Reiki practitioners as a way of clearing any negative energy they may have absorbed from the person they were practicing on.

Fifth symbol that is called Raku, the completion symbol. Raku is a Reiki symbol that is used at the master's level and it is also known as the fire serpent because when you draw it, it looks like a serpent. And one look at shape will tell you why it is drawn in zigzag, lightning bolt like shape that is used primarily for grounding after Reiki.

Drawn from head to ground, the purpose of Raku is to allow the body to receive the benefits of Reiki. Whatever benefits in those 40-60 minutes of session, they are being received and used by the body of the client. Much like how Savasana is used at the end of yoga to help the body absorb all the benefits of the practice. In doing yoga, if you practice yoga for 30-40 minutes or even less than that, The last asana you should use is the Savasana. You just lie flat on the ground, do nothing and just keep breathing.

Above all, Raku is a grounding symbol and this symbol should also be used by Reiki practitioners as a way of clearing any negative energy they may have absorbed from the person they were practicing on.

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This is the completion symbol Raku.

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How To Use Raku

- Use it at the end of a Reiki practice as a way to ground and absorb all the benefits of the transfer of energy.
- And if you ever need a moment of grounding in day-to-day life, feel free to draw the symbol to feel the grounding benefits.

How to use Raku? It can be used at the end of Reiki practice as a way to ground and absorb all the benefits of the transfer of energy. All the benefits when you use it, they are being transferred to your body for healing effect. And if you ever need a moment of grounding in day to day life, feel free to draw the symbol to fill the grounding benefits.

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Using Multiple Reiki Symbols At Once

- Reiki symbols don't have to be used individually; they can also be used in conjunction with one another. One way to do this is to use multiple symbols to help send Reiki to a sick child.
- Start by holding a photograph of a child and visualize cho ku rei, sei hei ki, hon sha ze sho nen, and cho ku rei three times per symbol.
- Then say the recipient's name three times while holding his or her photograph. This a great way to send healing energy their way.

Using multiple Reiki symbols at once. When we say using multiple symbols means we already spoke about five symbols, power, harmony, master, distance, completion. How to use all these symbols together? Reiki symbols don't have to be used individually. They can also be used in conjunction with one another. One way to do this is to use multiple symbols to help send Reiki to a sick child. Start by holding a photograph of the child and visualize Cho Ku Rei, Sei Hei Ki, Hon Sha Ze Sho Nen, and Cho Ku Rei three times per symbol.

Then say the recipient's name three times while holding his or her photographs. This is a great way to send healing energy their way.

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Using Multiple Reiki Symbols At Once

- Another great way to use multiple symbols at once is by sending Reiki to a future event that you're nervous about or that may bring bad news, like a job interview, a doctor's appointment, the list goes on.
- Say the names of cho ku rei, sei he ki, hon sha ze sho nen, and cho ku rei three times each, and visualize them as well while asking them to bring you peace and calming vibrations on the day that event will occur. That way, by the time the event you're anticipating actually rolls around, you'll be less anxious and better able to focus on what's actually going on around you.

Another great way to use multiple symbols at once is by sending Reiki to a future event that you are nervous about or that may bring bad news like a job interview or doctor's appointment. The list goes on. Say the names of Cho ku rei, Sei He Ki, Hon Sha Ze Sho Nen, and Cho ku rei three times each and visualize them as well while asking them to bring you peace and calming vibrations on the day that event will occur.

That way by the time the event you are anticipating actually rolls around, you will be less anxious and better able to focus on what is actually going on around you.

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MULTIPLE SYMBOLS



These are the multiple symbols, all the five, power, harmony, distance, master, completion, all can be used simultaneously.

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THE TAKEAWAY

- Using Reiki symbols is an excellent way to improve your physical, mental, emotional, and spiritual well-being.
- Therefore, if you have yet to receive a Reiki session, consider giving one a try.
- Once you've experienced Reiki, you'll be better able to understand each of these symbols and how to implement them in your day-to-day life.

Take away. Using Reiki symbols is an excellent way to improve your physical, mental, emotional and spiritual well-being. Therefore, if you have yet to receive a Reiki session, consider giving one a try.

Once you are experienced Reiki, you will be better able to understand each of these symbols and how to implement them in your day-to-day life.

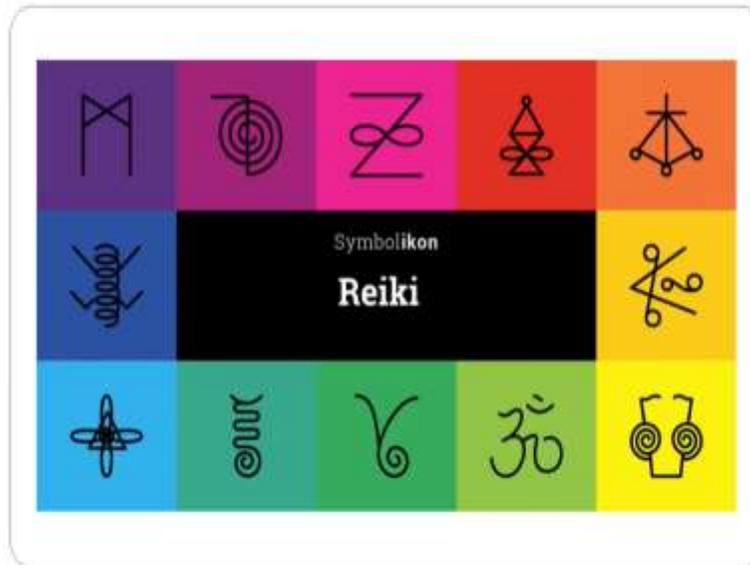
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Reiki Hand Chakra Symbol



This is hand chakra symbol.

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These are number of other symbols in addition to those five symbols.

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REFERENCE

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Thank you friends. Thank you friends. Thank you.