



Basic Symbol Guidelines

Treat symbols with respect.

Keep them private, so as not to diminish their importance and value.

Do not leave written symbols lying around. Destroy or keep in a safe place.

Do not say symbols out loud unless alone or in the presence of other Reiki 2 or 3 practitioners.

Cho-Ku-Rei...The Empowerment Symbol, The Light Switch

Techniques:

1. State intention.
2. Say symbol silently to self three times.
3. Draw in mind's-eye.

Uses:

1. To empower all other Reiki symbols. To increase the healing energy.
2. To bless and honor food before eating.
3. To empower our words. Can use for email/texts, talks, etc.
4. To empower situations.
5. To increase the healing properties of medications and minimize side effects.
6. To bless water or other beverages before consumption.
7. As a meditative focus.
8. To bless inanimate objects.

Specific Applications:

1. Use with each hand position during standard or spot Reiki session, T 1-2-3.
2. Place hands over/near food, T 1-2-3.
3. To empower words T 1-2-3 before speaking or before sending finished email or text.
4. To empower situation, T 1-2-3.
5. Increase the healing properties of medications and/or minimize side effects by placing container between hands, T 1-2-3.
6. Hold massage oil or glass of water between hands, T 1-2-3.
7. Use symbol as a focus for meditation, T 1-2-3.
8. Place hands on inanimate objects, i.e., before booting up a computer, to bless malfunctioning electrical or mechanical equipment, T 1-2-3.