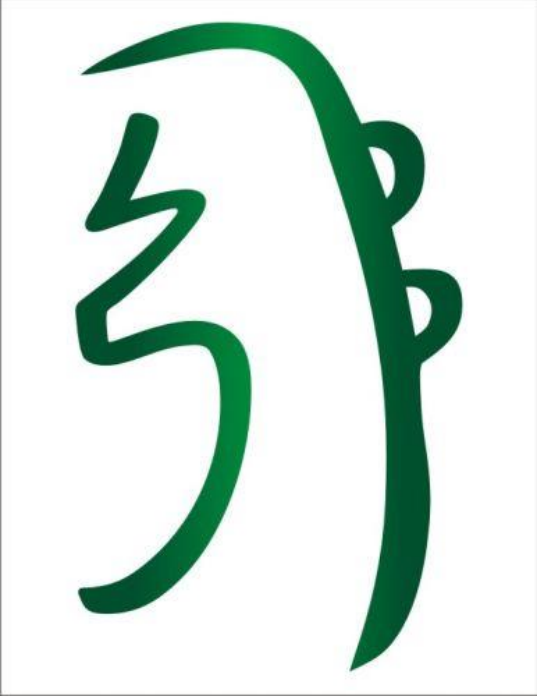


**Additional  
Uses for  
Reiki  
Symbols**



**Reiki Level II** |

## ADDITIONAL USES FOR REIKI SYMBOLS

- The Reiki symbols can help you to focus Reiki energy, clear emotional and mental imbalances, as well as send Reiki from a distance



## ADDITIONAL USES FOR REIKI SYMBOLS

- You can draw the Cho Ku Rei symbol over your food
- If you use the Sei He Ki, draw it first to cleanse and then use the Cho Ku Rei to intensify the energy



SEI HE KI

SEI HE KI

## ADDITIONAL USES FOR REIKI SYMBOLS

- You can also use the Sei He Ki and Cho Ku Rei to clear crystals or other objects
- You will use the Se He Ki until you sense the energy is clear and then use the Cho Ku Rei to energize the item



# ADDITIONAL USES FOR REIKI SYMBOLS

- You can use the Cho Ku Rei symbol to manifest your desires
- Use positive affirming statements in the present tense
- Visualize your ideal life with the Cho Ku Rei symbol superimposed over that image



# ADDITIONAL USES FOR REIKI SYMBOLS

- You can use the Sei He Ki symbol to let go of habits and thoughts that are not serving you
- Whenever you have a craving, visualize it and then the SHK to release it



# ADDITIONAL USES FOR REIKI SYMBOLS

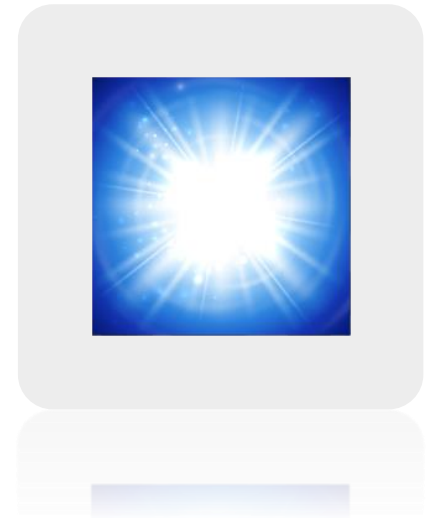
- You can use Sei He Ki to clear a room by mentally placing it at the corners of a room and windows
- Then place the Cho Ku Rei symbol in the house
- Once a house, car, person or pet is cleared you can use the Sei He Ki symbol for protection



# ADDITIONAL USES FOR REIKI SYMBOLS

## Reiki Protection Sphere

- Practitioners beginning this work sometimes ask about protecting themselves
- Over time you will likely find that you no longer feel the fear and need to protect yourself but until then – here is a technique you can use

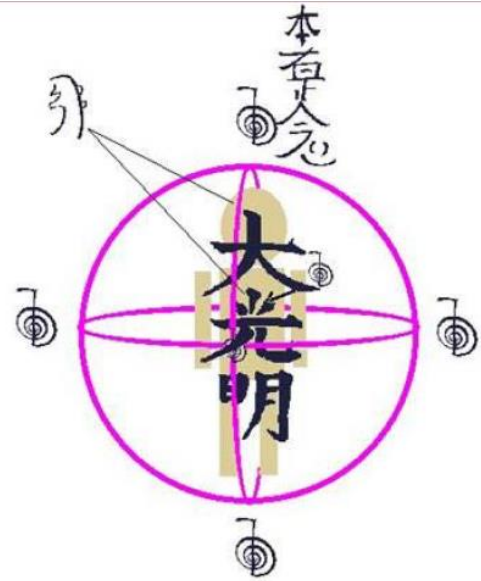




# ADDITIONAL USES FOR REIKI SYMBOLS

## Reiki Protection Sphere

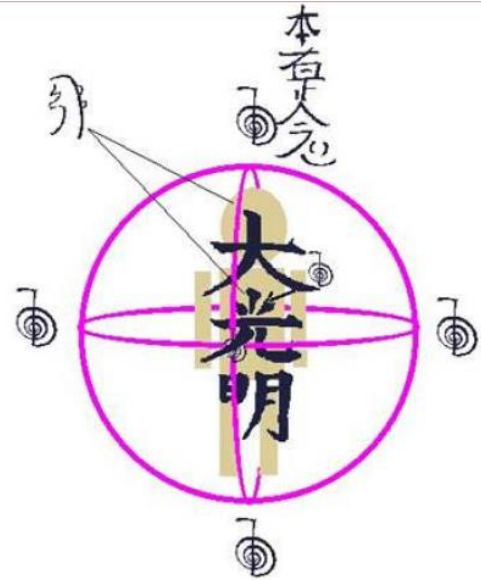
- This technique was developed for those wanting protection
- Uses the Reiki symbols and makes a sphere of energy around you
- Other uses are to set the sphere and meditate inside it, or to do the sphere prior to doing sessions



# ADDITIONAL USES FOR REIKI SYMBOLS

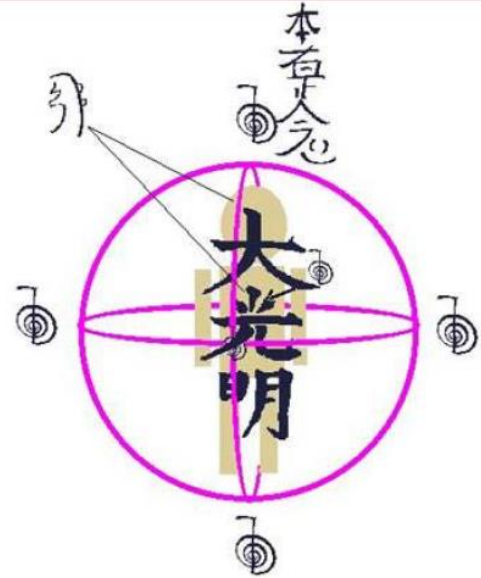
To set the sphere:

1. Connect to the Reiki Energy
2. Draw the Cho Ku Rei in the six directions around your body (north, south, east, west, up and down)
3. Draw a large Dai Ko Mio down the length of your body



# ADDITIONAL USES FOR REIKI SYMBOLS

4. Draw the Hon Sha Ze Sho Nen above your head to place the sphere in all times and places
5. Draw the Sei He Ki on your third eye and heart chakras to free you from fear
6. Finish by stating your intent for the sphere (that it protect, and remove fears) and let the reiki flow into the sphere

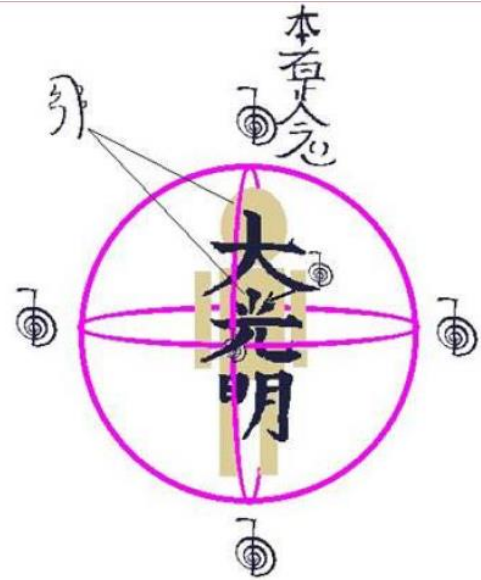


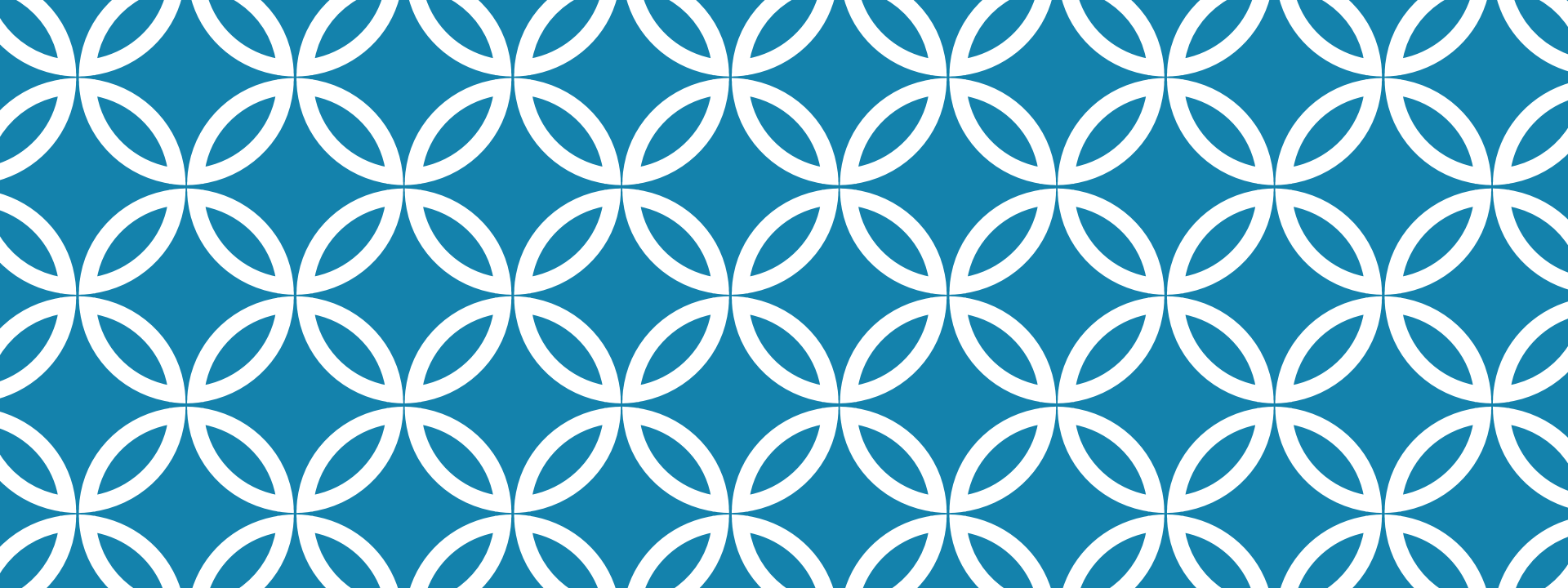
# ADDITIONAL USES FOR REIKI SYMBOLS

You can also use the sphere to send loving energy to those who ask for distant healing

Construct the sphere and then meditate in the sphere

Use whatever distance healing technique that you feel comfortable with and send loving energy.





## REIKI LEVEL II — ADDITIONAL USES FOR REIKI SYMBOLS

