

Sacred Reiki Symbol

CHO KU REI



The Reiki symbols are sacred and must be respected as such. They should not be shared with your clients or anyone else outside of the Reiki healing circle.

While the Cho Ku Rei symbol may vary, it will look somewhat like a coil. You will use the symbol as given to you by your Reiki master.

Cho Ku Rei

THE POWER SYMBOL



Reiki makes use of the ancient symbols which were gifted to Dr Usui in visions during his spiritual awakening. Cho Ku Rei loosely translated to **'Placing the power of the Universe here.'**

Cho Ku Rei is the power symbol. It is used to enhance Reiki treatments by aiding the channelling of Reiki energy and boosting the power of healing. It can protect from negative energy and is seen as somewhat as a portal for Reiki treatments. It can also be used to boost the power of other symbols you will learn further along your Reiki journey.

The power symbol is most effective when used at the beginning of the treatment to open the channel of Reiki energy, and also at the end of the treatment to close off the channel, sealing in the healing that has taken place. Using the symbol on a particular part of the body or over a particular chakra can also help focus the healing energy to that area.

It can also be used to cleanse spaces. A place can be spiritually cleansed with the use of this symbol by visualising or drawing the symbol in the centre and corners of the room as well as windows and doorways. The symbol will hold the intent given to it by the practitioner.

Using the power symbol over food and drink can also have the same effect, removing any negative vibrations before consuming.

“ *Placing the power of the universe here...* ”

WHEN TO USE IT...

- At the beginning of the treatment to initiate the healing channel.
- During the treatment to focus healing at a particular chakra or body part.
- At the end of the treatment to close off the channel and seal in healing.
- To cleanse spaces, places, people and objects.
- To bless food and drink before consumption.



Cho Ku Rei

MEDITATION



Integrating the sacred reiki symbol(s) is a vital practice as part of your Reiki journey. You are invited to meditate regularly on the power symbol Cho Ku Rei. One of the most effective ways to do this is with the use of mantra and visualisation.

The power of mantra is not limited by time or space, but rather is self-existent. Mantra transcends sound. Scriptures say that mantra is seen by the eyes of the soul rather than heard by the ears.

Visualisation and chanting activates the spiritual power of the Reiki symbol(s). By repeating, it vibrates both internally and externally into the realm of pure consciousness.

Spiritual Absorption of the Sacred Reiki Symbols

Find a comfortable seated position, ensure your spine is straight and close your eyes.

Inhale deeply and exhale fully ten full body breaths counting down from ten to one. Become aware of the natural rhythms of your body and enjoy the moment.

Visualise the Reiki symbol in front of you. If you wish, you can draw or print the symbol(s) and have it displayed in front of you, then you may focus on it with your eyes open.

Begin to chant the symbols name as a mantra. Do this slowly. As you chant remain focused on the image of the symbol. Chant the mantra in groups of three. Continue to chant as long as you wish. When you're done, open your eyes, give thanks and move on with your daily tasks.

MANTRA FEELS

Practice the mantra meditation as often as you like

A good time to do this is before you go to sleep at night.



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ART ACTIVITY



After taking some time to meditate on the sacred power symbol, choose from the resources and art materials provided and begin to create your own Reiki art project.

As you work, set your intention to personally connect with the symbol and feel its power.

PLACING THE POWER OF THE UNIVERSE HERE!

Connecting to the Sacred Reiki Symbol through Art



ART

INDIVIDUAL EXPRESSION

Take time to allow for your personal interpretation of the sacred Reiki symbol through your art project.

