

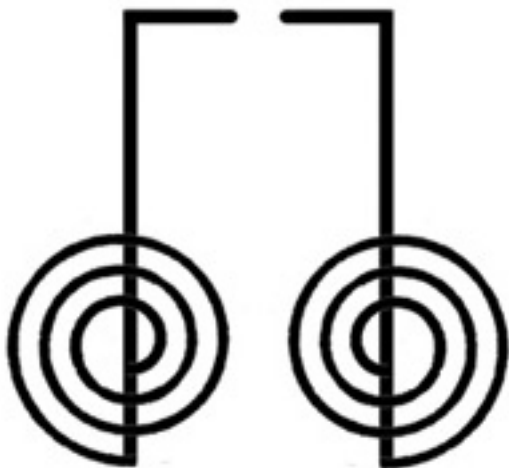
## 4 Reiki Symbols Explained

Last Updated Monday, January 19 2015 15:21

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Have you ever been curious as to what guides and strengthens a Reiki session? How a practitioner can target and focus energy to heal what bothers you? The answer is a better understanding of the four traditional Reiki symbols.

These four symbols are used to direct energy during a healing session. It's easiest to think of the symbols like keys, which open doors to specific energy frequencies found in the universal life force (chi/ki). When using a symbol it is like the practitioner is "dialing in" to that particular frequency, giving the intention energy and making the most of the healing.



1. The Power Symbol (Cho Ku Rei)    a. Intention: Light Switch    b. This is an all-purpose symbol; it means essentially "put the power here". It can be used to increase the energy flow overall or in particular areas of the person's energy field.

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2. The Harmony Symbol (Sei Hei Ki)
    - a. Intention: Mental/Emotional Healing
    - b. This is a mental/emotional symbol. It can calm things down if too much is going on or bring things up when a person is stuck

energetically (mentally/emotionally).

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3. The Connection Symbol (Hon Sha Ze Sho Nen) a. Intention: Timelessness  
b. Primarily used to send Reiki healing over distance and time (past, present, future), this symbol is also associated with healing karma and strengthening spiritual connection. Its frequency is similar to forgiveness.

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[Dai Myo Ho Symbol \(Dai Myo Ho\) explained. The symbol has six drawings of the symbol. It is drawn with a brush and is a very important symbol. It is the symbol of the Reiki masters and is used to create personal symbols, or](#)