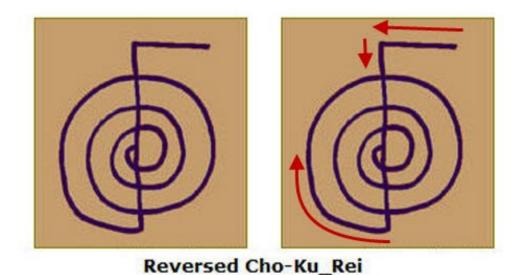


REVERSED CHO-KU-REI

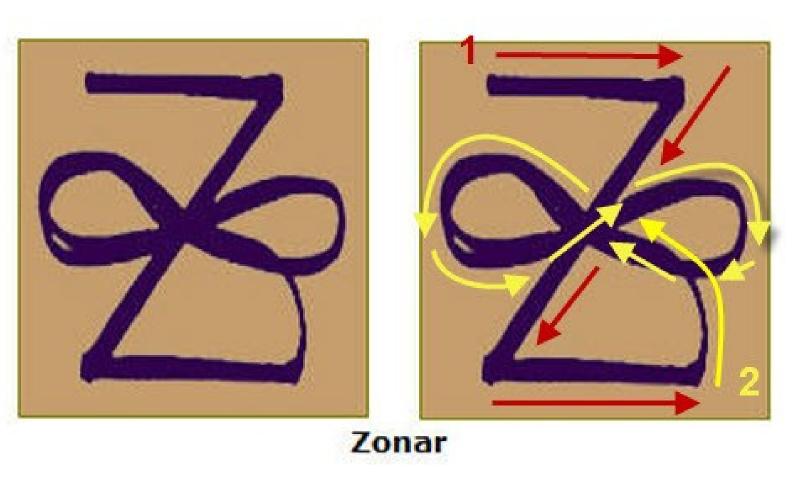


This symbol is drawn in a clockwise direction unlike the traditional Usui CKR which is drawn anticlockwise. When used together the two CKR's are similar to the double helix found in DNA. The double helix of the DNA is both clockwise and anti-clockwise. The chakras also radiate outwards from the centre of the body similar to the double helix with the narrowest section at the centre.

The clockwise CKR connects with heaven while the anti-clockwise CKR connects with earth. You could experiment with both CKR's by using the traditional Usui CKR at the beginning of the Reiki Sandwich and the reversed CKR at the end of the Reiki Sandwich. You may find it brings balance and additional power to your work. If you do notice a positive difference you can incorporate it into your practice and daily use.



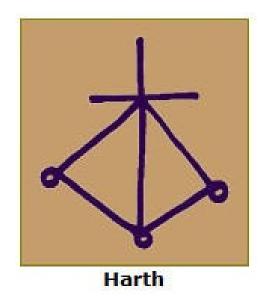
ZONAR



The Zonar symbol represents infinity, timeless, ageless, perpetual and eternal. It is drawn as the letter Z with the last stroke rising up into the infinity sign drawn three times across the centre of the Z.

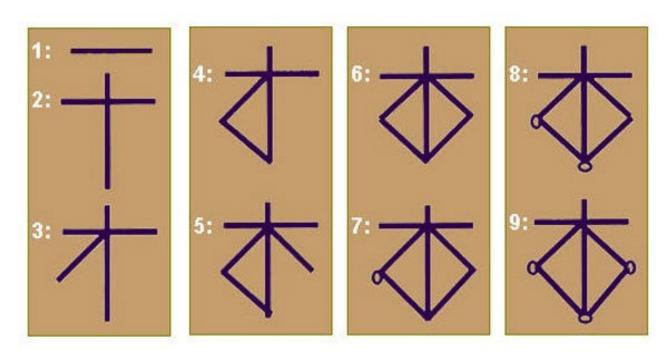
This symbol is used for past life issues and karmic and inter-dimensional problems that are difficult to define. Often there are problems and issues manifesting in our present life that are leftover remnants from a previous life or lives.

HARTH

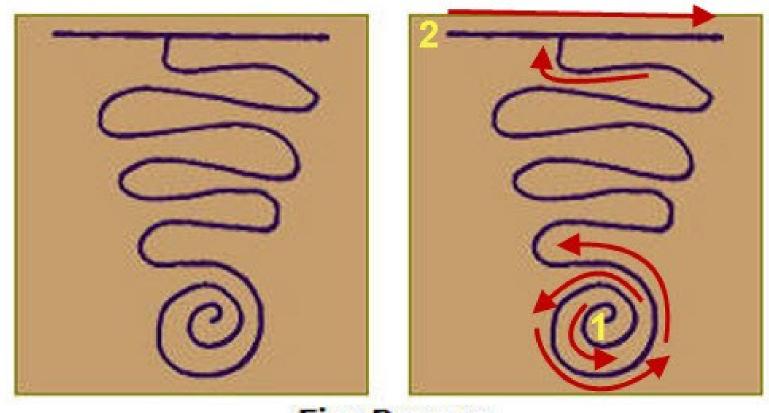


This is the symbol for love, truth, beauty and harmony. It can be used to dissolve negative patterns we unconsciously use to insulate ourselves from the truth, thus shattering delusion and denial. The Harth Symbol clears and opens the channels to higher consciousness. Often known as the master symbol as it is used in some initiation ceremonies by the Reiki Master. All strokes are from left to right, top to bottom.

How to Draw the Harth Symbol



FIRE DRAGON

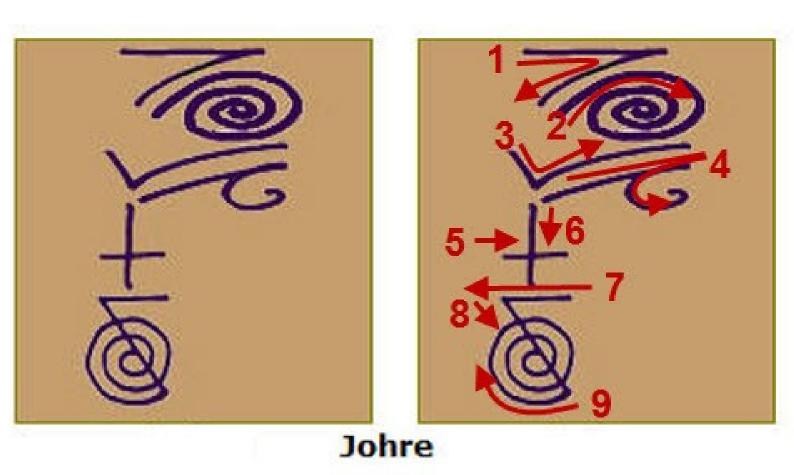


Fire Dragon

Also known as the *Tibetan Fire Serpent*, this symbol represents the Ki energy travelling up the spine from the root chakra. It is used for spinal and back problems and is said to be good for the menopause.

To draw the fire dragon, you begin at the base and draw an anti-clockwise spiral two and a half times. Continue the line upwards in a series of waves. Complete the symbol with a horizontal line across the top drawn from left to right. The Fire Dragon's surging upward spiral of energy cleanses and joins the chakras.

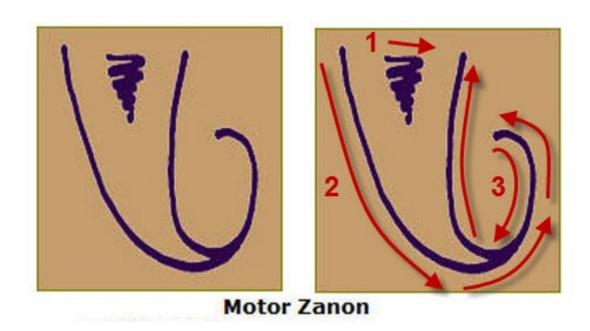
JOHRE



The Johre symbolises white light. It is used to release blockages, for protection and to transfer healing white light. The symbol can be added to the Reiki Sandwich to send healing energy and protection across space and time. This symbol is difficult to draw so try to project the symbol from your third eye chakra. Draw from top to bottom as shown.

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MOTOR ZANON



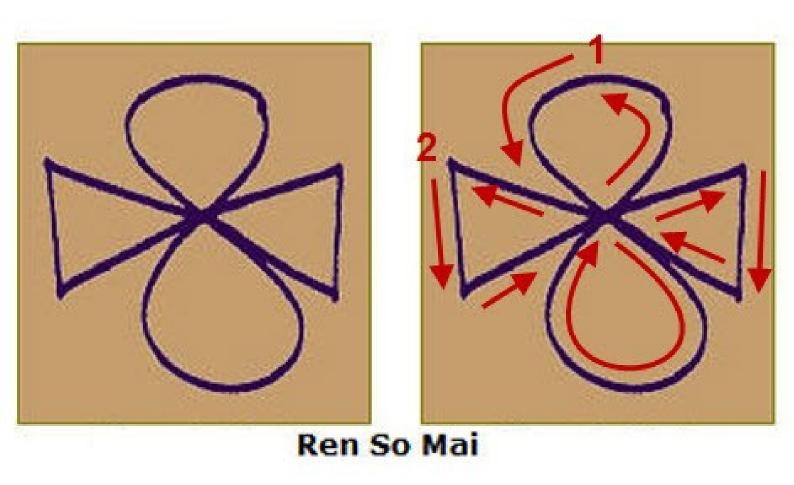
Considered a Master symbol by Buddhist monks who use it for exorcism. Motor means to 'go in' while Zanon means to 'come out'. This symbol is used for viruses, infections and Aids. When the motor goes in, the little squiggle catches the virus or bacteria. The Zanon symbol is then drawn and it reverses polarity and leaves the body taking the virus or bacteria with it.

Draw the Reiki Sandwich as Follows:

- 1) CKR
- 2) Motor Zanon
- 3) Reverse CKR.
- (CKR+MZ+RCKR)



REN SO MAI

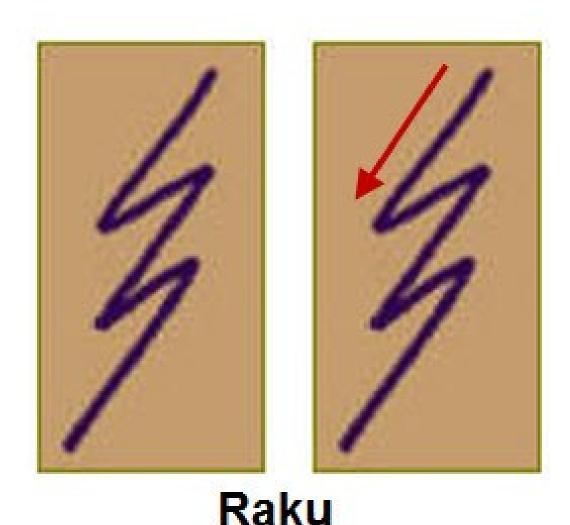


Pronounced 'LEN SO MY' this symbol represents pure unconditional love and is used for emotional problems and situations. The symbol is normally placed over the heart chakra.

Draw the figure eight (8) first followed by the dickeybow shape. Remember to draw from top to bottom, left to right.

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RAKU



This symbol is used for grounding and can be used at the end of each reiki treatment session. Certain Reiki branches use Raku, a Tibetan symbol, to close the connection between teacher and student after attunements. Similar to a lightning stroke, it focuses and grounds (brings into the earth) energy. This symbol is also incorporated into the Tibetan Dai Ko Myo (Tibetan Master symbol) and in an elongated form in the Tibetan Fire Serpent which are taught in the third degree.

OM



OM is a Sanskrit symbol used for protection, healing and meditation and by different Eastern spiritual practices, including yoga. Om represents the sound of the universe and is frequently chanted. It sounds like "ah-oh-mm" or "aum." Some Reiki branches, including Karuna Reiki, use this symbol. Listening to or chanting the sound "om" helps to connect spiritually. Some Reiki masters play om chanting music during the attunement process, or during a healing session.

REMINDER

- Always use the Cho-Ku-Rei symbol to activate all of the other symbols.
- Always intone the name of the each symbol that you have drawn; visualised, or projected it onto a subject, three times.