

# CLASS EIGHT: REIKI

## THE REIKI SYMBOLS

You use the Reiki symbols to focus an intention, alerting the mind and body to change the way the Reiki energy functions.

When you Learn Reiki you will typically learn in three different levels.

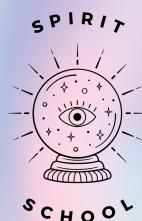
**Reiki level one:** during Reiki level one, the student does not learn any of the Reiki symbols but instead learns how to give themselves Reiki for self-healing.

**Reiki level two:** During Reiki level two the student deepens their practice and this is where the student learns how to write the first three Reiki symbols for healing.

**Reiki level three:** (also known as the mastery level), the student learns how to write the specific symbols to initiate other people into Reiki mastery.

These specific symbols are considered tools to be used when doing a healing on a client. There are also specific Reiki symbols that are used in order to initiate a student into becoming a Reiki Master.

GRIGORIAKRITSOTELIS.COM

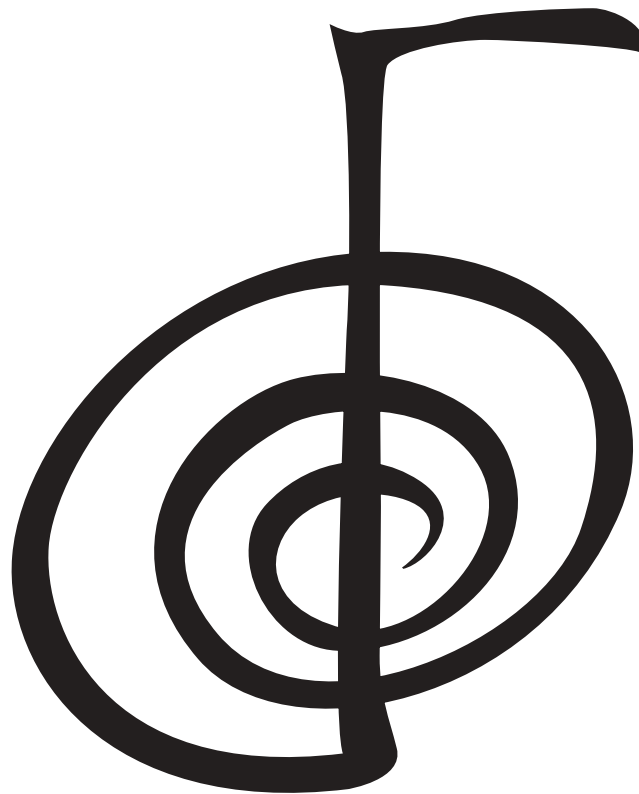


# CLASS EIGHT: REIKI

## THE REIKI SYMBOLS

CHO KU REI: THE POWER SYMBOL

Used to increase or decrease power



GRIGORIAKRITSOTELIS.COM

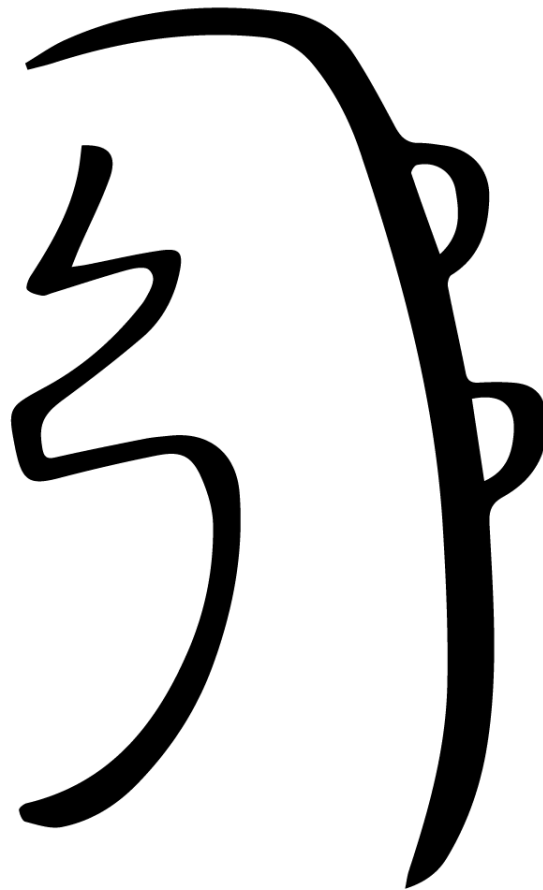


# CLASS EIGHT: REIKI

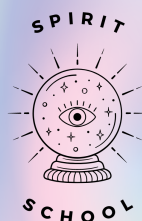
## THE REIKI SYMBOLS

SEI HEI KI: THE HARMONY SYMBOL

Used for mental and emotional healing



GRIGORIAKRITSOTELIS.COM



# CLASS EIGHT: REIKI

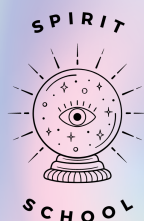
## THE REIKI SYMBOLS

HON SHA ZE SHO NEN: THE DISTANCE SYMBOL

Used for distance Reiki healing

本  
者  
正  
念

GRIGORIAKRITSOTELIS.COM

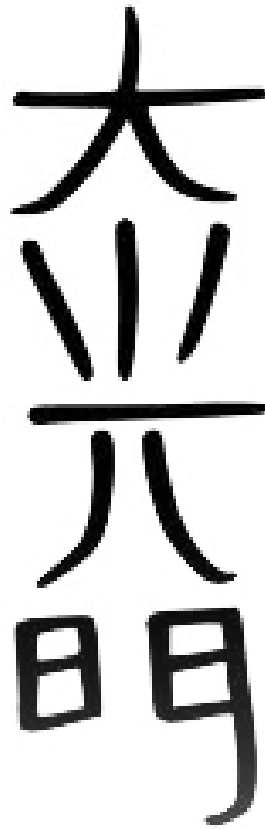


# CLASS EIGHT: REIKI

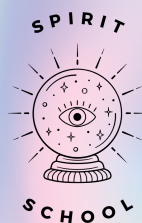
## THE REIKI SYMBOLS

DAI KO MYO: THE MASTER SYMBOL

Used to encourage enlightenment



GRIGORIAKRITSOTELIS.COM



# CLASS EIGHT: REIKI

## THE REIKI SYMBOLS

### RAKU: THE COMPLETION SYMBOL

Used in the Reiki Attunement process



GRIGORIAKRITSOTELIS.COM



# CLASS EIGHT: REIKI

## REIKI ON SELF

This is how you would start practicing Reiki on self:

**Step One:** Use a selenite stick or wand to sweep your aura for any debris or dense energy that may be in your field blocking the ability to receive and/or offer energy.

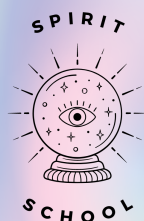
**Step Two:** Do a body scan. Ask yourself where you're holding tension, and where you need to go first so that it can unravel everything else so that the most healing can happen at this time.

**Step Three:** Then once you've found the tension point, rub your hands together to feel the warmth and energy in between your hands start to build up, then say "Reiki On". Set the intention to be a channel for light energy.

**Step Four:** You can choose to draw the Reiki symbols on your palms or around your body (using your finger and minds eye).

**Step Five:** You will then send energy through your hands to your tension point first. (Once the Reiki has been turned on, it does what it needs to do in the body).

GRIGORIAKRITSOTELIS.COM

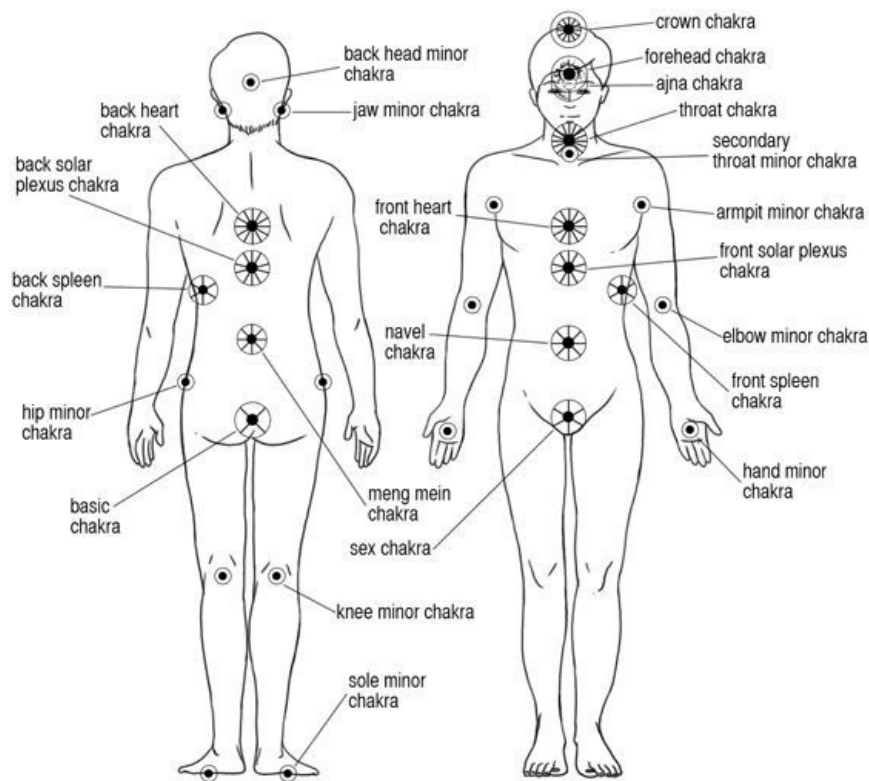




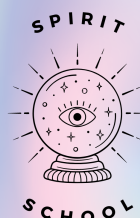
# CLASS EIGHT: REIKI

## REIKI ON SELF

**Step Six:** Then move through each of the body parts, sending Reiki. No particular order, but top to bottom works well. (Use the below, or just go through the 7 Chakras)



GRIGORIAKRITSOTELIS.COM



# CLASS EIGHT: REIKI

## REIKI ON SELF

**Step Seven:** You may start to receive intuitive information during your session, just make note of the messages coming through.

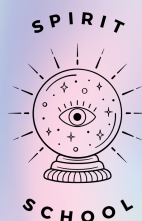
**Step Eight:** To close the session, affirm that you are cutting the connection.

*"Thank you for this practice, I am cutting cords with this energy and anything and anyone I connected with. We are separate Divine beings connected only through Divine light and love. Reiki off."*

Then go wash your hands, or whatever cleansing ritual you're called to do.

\*Note; you can use other healing modalities such as colour, crystals, visualisation, etc. during your session.

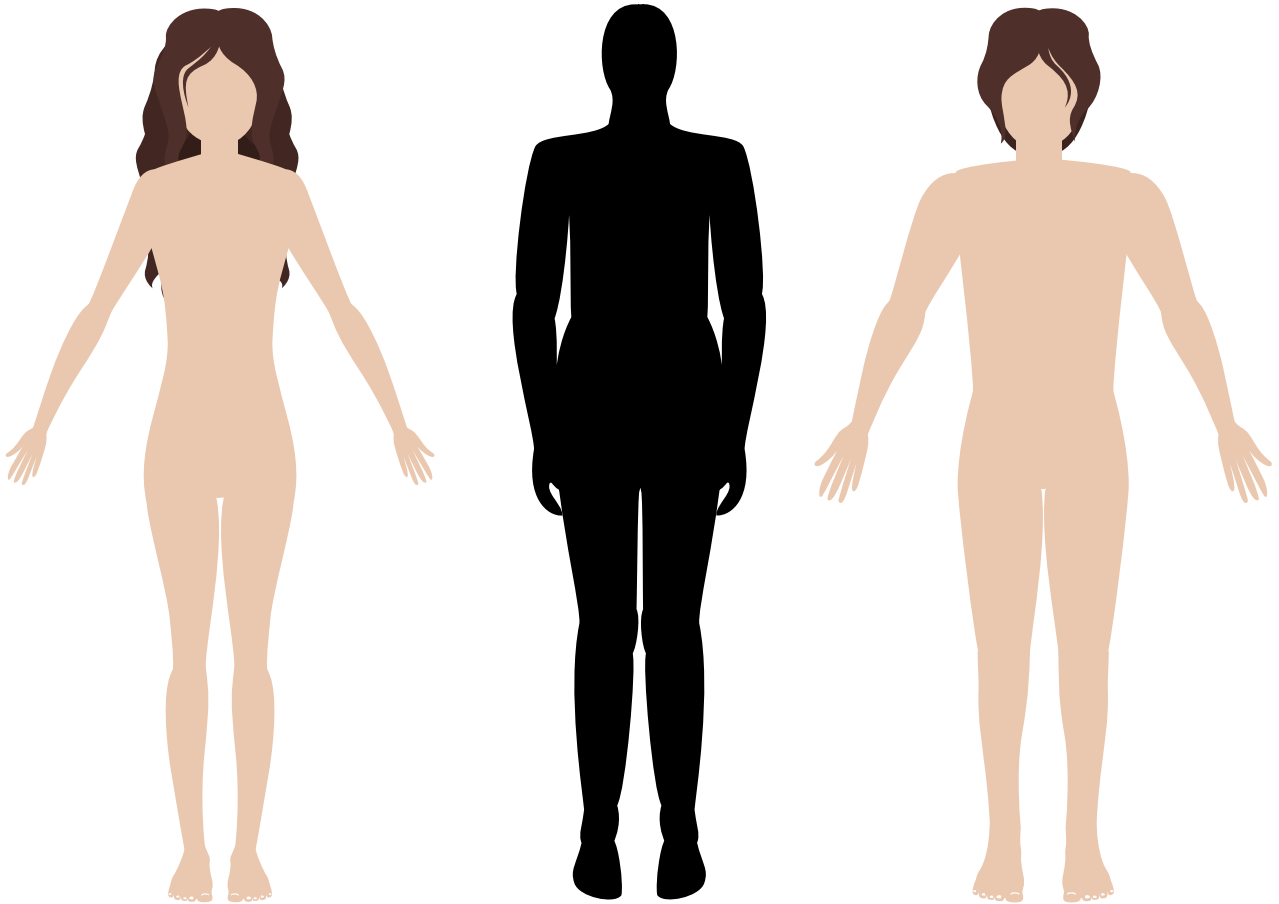
GRIGORIAKRITSOTELIS.COM



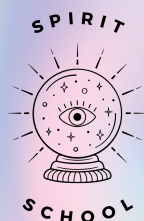
# CLASS EIGHT: REIKI

## DISTANCE REIKI

Use these body templates if you perform distance Reiki. You may even include a photo of the person, and you may choose to place some crystals on certain energy centres on the body. (Note this is advanced Reiki).

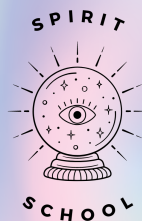


GRIGORIAKRITSOTELIS.COM



# CLASS NOTES

GRIGORIAKRITSOTELIS.COM



# CLASS EIGHT: REIKI

CONNECT WITH OUR SPECIAL GUEST  
SKYE CAMPBELL



**CLICK HERE TO**  
**CONNECT WITH SKYE**

GRIGORIAKRITSOTELIS.COM

