

Reiki FOOD

1

**BEGIN WITH AN OPENING PRAYER THEN
MASTER SYMBOL* - DAI KO MYO
"GREAT SHINING LIGHT" OR "GREAT
ENLIGHTENMENT"**

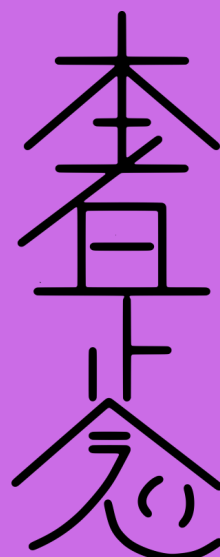
This symbol can only be learned at level III. This symbol is used to heal the soul. Since it deals with the soul and our spiritual self it heals disease and illness from the original source in the aura or energy fields.



2

**DISTANCE SYMBOL - HON SHA ZE SHO NEN
"NO PAST, NO PRESENT, NO FUTURE"**

The Distance symbol can, as its name implies, be used to send energies over a distance. Time and distance is no problem when using this Reiki symbol..



3

**EMOTIONAL SYMBOL - SEI HE KI
"GOD AND MAN BECOME ONE"**

This symbol acts on a person's conscious mind (the mental body) and subconscious mind (emotional body).



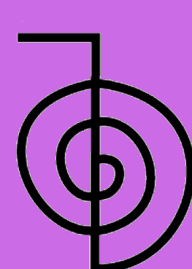
4

**POWER SYMBOL - CHO KU REI
"PLACING ALL THE POWERS OF
THE UNIVERSE HERE"**

The Power symbol – without this symbol it's not possible to move from Reiki I to Reiki II. This gives power to the symbols.



APPLICATION - BEGIN WITH



Reiki FOOD

5

MAKE SURE THAT YOUR FOOD IS IN A GLASS OR PLASTIC CONTAINER.

Metal conducts energy so it will be harder for it to be absorbed.

6

SET YOUR INTENTION - PRESENT AND POSITIVE

Draw Cho Ku Rei on the Food and allow to flow between 1 to 3 mins. Intention can be "the food is nutritious, the food is high vibrational" etc



7

FINISH WITH A CLOSING PRAYER.