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## THE USE OF SYMBOLS

Before starting to work with symbols, there are several interesting notions that are worth understanding. This will clarify their use and actual power.

The uniqueness of humans lies within the intricate dynamic between the body, spirit and soul. The capacity to work at a conscious level = based on what we know and perceive; the subconscious level = what we don't know we know which governs us; and the Higher Self = the part that knows in and out Who you are and every Beautiful memory and purpose that awaits to be expressed.

It is most important to know when you are working with energy and symbols, that the subconscious mind stores many archetypes. These are symbols, images and mythological beliefs that are part of the human collective. For example: fear of darkness, symbolism of a rose, following the guiding stars... Our connection to the Higher Self and its vibration level can be calibrated to a level that allows to have access to the universal energy, to feel spiritually connected, to have insight if you believe in this, or otherwise in the least to connect to your own sense of intuition and inspiration to act for the greater Good.

To put into historical context the oldest use of symbolism, it goes back to early Hinduism, as far as 4000 years ago. Life is divided and defined in four great eras. The first is the Satya Yuga, where symbols were first used according to scriptures to bring healing energy and direct it straight onto somebody in need of immediate healing or relief. This spiritual era was epically known for its connection to Wisdom and Human Truth. The proximity to the Gods and god-like abilities became progressively diluted every following era up until today's Kali Yuga. This is our time, which is defined as one of darkness and human ignorance. It is the era that is known in the scriptures for the highest level of hypocrisy and a time where it appears as the majority of humans have lost their balance being swayed away from spirituality, in a world of contradiction and confusion.

More than before, individuals occupy roles that appears to be erected for the Good of people and yet, those people act in the most unimaginable corrupted ways. For example, policemen involved in drug rings, politicians acting in their own economical interests, priests doing rituals to gain more power over people, yoga teachers having affairs with students and so on. Purity and ethics which use to go hand in hand has been mostly diluted. That is why the beauty of our role is to understand that with the ability to use symbols comes the responsibility to realize that



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the purity of its purpose is not as well supported by the resources and energy of our era. It is important to value honor and truth, and yes, it does require more work and investment for a fuller outcome.

I am making a point to explain all of this to make it incredibly clear that Reiki itself is 100% pure, but at the same time it is used in a much different era where essential pure energy to support you is a rarity. So early on in the Reiki journey, it will be clear that you are embarking on a beautiful journey, but also one of contradictions. So if for example I suggest that you keep the Reiki symbols in a special file folder, not to be seen by anyone and not to be placed on the floor, it is only to ensure its purity, not because I'm teaching like a mother superior 😊 Certain teachers are more liberal, they are simply not supporting and transmitting the same quality of practice and energy.

When you draw a symbol, do it with precision to better activate the energy. The good news is when you first practice Reiki, the Reiki Masters will correct your mistakes, so no stress! After a while, you just have to be attentive, if you do not feel the energy circulating, it means you have to draw the symbols again.

Many positive symbols throughout history have the reverse connotation when it is inverted. For example, a red rose is a symbol of love, however a dead rose is one of sadness and distress. The star of David is used in Chinese medicine to symbolise the balance between the 5 elements, but once you reverse it, it symbolises and pulls you into the deepest realms of black magic. If a symbol is used day after day for a pure purpose, the proofs of how powerful it is will manifest before you and all around you. Here are a few other tips:

- ④ The more symbols have been used purely in various civilisations, the more powerful they are.
- ④ The more times you practise them correctly, the easier the energy will activate.
- ④ The more you associate the symbols with the Reiki Masters, the better protected you are.
- ④ The more you neglect using the symbols with respect, the weaker they get.
- ④ The more you use them humbly to improve in life and advancement, the easier it gets.
- ④ The more you use them to show off or for your ego, the quicker all the energy will go away.
- ④ Every time you use them without waiting for proof or a desired outcome, the power and growth of your Reiki journey will become exponential.