



Reiki eZine by Taggart King

[Liberate Your Reiki!] How to use Symbols if you can't visualise well

[\(view all archives\)](#)

Liberate your Reiki!

December 3rd 2018

The eZine for Open-minded Reiki people



How to use Symbols if you can't visualise well Discover different ways to experience the Reiki symbols



In my blog post [A Simple Way with Reiki Symbols](#) I describe a simple meditation method for experiencing the energy that a Reiki symbol (or any other symbol, for that matter) creates. I suggest that you take a quick look at that post before reading on.

Using visual images works quite well for probably the majority of people (so it's a useful first port of call, and all Reiki courses, of course, include symbols at Second Degree and beyond), but there are a fair number of people where it's not such a good fit.

Mikao Usui got round this by using various approaches with his students. One method he used was to teach Shinto mantras called 'kotodama', where students used sounds, chanting, to become the energies of earth ki and heavenly ki, and to experience a state of oneness. He taught the kotodama to far more of his students than received the Reiki symbols that are taught routinely in the West. Dr Hayashi was taught the symbols, though, and they were passed on to the West via Mrs Takata.

So graphical images are not the only way of experiencing the energies.

But let's see what we can do with the graphics, just for a little while longer...

[Click to read more...](#)