



**Reiki eZine by Taggart King**

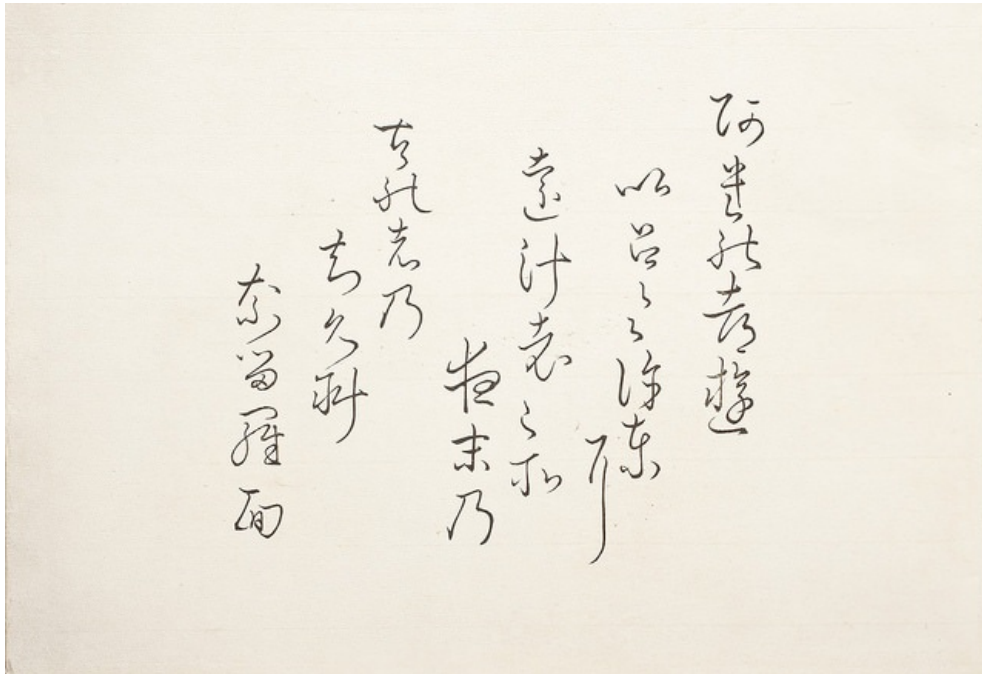
[Liberate Your Reiki!] Do I Always Have to Use the Symbols?

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## Liberate your Reiki!

The eZine for Open-minded Reiki people  
9th November 2020

### Do I Always Have To Use The Symbols When I Treat?



#### So many Reiki rules!

In most Reiki lineages the Reiki symbols are taught on the Second Degree course, though some are taught one symbol at First Degree I believe.

A lot of rules have built up about what you can and can't do with symbols, what you always must do, and of course these rules end up being contradictory.

The only rule that applies to Reiki is 'there are no rules' I believe, and what I'd like to do here is just run through a few 'symbol rules' that you can choose to ignore.

#### Draw the symbols over your palm every day or you'll "lose" them

Some poor Reiki people are frantically drawing the three symbols over their palms every morning because if they don't they'll "lose" the symbols and won't be able to use them any more.

I have to say that this is nonsense, and is something that most Reiki people will not be doing.

The symbols are graphical representations of different aspects of the energy, they are triggers that you can use to access and energy, to direct an energy, and you don't even need to be 'attuned' to a symbol for it to work for you (but that's another story).

Please don't draw the symbols over your palms every day for fear of losing them.

#### You always have to use the symbols when you treat

Why?

Why would you always have to use the symbols when you treat someone?

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