

# How Reiki and Ho'oponopono Work Beautifully Together ~ A Touch of Gold in our Lives

Reiki and Ho'oponopono, though arising from different sacred traditions, create a powerful synergy when practiced together. Reiki works by channeling universal life force energy to harmonize the body, mind, and spirit, while Ho'oponopono offers a spiritual method of emotional cleansing and forgiveness through the repetition of four sacred phrases:

**"I'm sorry. Please forgive me. I love you. Thank you"**

When blended, these two healing paths amplify and deepen each other's effects — and the use of Reiki symbols during the practice can enhance the connection even further.

## How Reiki Symbols Enrich This Union

Each Reiki symbol carries a specific energetic frequency that resonates deeply with the healing themes of Ho'oponopono. By consciously incorporating these symbols, practitioners can direct energy even more precisely to clear, purify, and uplift.

### Cho Ku Rei (Power Symbol) — The Power Symbol or Light Switch

This symbol acts like a light switch, amplifying the flow of Reiki energy.

When using Ho'oponopono phrases, drawing or visualizing Cho Ku Rei strengthens the intention behind the words, helping to clear emotional blockages quickly and empower forgiveness.

You might visualize Cho Ku Rei over the heart or mind as you say, "I'm sorry. Please forgive me."



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**Sei He Ki (Emotional/Mental Healing Symbol) — The Mental & Emotional Harmony Symbol**

Sei He Ki is used for deep emotional and mental healing — making it a perfect companion to Ho'oponopono's work of clearing subconscious memories and wounds.

As you chant, "Thank you. I love you," you can draw Sei He Ki over yourself (or a client) to target negative emotional patterns, traumas, and mental clutter.

It helps anchor forgiveness and love in the mind and emotional body.

**Hon Sha Ze Sho Nen (Distance Healing Symbol) — The Connection Symbol**

This symbol allows Reiki energy to transcend time and space.

Using Hon Sha Ze Sho Nen enables you to send healing and forgiveness across time — to past traumas, ancestral wounds, or distant relationships in need of reconciliation.

As you recite the Ho'oponopono phrases, you can send healing to a younger version of yourself, a loved one far away, or a situation still holding energetic charge.

**For those who already have Dai Ko Myo (Master Symbol) — The Soul Symbol**

The Dai Ko Myo represents divine light, spiritual awakening, and soul-level healing.

Invoking Dai Ko Myo during Ho'oponopono magnifies the spiritual aspects of both practices, bringing a sense of unity, compassion, and enlightenment to the healing process.

It blesses the entire healing journey with unconditional love and divine wisdom.



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**A Simple Practice: Merging Reiki and Ho'oponopono**

**Set your sacred space and activate Reiki flow through your palms.**

**Draw Cho Ku Rei to open and strengthen the energy field.**

**Place hands over your heart (or on the body if self-healing), and begin repeating the Ho'oponopono phrases:**

**"I'm sorry. Please forgive me. Thank you. I love you."**

**As emotions rise, visualize Sei He Ki dissolving old emotional patterns.**

**If healing a memory or relationship, send Reiki across time with Hon Sha Ze Sho Nen.**

**Finally, invoke Dai Ko Myo to bathe yourself (or the receiver) in golden spiritual light, completing the healing with deep grace and soul connection.**

**In essence, Reiki provides the healing energy, the symbols direct and empower it, and Ho'oponopono offers the sacred words that open the heart. Together, they weave a golden thread of forgiveness, love, and transformation through every layer of our being.**



# REIKI AND HO'OPONOPONO



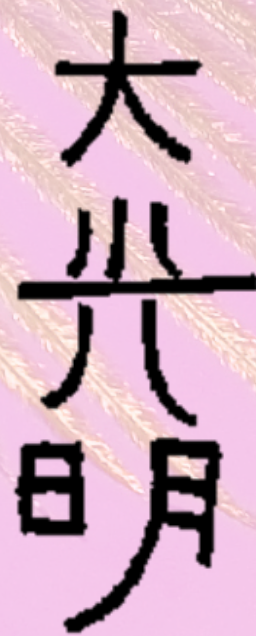
CHO KU REI  
I'M SORRY



HON SHA ZE SHO NEN  
PLEASE FORGIVE ME



SEI HE KI  
I LOVE YOU



USUI DAI KO MYO  
THANK YOU