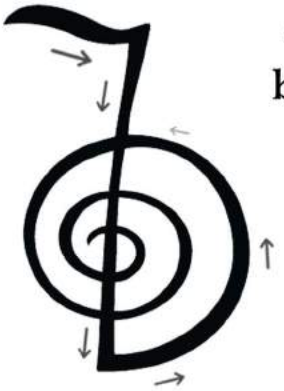
# Fearless Sigil



**The Power Symbol or Cho Ku Rei is used by Reiki Masters and students to increase, focus and channel their energy.**

**Use it as a protection talisman to invoke strength and self-confidence.**

**- 1 white candle**

1. Light the white candle on your altar. Sit down and relax.

2. Enter your sacred space by casting a circle or simply meditating for a moment.

3. Say:

*" I bless this symbol and invoke its Powers: Strength and Protection "*

4. Draw the symbol in the air once, using a wand or the index finger of your dominant hand. Start at the top, go downwards and start the spiral at the bottom with a counter clockwise movement.

5. Let the candle burn as you meditate for a few minutes.

6. Whenever you need a boost of confidence or encouragement, draw the symbol in the air in front of you.