

Reiki Power Braid

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This is a fun and quick technique that is based on a Celtic form of prayer taught to me by Tom Cowan (Gratitude and blessings to you Tom!) in which you bless someone by putting the power of something upon them. An example of this is found here in this West Highland Blessing:

*Power of sea be yours,
Power of land be yours,
Power of heaven.*

Instructions

Start with three strands of yarn about two feet long. Take a few deep breaths and center yourself. Then activate Reiki in whatever way you normally do. Tie the yarn together at one end with an overhand knot. Clamp the knotted edge of the strands to the end of a table (or in a more traditional style, you can put the knotted end in your mouth). Then begin to do a standard three-strand braid (see “How to Braid” below). As you braid ask Reiki to flow through you and into the braid by either speaking aloud or within your heart one or more of the following mantras (or choose your own):

- “The power of Reiki upon me!”
- “The power of Reiki within me!”
- “The power of Reiki surrounds me!”
- “The power of Reiki guides me!”

If you know the symbol names, you can use those in your mantra as well. Another idea is to empower the braid with Dr. Usui’s Reiki ideals: “Just for today, do not be angry. Do not worry and be filled with gratitude. Devote yourself to your work and be kind to people.”

Once your braid is finished, you can tie it around your ankle or wrist or stick it in your pocket and keep it with you as a blessing. These also make great gifts. They can also be made to empower a specific intention, such as: “the power of Reiki connects me to my new home”, “the power of Reiki blesses my marriage” or “the power of Reiki brings me clear communication with my family.”

This is also a wonderful thing to do if you have long hair. As you braid your hair in the morning, imbue it with Reiki and have the energy surrounding you and empowering your day!

How to braid

1. Take the left strand over one (towards the right) and place it between the other two strands.
2. Take the right strand over one (towards the left) and place it between the other two strands.
3. Repeat steps one and two until you reach your desired length.
4. Tie a knot to finish off the braid.

