

HEALER, CLEANSE THYSELF OF NEGATIVE ENERGIES

REIKI RAYS





Reiki Rays

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Detecting all Types of Negative Energies

By Ananya Sen

Greetings everyone! The universe has been giving me nudges for sometime to write this article and I have been ignoring these nudges, cause I do not like writing about this topic, if I can help. So here goes, what kind of negative energies can get stuck to your aura or body? How to detect these different types of negative energies?



Image by [paul bica](#)

To define, negative energy is a thought or a cord or a feeling that makes you feel stuck or unable to break free. Its source is mainly fear, sometimes conscious and often unconscious fear. Negative energy in your aura can also belong to you or other people!

What are the different types of negative energies that can affect you?

1. **Negative Thought Patterns or Behaviour** – these are often childhood related and can sometimes be past life related. Childhood trauma can block your natural thought process greatly. Childhood wounds do not go away with time, they remain in your psyche for years. They have to be brought out and healed.
2. **Past Life Blocks** – these are usually deeply hidden in the subconscious mind. You will usually not be aware of these blocks. Also, past life blocks usually affect you temporarily as there are lessons attached to these. Once the lesson is learnt in this lifetime, the block gets removed.
3. **Spells or Curses** – Again these blocks may remain hidden for a long time. You don't get to know you have been cursed or there are spells put on you, till your luck completely runs out. With all curses and spells, the intention of the spell or curse bearer is important. These are easier to remove than others.

4. **Entities or Spirits** – These are very easily detected. If you feel you are not yourself, unable to concentrate, feel emotions that do not belong to you or your eating and sleeping patterns are disturbed, you probably have an attachment in your aura. Simple prayers and rituals can remove these.
5. **Psychic Attack** – These are other people’s thoughts and intentions, which affect you. Often these are people you regularly hang out with and come back feeling drained. Psychic attacks usually affect the back chakras of a person, blocking out your receiving side. In common terms this is known as ‘Evil Eye.’
6. **Cords** – These are projections from the aura that connect you to objects, people and situations. They create tension in your being.
7. **Negative Space in Office or Home** – This is also easy to understand because, it is only when you enter this space you feel drained or irritated. Other times you are alright.

How to Detect these Energies?

I am giving a very simple and yet effective procedure. If you follow this word by word you should be able to detect. Take a few deep breaths and calm yourself. Close your eyes and whisper softly or in your mind “I want to connect with my soul”. Say this 2-3 times. Pause for a few seconds. Then ask “Are we connected?” You should ideally hear a yes.

Now this is the main part. Ask “Am I completely clear?” you may get a yes or no answer. You need to ask the same question 2 more times. The majority yes’ or no’s will give you the actual answer. Which means, if you hear 2 yes’ and 1 no that means you are clear.

Suppose you hear a no. Then individually, pick the types of the above mentioned negative energies and ask about each one 3 times.

For instance, “Am I under psychic attack?” ask 3 times.

“Do I have cords attached to my aura?” ask 3 times.

“Are there any curses or spells on me?” ask 3 times.

“Are there any entities or spirits attached in my aura?” ask 3 times.

“Are there any past life blockages?” ask 3 times.

“Are any childhood memories plaguing me?” ask 3 times.

“Is my office or home space clear?” ask 3 times.

Remember to record the responses in your mind or on paper. This method is good enough for everyone, including Reiki people. However, Reiki people can invoke Reiki before starting the meditative process. You can also invoke the distance-healing symbol, as it directly connects you to the type of negativity that is there.

Try this method and share your feedback, no matter whether you are a Reiki practitioner or not. Your channel i.e. your body has to be clear at all times.

Removing Darkness from a Client with Reiki

By Justine Melton

One of the things that I love most about Reiki is that besides the fact that it balances every aspect of the body it also has amazing protection abilities against negative energy. Everyone has their own belief system and I think a lot of it has to do with what you yourself experience as a practitioner. It is hard to expect someone else to believe in negative or dark forces if they themselves have not seen or knowingly experienced them.

One of the things that I love the most about Reiki Rays is that I am able to see how different people use the same healing modality to do so many different things. Even with just using Reiki as a tool for protection I have read several different versions of how different practitioners do it. It is such a great place to share knowledge and provides you new things to try in your own practice or on yourself as well.



Part of my healing practice involves house cleansings. I am used to dealing with helping to remove negativity and darkness from living spaces and sometimes from people with the help of Reiki. Every space and person is different however and sometimes you don't even know what you are going to find until you start a session. Recently I had a client (who I will call Mike) who wanted to give Reiki a try because of how overwhelmed and stressed he was. I scheduled the session for an evening after work and didn't think much of it.

Before each Reiki session I give I meditate for about 15 minutes. During this time I protect myself by surrounding myself in white light and making a large Master symbol over the front of my body. Once I have finished this process I open myself up to any messages that may help my client heal or that may help me to provide the best Reiki session possible.

At the start of my meditation before Mike's Reiki session the guides came through immediately. They couldn't wait to communicate with me to the point that I had to ask them to please slow down so that I could understand them. I

was told that Mike was on the verge of a huge health crisis if he didn't take the time now to distress and slow down. More interesting however was what was shown to me. I had an image of Mike standing before me radiating white light. Normally he had quite a bit of white light radiating out. However, I was shown that he had very little white light left because of a dark energy that was trying to attach itself to him. Instead of radiating light I was shown a very faint white light surrounding him with what looked like a black energy covering the back of him and wrapping around his neck/chest area like a black cloak. It was a bit eerie. I was told that it was very important for me to keep myself protected during this session but not to worry because I could remove this darkness from Mike with Reiki.

Mike came in for the typical session and I could feel a lot of tension surrounding him. What was interesting was that when I did a scan of his body at the beginning of the session I kept getting shortness of breath and a choking sensation when I scanned over his neck and chest area. This was interesting to me because this was the location where I saw the darkness/black cloak holding on to his body at. I performed Mike's session just as I would any other one. When I got to the 3rd eye, throat and heart chakra's the shortness of breath/choking sensation came back. I worked my way through it and continued to send Reiki. About half way through the time I spent on the heart chakra the darkness had completely been removed from Mike's body. It was shown to me as being next to me on the floor. I picked it up (as if picking up a small animal), drew a master symbol over an area on the floor, and then used my hands to act as if I was physically putting this object into the ground. After the darkness was in the hole in the earth I sealed it with a large Master symbol and beamed Reiki to it for about a minute.

I then continued with the rest of the Reiki session and was shown angels wrapping Mike in a warm blanket of love. They said that he was in need of extra love and wanted to provide extra healing during the session. Once the session was over Mike reported feeling lighter, amazingly relaxed, and said that he felt as if he was surrounded by love during the session. I explained to him what I had seen during the entire session. He said that a lot of things made sense to him and he repeatedly thanked me for the session. He is now a regular client and has even had Reiki done in his business and home as well.

I am hopeful that by sharing this story some of you will have the desire to see what you can really do with Reiki beyond the typical session. If you feel called to try something new go with your gut and see where it takes your practice. Reiki continues to amaze me every day and I am thankful for all the goodness

it has brought into my life. It offers a great deal of protection and allows you to remove darkness from a person as well.

Wishing you all love and light!

Reiki and Clearing “Heavy” Energy

By Tammy Hatherill

Have you ever walked into a room and felt an instant ‘change’ in atmosphere? Like you could cut it with a knife, as the old cliché says. Well, it’s likely because heavy energy is still lingering. If someone has been in a raging argument; or someone has been ill or even passed away in the room, then heavy energy could still be there. It can also linger in a room where your phone is located (if you have received bad news.) The “emotion” is what creates the energy imprint and what others feel when they walk into the room.

“Maybe I’m being philosophical and spiritual, but I believe that if you put negative energy out there that that is what will come back.” Persis Khambatta

I know firsthand all about this heavy energy. Recently my husband and I spent nearly \$20K on our bathroom ensuite - having it updated and upgraded. Goodness gracious me. What a nightmare that turned out to be.

The company sent in a carpenter to do tiling work, and he botched it up, big time! He didn’t match the grout lines and so we had lines going all over the place. He didn’t have the tiles flush or flat, and so the tiles were jagged with some set deeply and others sticking out. It was horrendous. Twice we had to fight to have them removed and done again. It’s been a very stressful and heart wrenching experience.

So, as you can imagine the ‘energy’ in the ensuite and the bedroom has been heavy, due to stress, tears and frustrations. My husband and I (more me than him) have done a lot of crying over the poor workmanship and the poor attitude of the builders. We have been angry, resentful and bitter. The amount of money we have invested into having our outdated and dysfunctional ensuite upgraded, and being left with a disgraceful job was infuriating. We were left with a big fight on our hands. It’s no wonder the energy in there was toxic, permeating throughout the entire house.

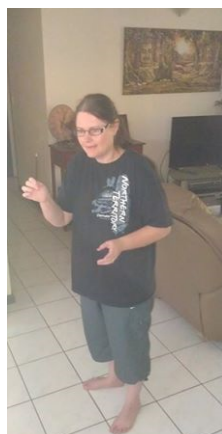
Had I given it thought beforehand, I would have sent Reiki throughout the entire house on the day of construction and every day the workers were here. I never gave it a thought, and instead I had heavy energy to clear once they finished the job to a standard we could accept.

Every single room of the house was cleared. Not just the ensuite and bedroom, but every room of the house, even outside on the verandas and the garden as well. So how did I clear the energy in my house?

Every section of my home was 'cleared' by using these powerful tools:

- **The Reiki symbols:** I used whatever Reiki symbols I was drawn to, whether these were traditional or non-traditional symbols, and I allowed the Reiki to flow through them and into the space, each corner, the walls, floor and ceiling.
- **Sound:** I used chanting and a mantra over and over again "Dear angels in love and light, please clear the energy of this room. Please help me to accept the bathroom exactly the way it is. Thank you."
- **Smells:** I used an incense stick, and drew my symbols with it, so there was a double purpose...1. The smell and 2. To draw the Reiki symbols.
- **Air and sunlight:** I opened all doors and windows, to allow in fresh air and sunlight to cleanse the room. Nothing is quite as refreshing, cleansing and healing as natural sunlight.
- **Colours:** I also used colour to help cleanse my house. How I did this, is when I drew the Reiki symbols with my incense stick, I also visualised the symbol as a certain colour. In this particular case I used purple and pure white. So when drawn, the Reiki symbol radiates through the entire room in a glorious white or purple. It's divine and magnificent.

Here is a photo of me doing my 'clearing' of the house using incense as a 'wand'



There is no set limit of how many times you need to draw the symbols or how many times you need to say your mantra or prayer, or how many times you need to wave the incense around the room. Always, always use your intuition and when the room feels 'lighter' move on to the next room.

After I went through every room of our house, the energy felt much calmer and more relaxed and hubby and I were able to accept the bathroom ensuite as it was, and let go of all our anger and frustrations. All that pent up and horrible energy, after the 'battle' we had with the builders, seemed to just dissipate and leave once I'd been through the house doing my clearing ritual.

By clearing the entire house and including the yard and veranda, lifted the residual energy to a higher vibration so that no trace of the dense or heavy energy created by the builders and the situation was left. "Ahhhh" what a lovely feeling! It's much nicer to come home to a 'light' feeling house, rather than one where anger and bitterness can be felt, without a word being spoken.

I encourage everyone to 'clear' their homes/offices/anywhere that you spend time, as often as you deem necessary. I'm going to form a new habit of doing it once a week. Just to clear out any tensions or stresses that have built up over the week.

In my tarot and Reiki work areas, I do a clearing every day and after each client has left, so that the energy is clear for the next client. Now I will do my entire house once a week as well. Reiki energy is so lovely and so light, that I'm surprised I haven't been doing it more regularly around the home.

Enjoy clearing your special and meaningful places, and I hope this article has helped.

With love, light and harmony.

How to Shield Yourself from Negative People

By Justine Melton

Hi Friends. Today I am sharing a very easy way to shield yourself from negative people with Reiki.

Have you ever walked into a room and felt bad energy left behind from others? Have you ever been at a party and felt really bad energy coming from certain people being directed your way or known that there was someone negative there that you did not want to see? Do you have certain people around you at work or home that bring you down on a daily basis? Or maybe you have to go into a building where you always feel uncomfortable and get creped out in?



Allow Reiki to help with this. One of the great things about learning Reiki is that it can truly help in all areas of your life.

Here is the simple method that I use on myself and on others.

How to shield yourself from negative people:

1. Before you enter a room full of people encircle yourself in a white light. You can do this simply by saying “*I encircle myself in the white light of God’s love and Divine protection.*” You can adjust this sentence to match your own belief patterns just be sure to make it positive, white protecting energy that you are surrounding yourself with.
2. Visualize this light completely encircling you like a bubble.
3. State that you wish this protective bubble to stay with you for the rest of the day and that anything negative will be instantly repelled by you. Make the Cho Ku Rei symbol over yourself and then a Master symbol.
4. Next, if there is a specific person that you want to keep away from you encircle them in a white bubble of protection as well! This sounds strange but

it actually floods them with positive energy and they will want to stay as far away from you as possible for unknown reasons.

5. Give thanks for the white light protection you are receiving with the help of Reiki.

Now get out there, experiment and see how this process works for you! It has never let me down and always protects you for the greatest good of all. This process can be done in any situation and I have even used it when coming across aggressive unleashed pets.

Wishing you all love and light!

Smudging to Cleanse Energy

By Angie Webster

Smudging is an ancient technique used by many cultures to purify and bless the energy of people and their spaces. In the West, it is most often associated with the many Native America tribes, but many cultures around the world have the custom of burning herbs or incense for these same purposes. Many places of worship use some variation of this before or during their rituals or services.

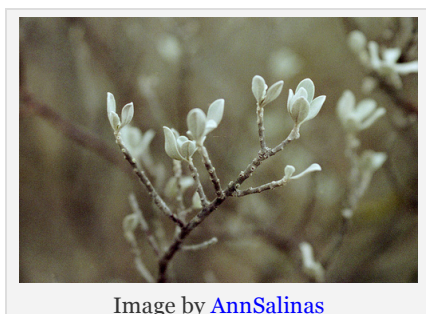


Image by [AnnSalinas](#)

Typically, sage is the herb that is used for smudging. There are many varieties of sage and any can be used, though white sage is the most common. Sage smoke is very effective for clearing and removing negative energy. Cedar or sweet grass or other herbs, such as lavender can also be used to smudge, although these herbs are generally better used to infuse positive energy and are not as effective as sage at removing negative energy. They can be useful to burn after smudging with sage, or can be bundled into a smudge wand along with sage to be burned at the same time.

Smudging is an excellent practice to do regularly for yourself and in your home as basic energetic hygiene. It is very useful to do after you have guests in order to clear the home of the energy of those that do not live there and any issues they may have brought in with them. It is also good to do during and after an illness or an argument to cleanse the home of the negative energy around these issues. If you move, smudging is a very useful way to clear your new home of the energy of the former residents, leaving a clean slate for you and your family.

If you want to smudge yourself or your home, you can buy a smudge stick, which is dried sage leaves bundled together, or you can simply buy loose sage leaves. Have a ceramic or clay bowl nearby before you start. This is to lay the smudge stick in after you light it and can also be used to safely extinguish it after you are finished.

I put a layer of sea salt in the bottom of my clay bowl. It serves as an additional aid in purification and I know that it won't burn, and I can extinguish the sage in it safely without getting the entire stick wet. I usually use loose sage leaves, laying two or three directly on top of the bed of sea salt in my clay bowl. Sage leaves can be left to burn out on their own but it's best to put a wand out when you're done. Put it out by snuffing it in the salt bed in your bowl, rubbing it out, or wetting it.

Open a window in each room, at least a crack before you start. This encourages the smoke to leave the house, carrying any negative energy with it. Besides, you don't want a heavy build up of smoke in your house! Set your intention to cleanse your space and call upon your guides. Call upon north, south, east, west, above, below and within.

Then you can light the end of your smudge stick (the leafy end, not the stemmy, woody end) or the few sage leaves in your clay bowl. Once they are burning well, gently blow the fire out. If you are using a smudge stick, lay it down in the bowl. Rub your hands together in the smoke, just as you would if you were washing them, allowing the smoke to wash the energy of your hands. Then use your hands to direct and "pour" the smoke over your head, directing it across the top of your head, your eyes, ears, mouth and throat. Intend that the smoke clear you so that you can think, see, hear and speak, clearly and peacefully, with love. Continue using your hands to direct smoke to your heart, solar plexus and lower belly. Then carefully pick up the bowl and run the smoke under each of your feet. You will quickly feel the shift in your energy, feeling lighter and more peaceful.

You can smudge another person by directing the smoke toward their body, using your hand or a feather. Start at their feet and work your way up, focusing on the chakra areas and hands and any areas of density you observe or sense in the aura.

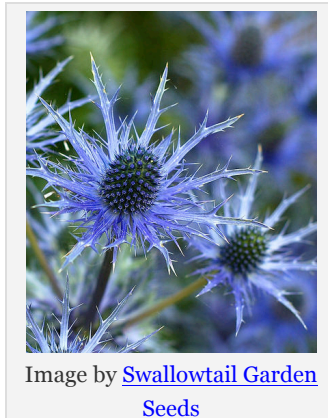
To smudge your home, after smudging yourself, start at the front entrance of the main room of the home and move around the home in a counterclockwise direction (work to your left) Direct the smoke or let the smoke pass into all areas, especially around the perimeter and in corners. To be very thorough, open cabinets and closets and allow the smoke to waft into them as well. When you have completed the smudge and come back to the front entrance, take any ashes you have outside and place them on the earth to discard them.

If you like, you can burn a candle (beeswax candles are great!) or a sprig of lavender to seal in positive energy after cleansing your home through smudging.

Reiki Shield for Protection from Lower Energies

By Haripriya Suraj

The world has a huge variety of people and situations. Not everyone is sensitive to others' feelings. Not every situation is favourable and to our liking. In life, we are bound to meet people who will be unkind and insensitive. We are also likely to encounter people, situations and places with harsh and heavy energies.



Many people are not a wee bit affected by the energies of other people or situations. Their energy fields have the strength of armours that no lower energy can penetrate. And there are others who are easily affected by lower energies and harsh situations. If you belong to the latter category, do not despair. It does not mean that your energy field is not good enough. Just like we are physically different, it is normal for people to be energetically different. The makeup of your energy body suits the purpose you came here to accomplish and the lessons you chose to learn.

Honour your sensitivity. Do not be ashamed of it. To make things easier, stay away from people and situations that leave you feeling vulnerable and drained. Crowded places, violent movies and books, sensational media reports, soap operas, extreme forms of materialism, gossip mongers and the like can have a draining effect on you. As a sensitive person, you tend to absorb the energies emitted by them and feel miserable in the process.

Stay away from these triggers not because you are superior and the rest of the world is fallen. The Ego may take this opportunity to put you on a superficial pedestal of superiority. This is just not true and will leave you feeling more drained eventually. Everyone has the same spark of divinity in them. However, people are here to learn different lessons and they will also grow in awareness when the time is right for them. Since you have already

commenced your journey in awareness, your energies resonate more and more with purity and love. You cannot tolerate lower energies until you reach a point on your spiritual journey when nothing affects you anymore. Until then, be gentle with yourself and keep away from anything that drains you.

What about situations that we cannot avoid? Since we live in a practical world, we are often forced to be in situations that leave us feeling vulnerable. For instance, if you need to visit someone admitted at a hospital, you have no choice but to go there physically. Or you may have to attend a party in which you find people gossiping, smoking, drinking excessively or just doing something that is not to your taste. At other times, just talking to some people or visiting their homes can drain you of energy.

You will know you have absorbed harsh energy from other people or situations when you feel irritable, moody, fatigued and drained for no obvious reason. You can protect yourself with a shield of Reiki when you find those feelings coming on. Better yet would be to go into potentially draining situations with a shield of Reiki around you.

Here is one way you create your Reiki shield:

1. Take a deep breath.
2. Make a request to Reiki:

“Dear Reiki, please form a protective shield of your energy around me. Thank you”

3. After you say this, visualise a stream of Reiki moving around you in circular movements and forming an energy shield that resembles a tube. You can start forming this shield from the top of your head and go on till you reach your feet. Visualise the symbols Sei Hei Ki and Cho Ku Rei moving in the shield.
4. If you like working with light and colour, you can also add an additional layer of white or pink light over your Reiki shield. If not, just the Reiki shield would do. Make a request as follows,

“Dear White/Pink Light, please form a shield of love and protection around my body. Thank you”

Visualise the light of your choice forming another layer over your Reiki shield and emitting love. This layer not only keeps you from being

affected by other energies, but it also emits love and light. This benefits the people or situations that were draining you of energy.

Remember to wear your Reiki shield when need be and venture out fearlessly. No lower energies can touch you when you are enveloped in love and light. Be free and enjoy life!

Energy Flooding with Reiki

By Ashwita Vajandar

This is a really effective and quick method for flooding people and situations with energy when we feel the need for a sudden energy boost. We might want to use it if we feel that a situation might go out of hand, or if we're interacting with someone who is either angry or upset with us, or just sucking out our energy.

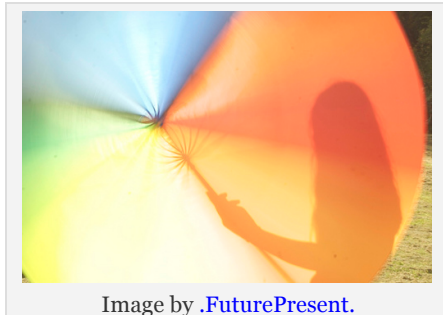


Image by [.FuturePresent.](#)

The Method

Imagine Reiki pour into the top of your head, filling up your whole body with energy. Once your body is full, imagine that it starts to radiate the excess energy outwards, towards the person(s) in front of you, the whole room, or the situation.

The Idea

Life throws us many situations that might find us on the back foot. No matter what the situation, problems either begin or worsen if we give in to the reactions coming up within us. Flooding not only clears out our energy system, it also clears out the energy of the people in question, thereby creating a space for a calm and peaceful resolution.

Where we can use it

Here are some examples where flooding can be very useful:

- If you find yourself trying to reason with a person who is swept away by emotion (eg. angry, hysterical or being unreasonable), this method can be quite helpful.
- When you have to meet someone(s) who dislikes you or makes you uncomfortable.
- When you have to address a group of people – in classrooms, in theatres, or in meetings and conference halls.

- For gatherings, parties and celebrations to go smoothly, flood the entire room with pink and green energies before the event, and then continue flooding the room at periodic intervals until it is over.
- While watching the news – when we feel agitated about the actions of people we haven't met, that is a very good time to practice some flooding. Not only will it clear out any negativity you might have picked up but who knows, it might bring about some healing and some change in the person the news is about.

Bear in Mind

Using this technique is not about controlling someone. If that is the primary intention behind the flooding, then it might not be effective. Remember that we are first cleansing ourselves, so let that wash away any apprehensions we might have first, and then flood the other person to turn the situation into a win-win for both. You could even mentally request the energy to do whatever is in the highest good for all the parties involved.

Shielding and Protection

By Ananya Sen

Hi everyone! Today I am going to talk about methods of shielding your aura and protection for yourself and for your loved ones. We will also understand why do we need to shield, what are we shielding ourselves from and what happens if we do not shield and ask for protection.

Firstly, why do we need to shield? We need to shield because we are at a high vibration. As Reiki practitioners we are channels of positive energy and we need to keep that energy in our beings at all times. Even if we do self healing or distance healing everyday, we need to ask the divine to shield us during the day. It protects us from all negative energy, people, places and situations.

Now what happens if we do not shield? You will get drained throughout the day. Suppose you're travelling by a bus and there are twenty people who are not of the same vibration as you. Guess what, they will unknowingly pull energy from your aura. You will feel drained or tired or have body ache throughout the day. Reiki tends to flow to people and places that need healing or are lower in vibration. Energy flows from a higher to a lower level. You as a Reiki practitioner are at a higher level and Reiki will start flowing from you to surrounding lower vibrations.

Ways to shield

Before you get out of bed in the morning ask the angels to shield you throughout the day. Simply affirm 3 times "Angels please shield me in a white cloud throughout the day." You're done! Additionally, shield your loved ones, your home and your vehicle the same way. It is intention that matters.

You can visualize the white cloud around the person or object you want to shield. Those of you who use the purple pyramid to shield, can continue with that. White and purple are divine colors and have protection properties.

What happens when you're shielded? Your aura is intact and repels negative thoughts and energy. Your shield even keeps your own thoughts positive and we all know that our own thoughts are devilish sometimes! As we go about our day, our shield starts weakening. That's because you are interacting with many people and situations during the day.

These interactions may not be physical. Even if you're talking over the phone or mail throughout the day the energy or thoughts of that person remain with you. You will realize this as you will keep thinking about the conversation or that person. In that case refresh your shield the same way as you did in the morning. Whether you are a Reiki channel or not shielding and asking for protection is important. Keep your energy high!

Clearing Negative Energies in Your Home

By Haripriya Suraj

It is nice to live in a home that is filled with love and light. A house that is enveloped in love and light can help with our growth and healing. A house that is enveloped in negative vibrations can drain us of energy and impede our progress. Homes are pretty much like crystals. They are energy sensitive and tend to pick up negative energies rather fast. Dirt, clutter, negative people, certain television shows, lack of air circulation and the like tend to make homes dark and heavy. If you practise Reiki regularly, you can easily tune in to the vibrations of your home. You will sense when the energies don't feel right. It would be wise to clear your home of negativities on a regular basis and certainly when you sense that it has absorbed negative energies.



Image by [isado](#)

Reiki and incense work well together. They can clean up your home and restore it to a vibration of love and light. However, you will need to ensure that your house is physically clean first. It is more difficult to clear homes that are poorly maintained and in unhygienic conditions. Once your house is physically clean, you can proceed to clean it further with the energy of incense and Reiki.

Here's how you do it:

1. Light some incense. Trust your intuition and use the amount of incense that feels right to you on any given day.
2. Walk around the entire house (living room, bedrooms, bathrooms, kitchen, garage etc) with the incense, allowing its fragrance and smoke to fill every nook and corner.
3. If you use incense sticks, you can make circular movements with the sticks as you cleanse the house.
4. As you walk around with the incense, keep saying "Cho Ku Rei, Cho Ku Rei, Cho Ku Rei....." and intend that Reiki flows. Visualise the symbol

multiplying and flooding your entire house. The symbol Cho Ku Rei works well for clearing spaces.

5. Give extra attention to places that have been cut off from air circulation for long periods. Some examples would be the spaces behind thick curtains and doors, inside wardrobes, store rooms etc. Make sure the fragrant smoke reaches all those areas. Allow your intuition to be your guide and let the smoke flow to all the places that you sense need extra cleansing.
6. After clearing all the rooms in the house, set up the incense in an incense holder. Place the incense holder in a central location of the house. As the incense burns out, its fragrant smoke will continue to flow throughout the house thereby clearing residual energies.
7. Draw a big Cho Ku Rei in the air and request it to stay over your house, thereby keeping its energy clean and pure.
8. As always, remember to express your gratitude to the incense and to Reiki for helping you clean up your home.

Once you make clearing your home a regular practice, you will have zero tolerance for negative energies in your home. The lightness, joy and peace that come from living in a home that is physically and energetically clean will get you addicted to this enjoyable clearing practice!

Healing Your Home and Your Environment

By Angie Webster

We can use Reiki and healing energy to bring cleansing, strength/protection and healing into our homes, our workspaces and even extend it out into our neighborhoods. I often use this technique during and after an illness in the house, after an argument or a bad mood has happened, and before and after guests visit. Anytime your home begins to feel energetically heavy and dense or you sense tension and upset is a good time to use this technique or something similar to clear the energy in your space. It is also helpful when you know you could use a boost of strength, such as when a big storm is coming. I will write another article specifically about using Reiki for storm protection very soon as this works very well.

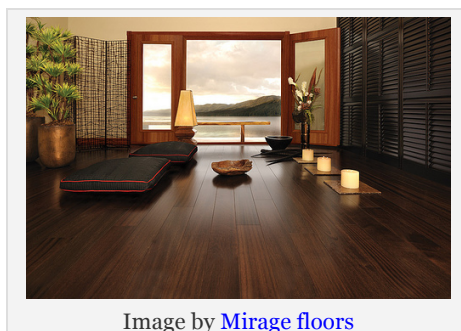


Image by [Mirage floors](#)

First, sit or stand somewhere comfortable in your home and take a few deep, cleansing breaths to center yourself. Ask the Healing Energy of the Universe to assist you in bringing strength; cleansing and healing to your home and all beings live there. Intend that all that does not belong be cleared away. Call upon the strength of the directions--North, South, East and West, above, below, within. Ask the elements that are the basis of all life to support you--Earth, Air, Water, Fire, Ether. Call upon any guides that feel appropriate to you.

Next, Envision the Power Symbol (CKR) and draw it in the air with your hand, if you like. Then begin making a chi ball in front of your body, about the size of a soccer ball. Roll this energy ball between your hands and begin to feel the energy build as you envision the Power Symbol (CKR), the Mental/Emotional Symbol (SHK) and the Distant Symbol (HSZSN), infusing the chi ball with their energies. Once this chi ball feels complete, give it a push toward the North facing wall of your home with the intention that it infuse its energies into it, clearing and healing as it goes. Repeat this step with the South facing wall, East, West and then do the same with the floor and the ceiling.

After you have infused all directions, the floor and ceiling of your space with healing chi balls, form another one in the same manner. This new one will be directed specifically into yourself and it will amplify your own healing, strengthening, and cleansing. Once you have formed the chi ball, push it into your heart center and envision it radiating outward from there, filling you with all of the symbols. Imagine CKR, in particular, filling each cell, each molecule until they are now radiating a glowing and healthy light. Imaging that all that needs to be cleansed and released is easily letting go from each cell, each molecule and all is coming back into balance. You may notice pain releasing, or things popping loose as energy frees itself. Allow yourself to sit peacefully and rest, feeling this warm sensation for as long as you like.

Bonus Exercise: If you choose to keep going, you can continue clearing energy in your home and even your neighborhood in much the same way. Simply allow the image of CKR to continue to radiate outward from your heart center, infusing cells and molecules. Know that it will be just as healing to whatever you infuse it into as it feels when you infuse it into yourself. You can envision and intend that healing energy in CKR infuse the molecules in the structure of your building, the trees on your property, each blade of grass, the neighbor's homes, the soil, your car, even molecules of the air. The possibilities are endless! Let the energy and your creativity guide you.

Cleansing Spaces with Reiki

By Ashwita Vajandar

The place we live in; directly reflects the energy we carry. However, since the walls absorb our energy, the house may still be weighed down even after you have healed. It is therefore a good idea to cleanse your living spaces regularly, especially after someone has been ill, or if the family has gone through a difficult time.

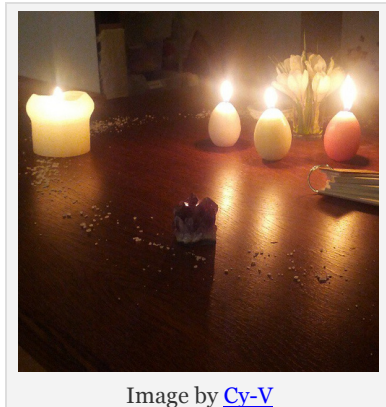


Image by [Cy-V](#)

Clear out the mess. Clutter brings in messy energies. To start clearing out your ‘space’, you have to start by clearing out the things. Get rid of things you haven’t used for a while, because junk brings in a persistent dull, stagnant energy.

Rock Salt and Candles. Place rock salt in little bowls in the centre of every room, or all four corners of a room if you’re trying to cleanse just one room. Next to the salt, place lamps or little candles. Take care to ensure that there is no inflammable material near the candle. Leave this overnight to absorb all negative energy, and then clean it out in the morning.

Smudge the place. Using sage or incense, allow smoke to clear out the energies. Burning camphor is also a good idea because it brings a very clean, crisp energy in.

Heal your house. Walk around the house and mentally draw the symbols on every wall. Everything has life, and if the house has picked up your pain, then this pain needs healing too. As you stand in front of every wall, allow yourself to feel love and compassion towards that wall, and request it to release all the pain it is holding.

This may be a little hard in the beginning if you've thought of inanimate objects as dead and lifeless, but once you can bring yourself to connect with them and see their pain, you will be able to bring in the same attitude that you would have if you were healing a sick person. And when that happens this is the most effective.

I recommend drawing all the symbols as the distant healing symbol will connect to that moment in time when the wall absorbed the pain, the emotional healing symbol will heal it, and the power symbol seals the new energies in.

In every room, once you are done healing all the walls, also heal the space inside. Draw the symbols mentally in the centre of the room and request Reiki to clear out the space and fill it with love and light.

At the end of the healing, heal the house as a whole, drawing the symbols mentally on the outside walls as well, and sealing the energy with the power symbol.

If you haven't been attuned to level 2, you can skip the symbols part, and just place your hands on the walls, requesting Reiki to cleanse and heal it. To clear out the space inside the room, you could either heal a glass of water with Reiki and sprinkle that around the room, or Reiki an air freshener and spray that around.

Quick Tip: Clear Your Room with Reiki

In time, your room and your house may acquire some lower vibration energies.

These can stay behind after guests have left, or perhaps you bring them in from outside, and they stick around the room, even after you've cleared your aura.

Here are some steps to bring the love and light energy back to your room or house.

Step 1. Stand, sit in lotus position, or in a position that you're comfortable with, in the center of the room. Breathe in, breathe out, and relax.

Step 2. Intend, or say to yourself, *I will now clean this room and bring about the tranquility and the joy and the love.*

Step 3. Start the flow of Reiki, and imagine it swipe the entire room floor, the walls, the ceiling, clearing away any negativity and leaving the areas covered in white or golden light. If some areas draw more energy, let it flow there. Continue for a few minutes, or until your intuition tells you to move to the next step.



Image by [Jocey K](#)

Step 4. If possible, physically go to each corner of the room, and place a Reiki ball of energy there. In a standard room, you'll have eight corners and eight energy balls. Intend that the energy from these balls will flow into the room whenever needed.

Step 5. Draw a Power Symbol on the door, and on each window, for protection.

Step 6. Return to the center of the room, and pay attention to your intuition - it may tell you what to send and where. If you receive any signal, draw or send





the required symbol to that place. Otherwise, just send more energy for a short while.

Step 7. Intend, or say to yourself, *This room is now filled with love and light, and the spirit of peace dwells here.* Ground yourself and complete the session.

Remember to get creative and adjust the steps to best suite your style. Also, burning some incense or other essences will enhance or complement the effect of Reiki.

A clear and friendly environment will go a long way in making you feel good on the inside.

About the Authors

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	<p><i>Justine Melton is a Reiki Master/Teacher and an Intuitive Counselor. Reiki came into her life a few years ago and changed it in amazing ways. It is her passion now to bring Reiki to others and help them to heal in a holistic way. Justine is lucky enough to be an Empath, Clairaudient, Clairsentient, and Clairvoyant. She is able to use these gifts with Reiki if asked to give extra messages during a session for the client's highest good. Justine believes that love is the greatest healing energy. She has founded a holistic healing association called Amore Holistic Health Group where people can go and choose from a variety of different healing modalities. http://www.letthewhitelightshine.com/</i></p>
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	<p><i>Haripriya is a Reiki Master, Angel Healer, and Spiritual Teacher. She was drawn to Reiki right from her childhood and Reiki went on to become part of her life's purpose. Reiki is her constant companion from which she derives peace and contentment. After reaping the fruits of Reiki practice in her life, she was inspired to spread the joy of Reiki. She is the founder of Aananda Holistic Center where she conducts as well as teaches Reiki and Angel Healing. Haripriya resides in Bangalore, India. Reach Haripriya at aanandaholistic@gmail.com and at Aananda Holistic Center on Facebook.</i></p>



*Angie Webster is a freelance writer, Reiki Master Teacher and meditation teacher. She lives in central Illinois with her husband and her cat. She incorporates yoga, meditation, healthy food, Reiki and spiritual practice to guide and heal her body, mind and life. Reiki and a healthy lifestyle contributed to her recovery after a 20-year struggle with neurological and other health issues. She comes out the other side with a new perspective on life and now seeks to empower others, reminding them of their own healing abilities. You can follow her at:
<http://naturalholisticlife.wordpress.com>,
<https://www.facebook.com/HolisticSpirituality>,
<http://www.serenityenergyhealing.com/>*



*Ashwita was a teenager when she learned Reiki, unaware of the impact it was about to have in her life. There was healing, surges of creativity, and plenty of guidance to develop intuition. She started teaching Reiki a decade later and when she witnessed the miracles it brought, and the ease with which it could bring joy and relief to so many lives, she wanted to do more. She left her software job in 2007 to take up Reiki professionally. She now incorporates Reiki, past life therapy, hypnotherapy, EFT and meditation in her healing work. Her book 'Healing Through Reiki' is available on Flipkart and Amazon.
You can connect with her through her website <http://www.reiki-bangalore.com/> or visit her blog <http://www.ashwita.com/zen/>.*