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ENERGETIC PROTECTION

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Why is Energetic Protection and Cleansing Important?

From Reiki.org

Whatever level of Reiki you have – 1, 2 or 3 – it is really important to include a regular energy cleansing routine in your self healing, whether you intend using Reiki on other people or not. Everything is energy, and energies can have negative, positive or sometimes neutral vibrations. Being attuned to Reiki raises your body's vibrations, and as the energetic oscillations become faster, this makes your whole energy field lighter and less dense as you gradually become more and more 'enlightened'. This not only increases your spiritual awareness, but also means that your whole energy field can become more permeable, and therefore more vulnerable to denser energies, which are attracted to the light.

This happens because as your energies become lighter and vibrate faster, there is more 'space' between the energy molecules, which the denser, negative energies attempt to fill. As an analogy, imagine placing pebbles in a bowl until it is full; it appears to be completely filled, but if you poured water into the bowl, the water would occupy the space between the pebbles. It is therefore essential to cleanse your entire energy field regularly, because otherwise it can become clogged with negative energy from outside sources, and if it becomes too blocked this could potentially manifest as illness.

These outside sources are many and varied, and they can be physical energy, mental or thought energy, emotional energy and spiritual energy. Newspapers, TV, radio and films often have sad, disturbing or horrific images and words which can impact negatively on our energy fields, because we react to them mentally and emotionally, so it is important to be discriminating about what you read, watch or listen to. Far better to be uplifted by beautiful music or happy, fun programmes, than be dragged down by horror films or the negative stuff which is usually presented as 'news'. Energy disturbances or blockages in other people's energy fields can impact on us, including negative thoughts and emotions, and negative blockages such as physical or mental illness, so our energies can be lowered when we spend time with negative people. Places also can impact on our energies, especially if we spend time where negative energy can collect, such as shopping centers, city streets, offices and other workplaces, doctors'

surgeries, hospitals, and even our own home or homes belonging to friends and family. It would be a rare home indeed if no conflict or argument or sorrow had ever happened there, and such mental and emotional energy can hang around for quite a long time. Essentially, your beautiful, sparkling, clear and 'enlightened' energy body can act like a sponge, mopping up the negative energy soup around you on a daily basis. Not exactly a happy thought, is it? That's why in this article I am going to give you some techniques to try for protecting yourself from such negative energies, as well as a range of methods for clearing and cleansing your whole energy body.

Energetic Protection

The first thing to do is to develop the habit of protecting yourself energetically every day, which doesn't have to be complicated. You can use your thought energy (which is very powerful) to visualize protective barriers around you, and of course you can use Reiki, with or without the symbols. A sensible way to use these methods is to carry out one or more of them every morning, especially before leaving home, although you can also use them at any time you feel particularly threatened, such as when going into some stressful situation or if you have to deal with very negative people in either a work or social situation.

DAILY ENERGETIC PROTECTION RITUALS

1. The daily energy cloak

In the morning, visualize a zip-up overall hoodie made of blue or gold light. Physically (or intuitively - visually) put it on and zip it up. Put on the hood. This light cloak is a cloak of protection, filtering out any negative energy from others, and protecting your own energy inside it. Intend at the beginning and as you put on the cloak that it be a light cloak of protection. This sets the intention for the protective energy to be around you. If you go to a mall, restaurant or crowded place, intend that the cloak be on, or put it on again to "recharge" it - basically you thinking of it will strengthen the intention for it to protect you.

2. Before bed

Ask that angels be stationed at all 4 corners of your room and/or around your bed, to watch over and protect you. Feel free to add angels around your house entryways, or wherever you wish to increase energetic protection. Do this every night before bed for a week and it's also good to make this a part of your daily practice anyway.

3. Calling on angelic help

Before leaving the house in the morning, ask that hundreds of angels be around you, guiding and protecting you. This is in tandem with the cloak. You might find it interesting that every day before work, Evan (my husband) asks me to shield him in pink light and call angels around him every morning before he leaves for work. His job is very stressful and his boss is volatile so this really helps him deal with his job and keep calm and positive.

4. Energy Bubble

Imagine yourself in a bubble or eggshell of white or golden light which is filled with Reiki, and *intend* that the edges of the bubble are permeable only by love, light, Reiki and positive energies. As a second stage to this method, you can also imagine and *intend* that it is closely surrounded by a fine mesh made of gold, and that this mesh is only permeable by love, light, Reiki and positive energies.

5. Violet Flame

If you ever feel really threatened, then do all of the above, and outside your bubble or eggshell of light filled with Reiki and covered with gold mesh, imagine and *intend* that there is a ring of fire (you may call it the Violet Flame, and invoke the help of Archangel Zadkiel or St. Germain), and outside that imagine and *intend* there is a shiny shell made of mirror or shiny silver or gold, with the mirrored/shiny side facing outwards. This effectively forms an energetic boundary around you, so that any negative energy sent your way will rebound back to its source.

6. Using Symbols on the aura

If you know the Reiki symbols, draw a Power symbol on each palm, saying its mantra 3 times, and then stroke and smooth as much of your aura as possible with your palms (about 15 cms or

6" away from your body), *intending* that the Reiki flows into your aura above, below and on all sides of you, to provide a protective shield against any negative energies.

7. Shielding using symbols

Another beneficial way of using the Power symbol is to draw it large in front of you and step into it, saying its mantra 3 times. Imagine being wrapped inside the Power symbol, so that it is in front, behind and each side of you, and *intend* that the Reiki protect you from any negativity or harm.

8. Psychic Protection Flame

Activate a self-attunement called Psychic Protection Flame, and call upon when you feel necessary. It's a serious protective attunement, but it can be used daily or when faced with a very negative person, should that happen. See how you feel called to use it. It's very easy to activate. It can be downloaded for free at reikiawakening.com/PsychicProtectionFlame.pdf.

Energetic Cleansing

Since the late 1990s we have known in the West that Dr Usui used a number of energetic cleansing methods as part of his healing system. It isn't necessary to use the Reiki Symbols when carrying out these cleansing techniques from his traditional Japanese lineage, so anyone with any level of Reiki can use them, but if you have Second Degree you can enhance the process by drawing a Power Symbol over each hand before you start, *intending* that Reiki should flow to clear and cleanse your energy body. The main methods for personal cleansing are the Reiki Shower technique, and self healing.

The Reiki Shower Technique

This first technique from the Japanese tradition activates and cleanses your whole energy body by flooding it with Reiki like a shower of light, and it is so quick and easy you can use it almost anywhere. It is ideal first thing in the morning, before a real (water) shower, or before and after a self-treatment, as well as for cleansing yourself at other times of the day – perhaps when you've just been with argumentative or negative people, or you've been visiting someone in hospital. If you're not at home you might not want other people to see you carrying out the technique, so you could consider going into the ladies' or gentlemen's toilet (as appropriate!) to maintain your privacy.

The full details of this technique are available in several books, including "Reiki For Life", but briefly you connect to Reiki with your hands above your head, and then let your palms face downwards towards the crown of your head, and imagine Reiki flowing out of them like a shower, flowing over and through your body. Then you bring your hands slowly down in front of your face and body, intending that the Reiki should cleanse your energies, until when you reach down as far as you can go, you throw the energy off your hands so that any negative energy flows out of your feet and into the earth below, *intending* that it be transformed and used by the planet.

If you repeat this exercise a few times – I find three times to be ideal – you should feel cleansed, revitalised and more alive as Reiki healing and light flows into all of your cells and fills every part of your body. Afterwards it is a good idea to place your hands together again in the *Gassho* (prayer) position and spend a few moments experiencing gratitude for the Reiki, and then finish. You may find it helpful to clap your hands once or twice to help you to return to a more wakeful state if this exercise leaves you feeling a bit ‘spaced’. After completing the Reiki Shower your whole body is activated with Reiki, your hands are filled with the light of Reiki, so this might be an ideal time to do some self healing, or you can just get on with whatever you planned to do next.

ESSENTIAL TECHNIQUES TO INCORPORATE INTO YOUR REGULAR PRACTICE

1. DAILY SELF HEALING

This is important for life as an energy worker (especially those who are empathic). Please do self healing at least once a day. Bedtime is fine, to clear the energy from the day. Start by grounding your energy for a good 2-3 minutes standing at the side of your bed before getting in. Really feel the energy flowing through you. Make sure to include your arms and hands. If you have some energy charged stones, you may choose to hold one in each hand for additional energy flow. You can charge stones yourself with Reiki, or ask that they be attuned as a Reiki channel and then hold them.

Then, after the grounding, do a self healing. Add an intention if you have one in mind. The important thing is to do a daily self healing.

2. FLUSHING ENERGY

This healing technique is one I use for distance healing for others, but it is also effective on oneself. You will need to use a distance technique on yourself, but just set your intention clearly. Here's what to do:

- Activate Reiki
- Intend self healing
- Intend a defined space for yourself in front of you. Define your head, neck, torso, waist, legs, feet. About a foot and a half tall is plenty.
- Set your hands at the top of where you defined your head, palms facing down.
- Push the energy down from your crown chakra, slowly, through your whole body in this defined space, and down past your feet.
- Tune in as you do this. Are there places where you feel your hands slow down? Are there places you feel more tingles? If so, linger there until you feel another change in the energy flow.
- Repeat several times.
- When you feel the energy is more even, visualize light coming from your hands as you move through your body space once more. Fill your body with white or golden light.
- Now put your palms together, upright in the center of your body defined space, along where your spine would be, but in the center of your core.
- Slowly spread your hands apart, visualizing light spreading through your aura from the center outward to the edges of your aura. Stop when you feel a tingle, at the edge of your aura.
- Repeat at the head, expanding your hands upward and outward, then at each chakra location from the throat downward, always moving your hands from palms touching to out as far as you feel the edge of your aura would be. Let the energy tell you where to stop.
- You have now cleared and filled your energy field and aura with light.

3. REMOVING ENTITIES

Entities are thoughts or emotional energy that has taken on a sort of life of their own. They attach themselves to your energy and feed off negative energy or negative emotions that enter your field. They are not evil, so don't be afraid, but they should be removed to the light when possible.

The Hand-Vacuum (or magnet) technique

- Activate the energy
- Intend that your palms become magnets or vacuums (whichever you like better as a visual) to remove entities
- Sweep your palms facing in from your head down your body, scanning through your energy field as you intend that any entities be attracted to your palms and stick there.
- If you feel something or your hands hesitate at a place in your energy as you scan, visualize "pulling" this entity or blockage out. It may be in a chakra (common) or in another area.
- If you feel you have pulled something to your hand(s), put your hands up, with palms facing up and in thoughts or aloud address the entity and tell it to go to the light. Send it love energy. Intend to release it to the light. Wait until you feel it is gone.
- Repeat the scanning and removing as above until you feel you are done.
- Do a self healing afterward to fill all spaces with Reiki energy.

4. REMOVING CORDS

When one person interacts with another, etheric cords form between them. Visualize them as a thin stream of light connecting one person's chakra, or energy center, to another's. Within a healthy relationship, these cords can establish rapport and a good and uplifting feeling. They can also be used in unproductive ways. For example, if a person has a tendency to be controlling, they may attach "cords" to another person in their vulnerable places in order to feel more powerful.

If you find yourself in such a situation where you are being "corded" against your will, you will need to "cut the cord." There are a couple ways to do this. You might visualize a pair of scissors cutting the cord. You might simply imagine it snapping. You might visualize yourself pulling the cord directly out of your body, gently. Once the cord has been removed, you might visualize your energy field as being slippery, so that the cord cannot re-attach. Visualize placing a golden seal over the spot. Experiment and see what works best for you.

5. CALLING THE TUNNEL

Another very powerful and effective method is "Calling the Tunnel." Simply say, "I now call the Tunnel," and ask that a Higher Power remove any energies not resonating at the level of Unconditional Love or higher into the Tunnel. The Tunnel will remove them. Then ask that the Tunnel be closed.

6. GROUNDING

LIVING WITH BOTH FEET ON THE GROUND - by Iris Michael www.RainbowSunHealing.com

"Nature does not hurry, yet everything is accomplished." - Lao Tzu

In nature everything flows in its own time and rhythm. Plants and animals live according to the cycling of the seasons. Only we humans in our artificially constructed world go against nature by maintaining high levels of activity and stress. This brings us out of balance and can cause us to feel "ungrounded": disconnected from our selves, other people and our surroundings.

Some symptoms of being ungrounded are: feeling "spaced out", emotional numbness, spending too much time "in one's head", or being accident-prone. (These symptoms may indicate other concerns, however, this is not the focus of this article.)

Human beings are a complex of energies: physical, mental, emotional and spiritual. In a sense, we are a blend of earth and heaven, the physical and the metaphysical. When our energies are well integrated, we get a sense of having both feet firmly planted on the earth. We feel calm and centred. However, in the rush of our modern society, we have to make a conscious effort to reconnect to ourselves and the earth in order to get grounded.

"Getting grounded" helps us to:

- improve balance and stability
- expand our ability to be and act in the moment
- improve mental clarity
- increase our ability to heal our selves
- feel more joy and fulfillment.

Anything that helps us to connect with our bodies and the earth, like spending time in nature, working with our hands, exercising, breathing fully, meditation, enjoying a balanced diet and good water can help us to be more grounded.

Below is a short meditation that takes approximately 10 minutes. It can be profoundly calming and energizing and helps to integrate the energies of heaven and earth (mind/spirit and body).

GROUNDING MEDITATION - THE TREE

1. Find a place to sit comfortably and undisturbed with your back straight and your feet flat on the floor.
2. Close your eyes and take several deep breaths to relax areas of tension.
3. Visualize yourself as a tree. Imagine your head as the crown of branches reaching out to the sun and your feet as the roots.
4. See your roots slowly sinking deep into the earth until they reach the centre. Ask the Earth to send you healing energy and allow yourself to draw this energy up through your feet and up your legs.
5. Let earth energy fill you from the base of your spine, to your belly, solar plexus, heart, into your shoulders and arms and out your hands, up to your throat, brow and then out the top of your head.
6. Now focus on the branches of the tree (the top of your head) reaching out to the sun. Ask the sun to send you its healing light.
7. Draw the light down through your crown, then to your brow, throat, shoulders to hands, heart, solar plexus, belly, base of the spine and down your legs to your feet and into the earth.
8. Allow the energies of heaven and earth continue to flow and blend in your body. When you feel complete, thank the sun and earth for their energy.

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BEFORE GOING INTO A PLACE WITH HIGH ENERGY

1. DRAWING IN THE AURA

The aura is part of the energy body, surrounding the physical body. Some people's aura will naturally be more expansive than others'. Having an expansive aura is not at all a negative thing. However, having an open, expansive aura in public may cause you to inadvertently "take in" energies around you. If you find this happening, and feel uncomfortable, say to yourself, "I now pull in my aura." Breathe deeply, imagining your aura coming in within about 6 inches of your body.

2. THE TRIPLE-PROTECTION GRID

It sounds fancy, but it's quite practical. Setting up this Grid is simply a matter of stating your intention. And it works! First, call on the Source of Healing with which you resonate - for example, your Higher Self, or the Universal Mind. Ask them to place the "Triple Protection Grid" around you. You might picture the grid like a mesh or net in spirit that prevents any negative energy from passing through to you or from you to another person. Ask that this grid be filled with energies of Love, Light, and Healing Energy, and that only these Energies pass through the grid.

CLEANSING YOUR SPACE

It is also a good idea to make sure that your living and working spaces have been cleansed. You can do this in a number of ways. You can ask that all energies not appropriate to the soul's path be removed. You can intend for the space to be cleansed of all energies that are not of the highest light and send Reiki to the space. Some people also burn sage.

USING STONES

Stones have innate healing properties, and even moreso when they are charged with energy. For additional protection or power for healing and cleansing, you can carry stones with you, put them around your space, or hold or place them on your body during self healing. If you feel stressed, you can rub a stone or hold it in your hand to intend for clearing to take place. Stones magnify your intention and amplify the healing power of Reiki. They also clear the energy field and individual chakras that relate to the natural color of the stones.

RESOURCES

<http://www.reiki.org/>

<http://hubpages.com/hub/Energetic-Cleansing--Protection>

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Your energy is affected by all that's around you. Protect it to help you avoid negative influences.

Image credit: <http://univisions.wordpress.com/2008/12/10/the-aura-your-energy-skin/>