

21 Day Clearing

Reiki is an extremely powerful tool for healing. Often people consider Reiki a therapy to learn so that they can treat others. They overlook the fact that Reiki is first and foremost a self-healing tool.

Once we are attuned to Reiki (and even in some circumstances beforehand) Reiki will begin to work on healing us.

All too often we live in a state of imbalance. We eat processed foods complete with chemicals and toxins. We lead very busy lives and fail to take time out to relax. We also don't sleep sufficiently, then we try to counter our tiredness with caffeine and when we do want to relax we can use substances such as food, chocolate, alcohol and cigarettes to assist that relaxation. All of which add to the levels of toxins in our bodies.

Once Reiki begins to work it will redress the imbalance, hence the clearing process. For example, after your Reiki attunement, you may find you have a thirst you can't quench and therefore have to drink copious amounts of water. This is Reiki's way of helping us to clear the toxins from our bodies. The cleansing process helps to clear away all sorts of imbalances and blockages that we have. This includes all mental, emotional and physical aspects.

When we have lived our lives in a state of imbalance for so long, it will begin to feel normal. When that balance is shifted, we can struggle with that change and begin to feel emotions and physical symptoms that we don't feel comfortable with. This is just our body's way of dealing with the change. Everyone has their own experience of Reiki and no two people are exactly the same but often people report experiencing/feeling:-

- Irritable*
- Emotional (highs and lows)*
- Detached (and wanting to spend time alone)*
- Serene Calmness*
- Shaky*
- Nauseous*

- *Fatigued*
- *Symptoms of physical detoxification such as extreme thirst*
- *Vivid dreams*

Reiki will work on bringing your chakras into balance throughout this cleansing process. It will begin with your base chakra and work its' own way through all the others until it reaches the crown chakra. It takes around 3 days for the energy to move through each of the 7 chakras and this is the reason for the clearing taking approximately 21 days.

In order to help yourself through this clearing process we would suggest that you:-

- *Make time to treat yourself with Reiki every day.*
- *Drink plenty of water*
- *Reduce, or cut out, your intake of processed foods and eat a well balanced diet.*
- *Reduce, or cut out, your intake of toxins such as alcohol, nicotine and caffeine.*
- *Keep a journal so that you can monitor your progress. Record your thoughts and emotions, often this can help with a release of any mental or emotional blockages.*

As you are attuned to each level of Reiki you will experience a cleansing process and may find that you experience similar symptoms, but equally you could have a very different experience each time.

Please do not read the above and worry about this process. It is important to know that Reiki always works for your highest and greatest good, so trust what is happening, because Reiki will always know what is right for you.

Many people embark on their Reiki path because they feel an intense desire to help others. However, we have to remember that we are much better prepared to help others if we can help ourselves first.