



Your Reiki Distance Toxins Clearing



Reiki is a Japanese technique for stress reduction and relaxation which also promotes healing. It is based on the idea that an unseen "life force energy" flows through us enabling us to live. When our "life force energy" is low, we are susceptible to stress or illness, and when it is high, we are capable of being happy and healthy.

Rei, in Japanese, means "Higher Power" and Ki means "life force energy." So Reiki is: "spiritually guided life force energy."

As our life force is energy we can connect to each other energetically, and that is how I can, through intention, provide you with a toxins clearing for your body, without physically being there with you. We can connect through the power of thought and through the divine consciousness that connects us all. You may use this Reiki Clearing whenever you require it. My intent is to provide green healing Reiki energy, transmitted via divine consciousness, protected by divine consciousness, Archangels Michael and Raphael, and, for the sole purpose of clearing toxins from your body/mind. All other connections are energetically cut by the Archangels at the end of your session.

Our bodies can get a build-up of toxins from diet (processed foodstuffs), environmental pollutants (car exhaust fumes, chemicals, sprays and so on), lack of exercise (lactic acid sits in system), and also from stress (too much cortisol pumping through our body). This Distance Clearing seeks to free your body of these energetic and physical toxins, through both my and your intent. Be sure to drink plenty of fresh, clean water after you receive the Clearing below, which will help flush out toxins from your body.

Grounding: 5-10 minutes. Clearing: 15-20 minutes. Meditation: 15-20 minutes (optional).

Disclaimer: This Reiki Distance Toxins Clearing is not a replacement for professional medical treatment and is a form of energetic self-healing in which your intention enables you to open to healing yourself. Please always consult a medical professional should you be experiencing symptoms of dis-ease or ill health. Please never self-diagnose, seek professional diagnosis.

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Grounding Exercise

Before you receive the Reiki Distance Toxins Clearing, please follow this meditative grounding exercise to ready your body, and calm the mind. Sit, or lie comfortably, in loose clothing in a safe and serene environment where you will not be disturbed for up to one hour. The grounding may take you 5-10 minutes.

Picture a large pink quartz crystal at the centre/core of the Earth. From it small roots grow, sending pink light up through the earth to the bottom of your feet. Feel the healing light enter your body through the soles of your feet, up your legs, torso, arms, chest, neck, and head. Next visualize golden rays of light from the sun streaming down to you and entering through a point in the top of your head (your crown chakra). Feel this golden light fill your body. Feel the golden and pink light swirl and mix together inside your body, and around your body: a protective shield of energy around you and within you. You are now connected to Heaven and Earth, Earth and Sky. Sit for a few moments and breathe in energy from both below and above and visualize that energy entering your body. Take three deep breaths. In doing this visualisation you are both centering and grounding yourself.

Receive your Reiki Distance Toxins Clearing

After you have completed the grounding exercise above, you can continue with the Clearing, which will take 15-20 minutes (followed by an optional 15-20 minutes or longer). Focus on this Reiki symbol “Dai Ko Myo” for a few minutes. Repeat mentally three times the following:

“I will now receive Usui Reiki toxins clearing from Fiona Louise
with perfection and for my highest good”.

This will start the clearing which will last for 15-20 minutes. You may wish to keep your position for another 15-20 minutes (or more if you like) to meditate/pray, and give your body and mind time to self-heal and connect with your Soul. This will give the increased flow of the energy a chance to more rapidly become distributed and absorbed into your energy system. Please drink 1-2 glasses of water as part of this detox.



For more Distance Energy Clearings please visit www.fiona-louise.com

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