



Reiki Your Home for the Holidays

By “Raven” Anne Quigley, R.M.T.

One of my favorite uses for the healing energy of Reiki is to create sacred space. There are many ways that this can be done and here are a few suggestions for you. Especially now, when we all have family and loved ones gathering together, it is a beautiful way to use the gift of Reiki!

Where can you use Reiki for creating sacred space? Anywhere in your home, your garden, backyard, or work space. You can offer Reiki to your bedroom to create a blessed and healing retreat from all the hectic holiday stresses. You can charge the walls of your kitchen with Reiki, to add Divine Love and healing properties to the holiday feasts you prepare. Also remember to offer Reiki to the actual food itself. This is a great way to guarantee rave reviews of your cooking! You can fill your entire home with the peace, serenity, and gratitude of Reiki energy.

You can also add Reiki energy to your office or work space. You will enjoy interactions with co-workers and associates as they step into your space and marvel at how different it feels “in there”. You can, of course, offer Reiki to any other environment that comes to mind. Remember, the only mistake you can make with Reiki is NOT to use it!

So how do you do this? If you have been trained at the Reiki II or Reiki III levels, you can simply offer Reiki symbols to the walls, floor, and ceiling of whatever space you wish to bless. Add as much Reiki energy as you can, while you are drawing the symbols in the air and sending them into the surfaces.

If you have not yet been trained beyond Reiki I, remember what we like to say, “There is no such thing as JUST a Reiki I practitioner!” You are every bit as capable and powerful as any other Reiki healer. It is just as effective to simply send the Reiki energy from your hands, from your heart, from your eyes and from your being. Visualize that beautiful, warm Reiki energy flowing to all four walls of your bedroom, your kitchen, your living room, or even to each of the walls that contain your whole home. In your mind, you can state, “I bless this wall with Divine Light and Love” as you send energy to each of the surfaces you wish to charge with Reiki—walls, floors and ceilings. Spend just a few minutes repeating this mantra or create an intention of your own. You can do a sort of moving meditation as you walk through your home—filling your living spaces with this lovely, peaceful energy. Remember, with Reiki, you simply cannot do anything “wrong”.

If you like, you can also send the intention to seal the Reiki energy into your home or office, by asking Reiki to seal the doors, windows and vents, creating a delicious and inviting container of sacred energy in every room you bless.

I hope you’ll enjoy this wonderful way of practicing your Reiki. It can help to create a love-filled holiday season for you to cherish and remember...always!