



# Cleansing



How long would you consider going about your daily life without washing your hands or face, or without taking a shower after you have been exposed to dirt and grime?

Probably not very long at all!

Yet many of us don't think of cleansing ourselves of all the negative energy we pick up during the day - for example, from toxic people we've encountered or from disturbing news events. Having negative energy "stuck" to us can affect our health and well-being resulting in anything from a generalized sense of anxiety to sleep disturbances to physical dis-ease.



Reiki is an excellent way to cleanse our body, our spirit, our life of the negative energy we have picked up. However, to reinforce the energy cleansing effects, the rejuvenating sense of calm and healing associated with Reiki between Reiki sessions, meditation works wonders.



If meditation is new to you, there are some practical suggestions on the [Resilience website](#) to help you get started.

Remember, there is no one right way to meditate. It is important for you to take the time to discover what works best for you – then make it part of your everyday routine!

**Thank you** for your business,  
support, feedback and referrals.

*I am happy that Reiki  
is benefiting so many on their  
healing journeys!*

**Sue Aumer**

Usui Holy Fire III Reiki Master  
practitioner / energy worker

靈  
巫  
氣

**Contact Me, Schedule a Session OR Order Gift Certificates**



Share



Tweet



Forward

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to **\*[EMAIL]\***  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
**\*[LIST:ADDRESSLINE]\***

**\*[REWARDS]\***