



Reiki eZine by Taggart King

[Liberate Your Reiki!] Get The Energy FLOWING!

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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Simple Energy Exercises to Get The Energy FLOWING!



In this post I'd like to share a couple of simple Reiki energy exercises that you can use to clear and cleanse, and balance your energy system. These exercises come from Original Japanese Reiki, were taught by Mikao Usui, and can be used every day.

They would be a lovely way to start your day, in fact.

The exercises are referred to as **kenyoku**, which means "dry bathing" and **joshin kokkyu ho**, which means something like "soul cleansing breathing method". You carry out the exercises in order, starting with a quick kenyoku and then moving on to a blissful experience when carrying out joshin kokkyu ho for several minutes.

Here's what to do:

Relax

Sit in a comfortable chair. Relax and close your eyes, and place your hands palms down on your lap.

Focus your attention on your Dantien point: an energy centre two fingerbreadths (3-5 cm) below your tummy button and 1/3 of the way into your body.

Say to yourself "I'm starting my energy exercises now".

Kenyoku

Kenyoku can be seen as a way of getting rid of negative energy.

Brush across your torso

Place the fingertips of your right hand near the top of the left shoulder, where the collarbone meets the bulge of the shoulder. The hand is lying flat on your chest. Draw your flat hand down and across the chest in a straight line, over the base of the sternum (where your breastbone stops and your abdomen starts, in the midline) and down to the right hip.

Exhale as you do this.

Do the same on the right side, using your left hand. Draw your left hand from the right shoulder, in a straight line across the sternum, to the left hip, and again exhale as you make the downward movement.

Do the same on the left side again (like you did at the start), so you will have carried out movements with your right hand, left hand, and right hand again.

Brush down your arms

Now put your right fingertips on the outer edge of the left shoulder, at the top of your slightly outstretched left arm, with your fingertips pointing sideways away from your body.

Move your right hand, flattened, along the outside of your arm, all the way to the fingertips and beyond, all the while keeping the left arm straight. Exhale as you do this.

Repeat this process on the right side, with the left hand placed on the right shoulder, and move it down the right arm to the fingertips and beyond. Exhale as you do this.

Repeat the process on the left side again, so you will have carried out movements with your right hand, left hand, and right hand again, like before.

Watch this video demonstration

This is a lot easier to watch than describe, so take a look at this YouTube demonstration that I found...

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