

## *8. Keeping Your Energy Clean*

Healers tend to be compassionate, sensitive, and empathic. This can make us especially susceptible to others' energy. Being among crowds of people may fatigue us. Contact with certain family members or friends may leave us feeling depleted. Watching television news may cause us to feel overwhelmed by suffering in the world. And on occasion, we may feel tired or depleted after we have given a Reiki treatment.

If we are to maintain our good health and be clear channels for Reiki energy, it is important that we keep our energy clean. Although the emphasis here is on how we can do this during Reiki treatments, it is equally important to be aware of the need in other situations. This does not mean that we cease caring or that we live in a fantasy world where we ignore pain. It means that we react compassionately without taking on the pain of others; we protect ourselves from people and situations that deplete our energy, and we avoid creating undesirable energies.

### *How Does Undesirable Energy Originate?*

Undesirable energy is created through negative thought and through negative actions and activities. The science of Cymatics has shown us that sound vibrations affect matter. If we constantly repeat thoughts and speak words that reflect fear, worry, anger, or judgment of ourselves and others, we create energy within our own bodies that can be detrimental to our physical, mental, and emotional well-being. Engaging in activities that are detrimental to ourselves or that bring harm to others creates undesirable energy as well. This energy not only affects us but also radiates from us, polluting our environment and affecting those around us. Like bacteria, undesirable energy is present to some degree in almost all environments. As is the case with bacteria, the higher the concentration of undesirable energy, the more difficult it is to remain unaffected by it. However, just as bacteria are less likely to affect you if your immune system is healthy, undesirable energies are less likely to find a home with you if your energetic immune system is healthy.

### *How Do We Avoid Taking on Undesirable Energy?*

As with everything in life, intention is the key. The first step in keeping our energy clean is to hold the intention that nothing unlike Divine Love will penetrate our