



HOW TO GET OVER AN ENERGY RELEASE

BY LOURDES LEBRON

Sometimes when a person receives Reiki or another form of energy, they experience an energetic release. An energy release (also known as a release) is when a blockage has been removed, or energies have been balanced and come across stronger than a person is used to. When this happens, a person may feel extra sensitive, emotional, and/or experience physical symptoms like needing to go to the bathroom more often.

When a release is experienced there are several things you can do to ease the strength of the energy. Here are a couple of my suggestions:

- 1) If possible, rest. The more relaxed you are the easier it is for the energy to integrate itself in your aura.
- 2) Drink more water. Water assists with releasing energy blockages in the body.
- 3) Eat more protein. Protein can help ground you which can may aid in stabilizing the vibrations in your body.
- 4) Use grounding crystals/minerals like Black Tourmaline and Obsidian to assist with the transitioning frequencies.



- 5) Surround yourself with scents like Lavender and Rose; they may help keep you stay calmer and more focused.
- 6) Journaling may help you become more aware of what is being released. That insight may make the release easier to deal with.
- 7) Meditating can bring you into alignment with your new energetic state faster.
- 8) Envision yourself cocooned in soothing color like baby pink or light blue to fill your aura with their soothing vibes.

Most importantly, remember that this is temporary, and you will feel better shortly. Self-care and nurturing yourself are the keys to making the integration easier and faster.