

## Ken'yoku Ritual Card

### *Dry Bath Energy Cleansing Practice*

#### What is Ken'yoku?

Ken'yoku ("dry bathing") is a traditional Japanese Reiki technique used to purify your energy field. It clears unwanted energy, strengthens boundaries, and helps you reset energetically before or after Reiki sessions, or any time you're feeling emotionally off.

Inspired by Shinto purification and taught by Mikao Usui, this technique connects us to Reiki's original roots as a path of energetic awareness and spiritual refinement.

#### When to Use Ken'yoku:

- Before starting a Reiki session
- After finishing a session
- Between clients or tasks
- When feeling energetically drained or heavy

#### Ken'yoku Step-by-Step:

1. **Begin by standing or sitting in a relaxed position.** Take a deep breath and bring your awareness to your body.
2. Before starting the ritual, I like to visualize a bowl of salt water or a tunnel connected to the outside where the energy can be transmuted by the earth.
3. Extend your left arm out in front of you. Use your **right hand to sweep down the length of your left arm** from shoulder to fingertips. Shake off the energy from your hands into the bowl of salt water or your tunnel.
4. Repeat for the right arm. Use your **left hand to sweep down the length of your right arm** from shoulder to fingertips. Shake off the energy from your hands.
5. Place your right hand on your left shoulder. **Sweep it diagonally down across your chest to your right hip.** Shake off the energy from your hands.
6. Place your left hand on your right shoulder. **Sweep it diagonally down across your chest to your left hip.** Shake off the energy from your hands.
7. **Repeat all four steps 3 more times.**
8. **Pause.** Take a breath and feel your field clear. Say silently or aloud: *"I release what is not mine. I return to center. I am clear."*

**Reminder:** You can practice Ken'yoku daily, even outside Reiki. It's a sacred pause and a way to energetically honor yourself.

✿ *When you truly relax, healing can begin.* ✿

