



# What is Negative Energy Clearing



- Remote Negative Energy Clearing in Distant Reiki is a practice where a Reiki practitioner focuses on removing or neutralizing negative or stagnant energy from an individual, using distant healing techniques. The practitioner works from a distance, channeling Reiki energy to cleanse and clear negative influences that may affect the recipient's well-being.

## What Does Remote Negative Energy Clearing Include?

- Energy Assessment: The practitioner identifies areas of negative or blocked energy in the recipient's energy field.
- Energy Clearing: Using Reiki energy, the practitioner works remotely to clear and transmute negative energy, restoring balance and harmony.
- Intention Setting: The practitioner sets specific intentions for the clearing process to address the recipient's unique needs and concerns.
- Guidance and Support: The practitioner may offer advice on how to maintain a positive energy state and avoid future blockages.
- Benefits of Remote Negative Energy Clearing:
- Emotional Relief: Helps alleviate feelings of stress, anxiety, or emotional heaviness caused by negative energy.
- Enhanced Well-Being: Promotes a sense of balance and renewal by removing stagnant or disruptive energy.
- Convenience: Provides effective clearing without the need for in-person sessions, making it accessible from anywhere.