



Reiki & Essential Oils

CLEARING YOUR SPACE



YOUR SPACE CLEARING CHECKLIST

1. Explore the spaces you frequent and see if they need clearing. You will do this by entering the room, closing your eyes and taking a deep breath in. Hold it for a second and then release completely. Do this a few times. Now close your eyes and ask yourself, "How do I feel in this space?". Your answer will tell you if you need to take some time to clear it. Trust yourself.
2. Make a note of how you feel in each space. Go through each room in your home and workspace to get a baseline of the energy around you. You can also make note of positive feelings you have in your spaces.
3. Reflect on how you felt in each space. Expand on those feelings. For example, our bedroom is a place where we need peace and rest. If you felt stagnant in the room for

example, how does that connect with your life? Our kitchens are places where we nourish ourselves. If you felt anger in your kitchen, how does that relate to how you feed your body and soul? Bathrooms are spaces where we release and cleanse. If you felt despair in your bathroom for example, how does that connect with the way you process things and release them?

Take your notes here:



ESSENTIAL OILS FOR CLEARING YOUR SPACE

Here is how you can use Reiki and essential oils to clear your space and align it with the resonance that you wish.

As mentioned, there are so many essential oils that can be helpful for clearing your space. Here are a few you can consider.

Clove on an energetic level is known as a boundary oil. It can help you to strengthen your resolve and say no to others while saying yes to your highest good. Sometimes we can feel we are victims to our circumstances and Clove essential oil can help us to extend our energetic circle of influence.

Lemongrass can help us and our spaces by cleansing dissonant energy, beliefs, thoughts and emotions. Do not be surprised after you use this oil if you find yourself de-cluttering and releasing old items that do not serve you and your highest self.

Lime essential oil can help to clear a space when the frequency is connected with despair and a lack of enthusiasm for life. Lime can help to shift that resonance into heart centered frequencies such as courage and authenticity.

Tea Tree or Melaleuca essential oil is a very powerful oil for energetic clearing. It can help to clear ourselves and our spaces of invasions that are not serving us. It can help us to gain clarity around why we attracted toxic people or relationships to us so that we can heal those parts of ourselves and attract healthy people and relationships that serve our highest good.

Oregano is an essential oil that can help us to release our attachments to things that are not good for us. These may be beliefs, life circumstances such as a job that drains us or a relationship that hurts us. This oil helps us to see the things that truly matter in our life. Frankincense is known as the king of oils because it is extremely potent on a physical and energetic level. Frankincense can help us to see the truth rather than the information filtered through our beliefs, thoughts and memories. It can serve as an energetic shield from dissonance and help to raise our awareness.

Here are some diffuser blends you can explore to assist in the space clearing process.



HIGH RESONANCE

••• CEDARWOOD
•• DOUGLAS FIR
• SPIKENARD

Diffuser Blend

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CREATING YOUR SACRED SPACE

••• FRANKINCENSE
•• MYRRH
• SANDALWOOD
• CLARY SAGE

Diffuser Blend

LISAPOWERS.CO



SPACE CLEANSE

- 4 LEMONGRASS
- 3 LAVENDER
- 3 FRANKINCENSE
- 2 CILANTRO

DIFFUSER BLEND



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FRESH & CLEAN

- 5 GRAPEFRUIT
- 4 JUNIPER BERRY
- 4 SIBERIAN FIR

Diffuser Blend

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Once you have your oils filling your space, sit down in the middle of it. Take a few deep breaths and allow your mind to clear. As you breathe, smell the oils and connect them with your intentions of shifting the energy that is dissonant around you. You will then visualize the Reiki symbols as described below. Here is a symbol cheat sheet to help you.

Using Reiki to Clear Your Space

Now, visualize the reverse Cho Ku Rei (CKR). This is the reverse of the traditional CKR and from a sacred geometry perspective helps to unravel energy that is not serving us. Sometimes imbalances within and around us are a tangled web of memories, beliefs and emotions and the reverse CKR defragments everything so we can see clearly.



Allow the reverse CKR to rise above your head in your mind's eye. Observe as it travels around the room, into the corners, along the walls from floor to ceiling. See it beam Reiki energy until it fills the space.

Now visualize the traditional CKR. This symbol is also known as the power symbol and can bring in resonant energy. With everything in the open, we will use the CKR to amplify the process. See the CKR beam Reiki as it moves around your space.



You will visualize Hon Sha Ze Sho Nen now. This symbol will bring forth any unprocessed memories, emotions, beliefs and energy from the past that has contributed to the imbalances you are working with. Allow it to radiate Reiki as it connects with everything that needs to be addressed.



Visualize the Sei He Ki. This symbol will assist in clearing any emotional trauma connected to the space. Watch as it gently glides around the room, with Reiki energy beaming from it.

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In your mind's eye, visualize the Dai Ko Myo. This Master symbol will help transmute energy within a space and within yourself from past generations. Visualize it as it hovers in the center of the room. Imagine it is a magnet, attracting everything that has been brought here to be healed.

You will now take another few deep breaths, and draw Reiki energy into your bodymind. Feel it filling you up from your feet, up your legs, into your torso, abdomen, chest arms and head. Now imagine you are a lantern, shining Reiki energy and lighting up your space. Spend a little time spreading your light.

You have now cleared your space! This may seem like a lot, but once you complete one room, the rest will be easier. Here is a step-by-step checklist and your complete guide you can use to clear each of your rooms.

Now that you have cleared your space, you can think about how you want each room to feel. Do you want to feel creative or passionate? Do you want a space to energize you or help you find serenity? In addition to performing Reiki self-treatments each day, essential oils can also assist in creating a specific energetic atmosphere.

Essential Oils and Emotional Resonance

Emotion You are Feeling	Emotion You Want to Feel	Essential Oils
Obsessive	Calm	Arborvitae
Overwhelmed	Free	Basil
Unworthy	Self-Assured	Bergamot
Fearful	Brave	Birch
Subdued	True to self	Black Pepper

Egotistical	Generous	Cardamom
Unsure	Confident	Cassia
Outsider	United	Cedarwood
Preoccupied	Relaxed	Cilantro
Disadvantaged	Synchronistic	Cinnamon Bark
Restricted	Open-Minded	Clary Sage
Victimized	Sustained	Clove
Nervous	Engaged	Coriander
Stuck	Flowing	Cypress
Head in the sand	Consciously Choosing	Dill
Distressed	Tranquil	Douglas Fir
Blocked	Inspired	Eucalyptus
Stagnant	Thriving	Fennel
Disconnected	Integrated	Frankincense
Abandoned	Restored	Geranium
Lethargic	Motivated	Ginger
Excluded	Supported	Grapefruit
Hurt	Comforted	Helichrysum
Weakened	Released	Jasmine
Cynical	Intuitive	Juniper Berry
Ignored	Validated	Lavender
Bored	Empowered	Lemon

Prohibited	Guided	Lemongrass
Unclear	Invigorated	Lime
Distrustful	Faithful	Marjoram
Uncertain	Serene	Melaleuca
Unhappy	Resonant	Melissa
Detached	Cherished	Myrrh
Stubborn	Resilient	Oregano
Damaged	Superior	Patchouli
Held back	Fortified	Peppermint
Struggling	Aligned	Petitgrain
Indifferent	Persevering	Ravensara
Unfulfilled	Focused	Roman Chamomile
Lonely	Adored	Rose
Disorganized	Clear	Rosemary
Bored	Dedicated	Sandalwood
Exhausted	Revitalized	Spikenard
Burdened	Elevated	Tangerine
Rigid	Flexible	Thyme
Scattered	Grounded	Vetiver
Closed	Receptive	White Fir
Weary	Dynamic	Wild Orange
Inflexible	Open	Wintergreen

Inconsistent

Equalized

Yarrow

Troubled

Enthusiastic

Ylang Ylang

**Traditional
Emotions**

Essential Oil

Joy

Arborvitae, Helichrysum, Lemon, Lime, Melissa, Orange, Peppermint, Spearmint, Spikenard, Sandalwood, Tangerine, Wild Orange, Ylang Ylang

Sadness

Geranium, Lemon, Frankincense, Peppermint, Bergamot, Lavender, Ylang Ylang

Anger

Cardamom, Geranium, Lavender, Melissa, Spikenard, Thyme, Ylang Ylang, Helichrysum, White Fir

Worry

Cilantro, Cypress, Clary Sage, Bergamot, Wild Orange, Tangerine, Sandalwood

Grief

Lemon, Lime, Lavender, Bergamot, Orange, Geranium, Grapefruit, Wintergreen, Peppermint, Eucalyptus, Melaleuca, Ylang Ylang

Fear

Arborvitae, Bergamot, Birch, Cassia, Cinnamon, Clove, Cypress, Fennel, Jasmine, Juniper Berry, Lavender, Lemon, Marjoram, Myrrh, Patchouli, Peppermint, Roman Chamomile, Spearmint, Ylang Ylang, Wild Orange, Sandalwood



ADDITIONAL RESOURCES

I hope you found this information helpful in creating spaces that feel great and contribute to an amazing life for you and your family. If you are wanting to learn more about Reiki and essential oils, here are some additional resources for you.



REIKI LEVEL I, II AND MASTER MANUAL

This comprehensive guide is a helpful resource you can reference and revisit as you continue and deepen your Reiki journey.

[Available through Amazon.](#)

ESSENTIAL OILS

Not all essential oils are created equally, so if you do not have an essential oil brand you love and trust in your home, [click here](#) to learn about the ones I use and how you can get them too.



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