



# *Protective Bubble Reiki Attunement*

Elemental Reiki

[www.elementalreiki.com](http://www.elementalreiki.com)

### *About This Attunement*

The Protective Bubble Reiki Attunement is a method of psychic protection that is easy to use. Its purpose is to provide a firm layer of psychic protection from outside negative energies and psychic attacks, while still allowing for positive energies of love and peace to flow through.

The bubble also brings a sense of lightheartedness, playfulness, and joy. These higher energies are also natural wards against darker, heavier energies like anger or depression that might get you down.

You may have heard the phrase "living in a bubble," which generally has a negative connotation of being out of touch with the real world. However, this Protective Bubble is doing something good - it is blocking out negative outside energies while promoting feelings of peace and harmony.

## *Protective Bubble Reiki Attunement*

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### *How To Use the Energy*

Once you have received the attunement (see below), this energy works by visualization. If you have ever seen the original Wizard of Oz film, then you may remember Glinda the Good Witch floating into Munchkinland in a bubble. Imagine a bubble like that surrounding you. You can imagine it sparking and iridescent, and all sorts of beautiful colors that you like.

Deep, slow breathing will help you with your visualization and enhance its healing effects.

### *How to Give and Receive the Attunement*

You can self-attune to this energy. The safest way to do this is by using the "Spirit-Directed Reiki Attunement Method." The manual is available for free here:

<http://www.elementalreiki.com/spiritdirectedreikiattunement>

Or, simply ask your higher power to attune you to the energy, i.e.:

## *Protective Bubble Reiki Attunement*

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Dear Great Spirit, please attune me to the Protective Bubble Reiki Attunement

You can also use the Spirit-Directed Reiki Attunement Method to give attunements. Otherwise, you can use whatever in-person or distant attunement method that you prefer.

### *Donations*

If you would like to donate to the author of this manual, your donation would be gratefully received. You can do so here:

<http://www.elementenergy.com/donate>

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