



Living the Light of Joy

Colleen
Benelli

Usui/Tibetan,
Karuna Reiki® Master Teacher

(503) 912.0664

colleen@reikilifestyle.com



A Reiki Burning Bowl

Colleen Benelli

www.reikilifestyle.com



Supply List

- Ceramic Bowl
- Or Wooden Bowl
- Rock Salt
- Candle
- Stick Matches
- Paper
- Pencils
- Acrylic Paint
- Paint Brushes
- Carbon Paper
- Blank Book
- Stones to catch ashes Water
- Fire Extinguisher



Reiki Lifestyle
(503) 912.0664

Introduction

A Reiki Ceremony can open us so we can listen to our hearts and gain clarity. We can then focus on our true intentions and ask for help from our Reiki Guides in a clear and powerful way. A Reiki Burning Bowl Ceremony is a fire ceremony designed to help us listen, become clear in our intentions, release the old habits that get in the way of those intentions, and bring in new habits that can help us accomplish our intentions.

Thich Nhat Hahn teaches us, "If we face our unpleasant feelings with care, affection, and nonviolence, we can transform them into the kind of energy that is healthy and has the capacity to nourish us."

The complete article titled "Reiki and The Burning Bowl Ceremony," is in the Winter 06 issue of the Reiki News Magazine. It has a complete ceremony that you can photocopy and use to hold your own Reiki Burning Bowl Ceremony this New Years Eve. To get a copy go to www.reiki.org. I have used excerpts from the article in the following instructions on how to make your own Reiki Burning Bowl.

Making the Burning Bowl

I made the Reiki Burning Bowl that I use most often for my ceremonies. I use it for individuals or small groups of people. It was an easy craft project that was fun and inexpensive to make. First, I used self Reiki and the Usui Distance symbol to ask my Reiki Guides what the bowl was to look like. Then I went to a thrift store, bought an old wooden salad bowl, cleared and cleaned it, drew the Reiki symbols all over, and painted it and filled it with Reiki again. The painting methods I used are at the end.

Or you can use any kind of a bowl that is safe for burning paper. The ceramic bowl in the photograph below was a gift to me from one of my students. It is also perfect to use as a Reiki Burning Bowl. Always fill your bowl with rock salt or earth to stabilize the candle and give a safe place for the paper to burn to ashes.



Here are some examples of other ordinary bowls, turned into Reiki Burning Bowls by adding stones or salt to catch the ashes. Always use the appropriate size paper for your bowl so the flame from the burning paper is proportionate to the size of the bowl. It is a good idea to test this first in a fire safe place, such as your kitchen sink.

When you use stones to catch the ashes, run them through the water to clean them. Send Reiki to the water and ask it to take the ashes back to the earth. Thank the stones, the water, and your Reiki guides for their work on your behalf. This also invites the element of water into your ceremony.



If I have a larger group for my Reiki Burning Bowl Ceremony then I create the bowl as a bonfire or use a patio fire pit. I have read that some of the Unity Churches use the bottom half of a barbecue for their Burning Bowl because their ceremonies are so large. It is appropriate to use any style fire container, just prepare and imbue it with Reiki to make it sacred.



In the following photo, I am burning the prayers of all of the people I pray and send Reiki too. I am on large prayer chains and receive prayers from many people. I print the prayers and put them in my prayer bowl under my crystal Reiki grid that sends prayers and Reiki continuously to the people. I burn them in a basket in a bon fire, to release the prayers to Creator in the smoke.



The flame is often pretty large, be sure you have enough room for it. I live in Oregon where it rains all the time so I can have big bon fires.



The Reiki Burning Bowl Ceremony

Your ceremony can be held indoors or outdoors. If you have it indoors, consider fire safety as a priority. Use heightened attention to the fire; be aware. Ask people to burn their prayers one at a time and wait until the paper is mostly burned before the next person burns their prayers. Have a fire safe stand or a tile under the bowl to protect your carpet or other surfaces. Make sure you are not underneath your smoke detector during the ceremony. Have water ready in a container or a fire extinguisher available in case the fire gets too big.

Be prepared to dispose of the ashes appropriately after the ceremony. They will be mixed with the salt or the earth. I usually bury them, spread them, or let the wind take them, after I am certain that the ashes are cold.

If you intend to have a Reiki Burning Bowl Ceremony for many people prepare for it appropriately. Write the prayers you will use for the ceremony in a book.



You may want to dress in ceremonial clothing, set an altar, have flowers and music, make the room feel special and have a potluck feast of gratitude after the ceremony.

Set the space for the ceremony by drawing the Reiki symbols around the room. In particular, invoke the Usui Mental/Emotional symbol “to create a new habit,” and the Usui Distance symbol to create the Reiki Bridge of Light. Then strengthen your own light by drawing a large Usui Power symbol over your body and on each of your chakras. If you are Reiki I, intend and ask Reiki to fill every part of the ceremony for you.

Have the people attending form a circle around the burning bowl or fire. Give the people a pencil and two pieces of paper, one for what they want to get rid of and one for what they want to bring in. If they have Reiki ask them to activate their hands, if not invoke Reiki on their behalf using the Usui Distance Symbol.

The following is an example of a Reiki Burning Bowl Ceremony for an individual client. Use the same format for any ceremony, whether it is for one or many.

1. Place a candle in the center of your bowl. Fill your burning bowl with rock salt or earth to secure the candle.



2. Draw the Reiki symbols over your bowl, using all the symbols you are attuned to. Beam Reiki into the bowl with your hands. Fill your breath with Reiki and the intention that the bowl is sacred and blow Reiki into the center of the bowl. Intend that the bowl and the fire receive the prayers of the people and send them to the light.



3. Say an invocation to invite Reiki and your Reiki Guides. Invoke the Usui Power and Mental/Emotional symbols. If you have Karuna Reiki®, use Zonar and Halu to release the old cellular connections and state the intention of the ceremony.

4. Have the participant take a quiet moment to connect to their heart and write what they are leaving behind, their release declarations on paper.



5. Beam the Usui Distance symbol to create a Reiki Bridge of Light to the Creator, burn the paper with prayer, and send it to the Creator on the smoke.



6. Invoke the Usui Mental/Emotional symbol and Harth from Karuna Reiki®. Have the participant take a quiet moment to listen to their heart and write their new intentions, empower the new intentions the Usui Emotional/Mental symbol and burn the prayer, sending it to the Creator.

7. Close the ceremony by thanking Reiki and your Reiki Guides. Say an ending prayer. Seal the healing with the Usui Power symbol.

8. Spread the ashes on the ground or bury them, and ask the earth to transform the ashes into nutrients for the earth. Thank the earth for receiving your prayers and what is no longer needed. Be careful about fire safety. Use water to wet the ashes or be certain they are cool before you spread them.



9. Reiki your Burning Bowl to clear it of unwanted energy. Be grateful for its service and appreciate it for its work. Take care of your bowl, as it is an important healing tool.

Ways to use a Reiki Burning Bowl Ceremony

I use Reiki and Burning Bowl Ceremonies as a healing tool for many different reasons and I adapt it according to my need. Sometimes it is a group ceremony, sometimes I use it for myself, and sometimes I use it for a client during a Reiki treatment.

I have used this ceremony as a rite of passage for birthdays, change of job or career, graduations and childbirth. It is also a great ceremony for a teenager's sixteenth birthday to let go of childish ways and bring in the new age of maturity.

This ceremony can help with ending of relationships; releasing people or events we have an unhealthy attachment to, troubling world events, sadness, childhood trauma, accidents, or the loss of a pet.

Sadly, one of the reasons I have used the Reiki Burning Bowl Ceremony lately is for clients, friends, and me to heal from the death of a loved one. I have had each person burn away the hard memories of the passing, and ask for the return of their loving memories.

My cat Chuck decided to help by giving the bowl cat Reiki!



A Wedding Reiki Burning Bowl Ceremony

I have had Burning Bowl Ceremonies at a rehearsal dinner before a wedding. The couple burns what they are leaving behind from their single life, what they do not want to take into the marriage. The wedding ceremony then is clear and open for the couples new vows and intentions to be brought forth.

The following is a Reiki Burning Bowl Ceremony that I performed at the rehearsal dinner for my son's wedding. If you are familiar with Marianne Williamson's book of prayers, "Illuminata," you will recognize her words in my prayers. You are welcome to use whatever part of this ceremony that you like.

Prepare the bowl, the space, yourself and the couple with Reiki before you begin. Place the symbols in the room. Reiki the fire and ask it to help the couple.

The Reiki Burning Bowl for Nicholas and Jennifer

Introduction

Explain the ceremony to the couple and the people attending the rehearsal dinner. That it is to give the couple an opportunity to think about anything they want to leave behind, their single life, childhood ways, and to release their unwanted behaviors so they can begin fresh and new on their wedding day.

Nicholas and Jennifer,

Tomorrow is the day you join your lives together. Tonight, I ask you to send a prayer to God. Ask Him to take from you the beliefs and behaviors of your past that you do not wish to take with you into your marriage and your future.

Write your releases on this paper and place it in the bowl.

As we pray together we will ask that you be set free from these beliefs and behaviors. We will burn the paper and send your releases to God in the smoke.

Please join me in prayer.

Dearest One,

We send a voice.
Hear our prayer.

Nicholas and Jennifer have shown up
Asking for your help.

They wish to leave behind the ways
That does not serve their new life
Together.

They are ready to bring forth the
Holiest vibrations of love and healing
Between them.

Nicholas and Jennifer, it is time to surrender
All the ways, both those you are aware
Of, and those that remain unconscious,
In which you block your love for each other.

Where you are afraid to love, where you
Have built walls in front of your hearts,
May you be healed and set free.
Surrender your conflicts and your burdens.
Remove any temptation to judge one another
Or to be dishonest.

Choose always the higher ground. In any challenge
Or conflict; align your heart with love before you
Act. Ask yourself, "What does love do now?"

Choose love and wisdom for your family, your
Community, and your world.

Remember to call on God in times of trouble and
In times of joy.
Remember to be grateful each and every day.



Please join me in prayer.

Dearest One,

We send a voice.
Hear our prayer.

Nicholas and Jennifer have shown up
Asking for your help.

They wish to leave behind the ways
That does not serve their new life
Together.

They are ready to bring forth the
Holiest vibrations of love and healing
Between them.

Nicholas and Jennifer, it is time to surrender
All the ways, both those you are aware
Of, and those that remain unconscious,
In which you block your love for each other.

Where you are afraid to love, where you
Have built walls in front of your hearts,
May you be healed and set free.
Surrender your conflicts and your burdens.
Remove any temptation to judge one another
Or to be dishonest.

Choose always the higher ground. In any challenge
Or conflict; align your heart with love before you
Act. Ask yourself, "What does love do now?"

Choose love and wisdom for your family, your
Community, and your world.

Remember to call on God in times of trouble and
In times of joy.
Remember to be grateful each and every day.

Surrender yourselves to love, Surrender your
Love to God.

Dearest Lord,
We give you great thanks for this love
between Nicholas and Jennifer.
May it serve Your purposes.
May it carry Your blessings and your power. May
Nicholas and Jennifer know your love each and every day.
Amen

Directions for my painted Reiki Burning Bowl



I bought a wooden salad bowl from Goodwill, cleaned it and painted it with regular acrylic paint. I used black first, then painted midnight blue with a touch of royal purple over the black. Then I used silver and purple glitter paint in random brush strokes. I just used colors that looked like the night sky and kept painting until it looked right. Experiment, it is a lot of fun and it is easy. Then I painted a moon with soft white paint.



I put glow in the dark stars and comets all over and drew the Reiki kanji over the moon. I used this kanji; photo copied it and placed it over the moon. Then I used carbon paper between it and the bowl and traced it onto the moon. Then I filled in the moon with a black permanent marker. I drew Chukotka the Bear on with white pencil and painted it white, then dabbed it a bit to make it more transparent.



Use your imagination. Any bowl you decide to use will be perfect. Enjoy!