

⑤ MOST COMMON ENERGY BLOCKS & HOW TO HEAL THEM



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We all have aspects of our lives that are effortless, and parts where we can't seem to move forward. The cause for feeling stuck in certain areas of your life may originate from emotions or events you've experienced in the past that you've either forgotten, or chosen to avoid. Energy block is a

term used to define these unprocessed wounds that may seem to be non-existent, yet sometimes lead to struggles in certain areas of your life. Here, I will outline what I believe are the five most common energy blocks that people encounter, and some ideas on how to heal them. But before we dive in, I'd like to explain a bit more about energy blocks, what causes them, and how to identify which one may be the cause of your suffering.

Reiki energy healing is based on the philosophy that residual energy from unprocessed emotions, beliefs, thoughts or memories cause blockages in the life force energy or "Ki". Your energy becomes disrupted when you accept, either consciously or unconsciously, negative feelings about yourself or others. If these blockages are not healed or expressed out of the body, they eventually cause physical harm in the form of illness or injury. My goal as a Reiki practitioner, is to raise the vibration of the energy field in and around your physical body. This stimulates energy around the block to break it up and gently allow it to release. Once a block is released, Ki can flow freely to support the organs and cells of your body.

Though I recommend **Reiki treatments** to assist in releasing energy blocks, it is possible to become aware of the patterns that cause a disruption, and eliminate them on your own. First, you must be able to recognize the patterns that are creating and sustaining the block. Often energy blocks result from events that occurred at a very young age, and are difficult to remember. Or experiences are

traumatic, and they are repressed and buried deep. Knowing the symptoms can help identify a block you're experiencing. Common symptoms of energy blocks are negative behavior patterns, feeling stuck in an area of your life, depression, procrastination around a particular issue, and increased consumption of alcohol, drugs or unhealthy food.

You also must be ready to acknowledge and surrender to the emotions that these energy blocks uncover. You must be ready to heal. Experiencing negative



thoughts, beliefs and emotions is painful. But, the discomfort is temporary. In time you'll feel light, free, and hopefully less physical pain. This is the result of clearing and healing your energy pathways, and allowing Ki to flow in a healthy, natural way.

If you've suffered severe trauma in the past, such as abuse, I'd suggest enlisting the help of a

qualified therapist to help you process your feelings around the trauma. It is also important to support yourself on this healing journey with a clean diet, exercise, sleep, and a large dose of compassion.

1 SUPPRESSING EMOTIONS AND TRAUMA.

It is vital to recognize, express and release our negative emotions. It's not easy to deal with painful emotions head-on. Most of us try our best to ignore them. And, this is why suppressing emotions and trauma is the most common energy block. But, it's important to your health and wellbeing: physically, mentally and spiritually. If you don't process the pain, it will resurface, or you may turn it inward toward yourself. This anger, fear, guilt or anxiety will create disruptions in Ki, and eventually manifest in physical symptoms such as digestive issues, insomnia and fatigue.

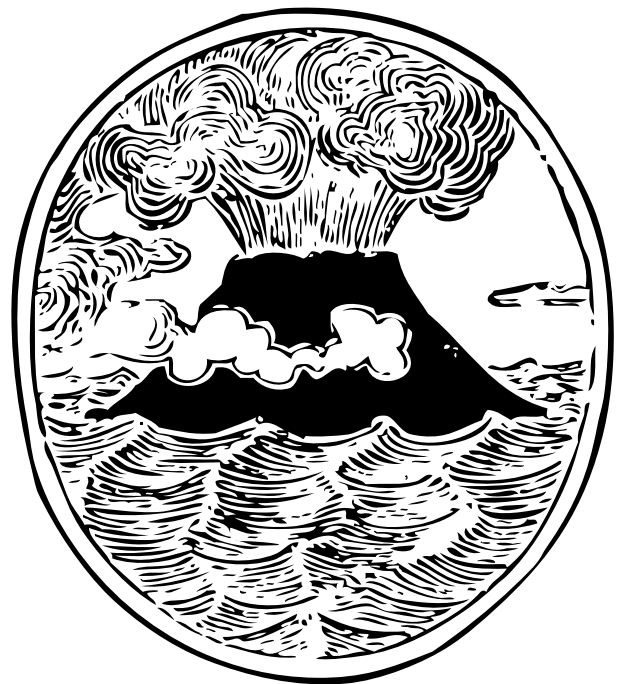
These are steps I've learned to release emotions, and keep Ki flowing freely. This approach allows you to physically feel your pain, identify how you feel once inside of it, and let it go. It can be helpful to ask a close friend, family member or therapist to support you during this process.

Breathe.

If you're trying to release an emotion in the moment, or shortly thereafter, remember to breathe. Before you respond with hurtful words and make the situation worse, breathe deeply. Once you have a few minutes to yourself, sit comfortably in a safe, quiet space, close your eyes, and breathe. As you breathe in, expand your belly and fill your lungs. As you breathe out, slowly contract your belly and squeeze out the air in your lungs. Try to do this 5-10 times.

Feel, locate and identify the emotion in your body.

For 30-60 seconds, think about the painful incident in detail. Imagine the situation as you remember it, and try to identify exactly what you were feeling at the time. Bring yourself into your physical body, and continue to breathe deeply. When the emotion or memory rises up, where do you feel it in your physical body? Do you feel the pain in your heart, your throat or your gut? The location can sometimes indicate where the disruption in your energy pathway exists. Once you can feel the emotion somewhere in your body, create a word that describes what you are experiencing. Do you feel intimidated, unappreciated or sad? Get as specific as you can. Focus your attention on that word.



Express the emotion.

Bring your attention back into your body to where you are feeling the tension. Place your hands on the part of your body where you feel the emotion the

You may find it helpful to write how you're feeling in a journal or on a piece of paper. Try not to judge what you write, and let the words flow naturally. Once you're finished writing, it can be helpful to burn it and bury the ashes in the earth 🕊️



strongest. If you feel it in several places, then move your hands to each spot, and pause.

Say out loud, “I feel (insert your word here)”. Repeat this statement several times until you experience physical discomfort. If you’re feeling resistance, ask yourself: “Am I resisting because I am not ready to surrender and experience these emotions?” If the answer is “yes”, that’s okay. You may not be ready to release the emotion. Be compassionate with yourself. You can always try to release the emotion another time. Being aware of your feelings is the first step to healing.

Release the emotion.

Again, pay attention to where in your body you feel heavy or contracted, and breathe. As you exhale, repeat aloud, “I now release this feeling of being (insert your word here)”. Imagine the pain draining out of your body, through your feet, into the earth. Some find it helpful to dance around, do some yoga poses or vocalize a sound to loosen and lift the pain out of the body. Let it out as it comes.

Reflect and celebrate.

In the following days and weeks, think about what caused the pain you’ve released, and if you want to share the outcome. What would you say to the person involved? Whether or not you decide to confront the person, it may be helpful to write your thoughts down.

Be aware that any feelings you experience are your own. You are accountable here. The real cause was how you responded, not the person. And, you have a choice in how you interpret and respond to the situation that caused you pain. Recognize that you have the power to change your response to similar situations in the future.

Congratulations, you've cleared away negative energy and improved the flow of Ki! Instead of responding to the situation with a pain reflex and perpetuating the problem, you're on your way to spiritual transformation. All of this work deserves some celebrating. Treat yourself to a delicious, healthy dinner, a hot bath with essential oils, or a relaxing Reiki session. You deserve it!

2 DENYING YOUR TRUE SELF.

Life gets away from us sometimes. You go to college, pick a degree that can provide a stable income, get married, have kids, and BOOM! You float through milestones without really feeling anything. And, you ask “Why am I not happy?” or “How did I get here?” As quickly as these thoughts arise, they are ignored because there's always someone else or something else that needs your attention. When you ignore yourself and your true intentions, you give up on what you value most.



If you want to know who you truly are at your core, you must first listen to that voice in your head. That voice is your intuition, your “gut feeling” and your guide. When your energy is stuck in avoidance or fear and you're disconnected from your deepest desires, your inner voice becomes muffled and difficult to hear. Accept and connect to what you feel. You have a right to experience life as you envision it.

The first step to releasing this energy block is to take the time to get to know yourself, your values, and your dreams. Acknowledge and nurture your true self. Ask yourself the following deep questions, and write down answers that come from your heart. If it helps, write down the answers that are expected of you first. Then, go through the questions again. This time, answering truthfully and

honestly. Nobody will read your answers, unless you want them to. Once you've discovered authentic answers to these questions, then determine one small step you can do today to align yourself with your unique purpose in life.

What matters to you?

This question will allow your values to come to light. For some, it's family and strong relationships with others. For me, it's helping people heal themselves, teaching, yoga, living a healthy lifestyle, my relationships, and my two kitties. List anything that is important to you here or in your journal.



What do you love about the world, and the people in your life?

We can be cynics and say the world is a hopeless mess, and there is nothing to love about it right now. But, deep down there is something that's part of this world that excites you. And, there are people in this world that you couldn't live without. For me, I love to hike in the vast open space available in my area in California. I organize hikes in the open space through a local Meetup group, which enables me to meet new, amazing people that motivate me to become a better person. What does the world and the people in it offer you? Would you want to live without it?



What do you love to do when nobody is watching?

This is a big one for me, and maybe for you as well. Write down everything you would do, everywhere you would go, and everything you would say, if there wasn't any fear, repercussions or judgment of your choices. Once you explore the answers to this powerful question, you may feel a sudden shift in your energy.



If money was abundant, what would you spend your time doing?

Think about your ideal life. Describe your day, what you'd be doing, where you'd be located, and with whom. Get specific. There are no limits here. You may be closer to your dream life than you think. And, aligning with your inner expectations can help you work toward the life you genuinely want.



What accomplishments are you most proud of?

Describe any moment that made you feel proud and successful. Think about what it was that allowed you to achieve this milestone. Did you have a strategy behind this accomplishment? What actions, thoughts or behaviors led you to this result? Did you enjoy the process? These activities and accomplishments will lead you to your greatest strengths.



3 PRIORITIZING YOUR NEEDS LAST.

The house needs cleaning, the meeting needs planning, the kids need help with their homework, and the dog needs grooming. We all live life at lightening speed it seems. But, where do your needs fit in? We often give away more energy than we give to ourselves. You may do this because you feel it's selfish to pay attention to your own needs, and that your needs are somehow less important. This is completely untrue!

In fact, if you ignore yourself long enough, blocks in your energy pathways will occur, and your body will give you clues that you need to slow down and pay attention. I know this from experience. It took a car accident, extreme nerve pain, a knee injury, and the loss of my job for me to wake up and start prioritizing myself before others. Compassion for someone else is easy for me, but compassion for myself is a work in progress.

I've discovered the key to caring for yourself first is determining what makes you happy, then doing more of it. Get comfortable with saying "I need...", communicate openly about what is important to you, and what hurts your feelings when you are ignored or violated. This doesn't mean that you don't care about others. Quite the opposite. You are addressing your needs so that you're at your best for everyone else around you.

Here are some tools and techniques that I use to stay in touch with how I'm feeling, and making sure my needs are being met first.

Say no more often.

Before automatically responding to a request with a "yes", reply by asking "Can I get back to you on that tomorrow?". Determine if you truly want to help this

cause or person, or if it's worth your time. If not, then the answer is "no". When you get back to the person, let them know that you appreciate them thinking of you, but you just don't have the time, knowledge or bandwidth to help them. No apologies necessary.

This one action will change your life. When you take control of your decisions instead of letting others navigate the way, you take back your power. And, you'll have more opportunities to spend time doing something you love.

Ask for help.

We can't do it all. Sometimes taking care of yourself means that you have to be okay with asking for help. There isn't shame in needing the assistance of others once in awhile. It doesn't mean that you are weak, only that you are protecting and prioritizing yourself.

My high standards held me back from asking for help. There was the fear of someone else not doing it the "right" way, or as well as I would have done it. It was "easier" to do it myself. I've had to let go of this mindset for my own wellbeing. Now I'm grateful for receiving the help, even if it isn't done perfectly because help allows me to focus on other priorities, including myself. Realize that there is joy in helping others, and there can be joy in receiving help as well.

Connect with yourself.

You may be telling yourself that you don't have time to meditate, write, experience Reiki, or whatever it is you do to tune out the world and reconnect with yourself. But, schedule at least 15 minutes a day in your calendar to calm your mind and go inward. If you have to get up earlier or go to bed later, then do it. Make this commitment to your wellbeing.



Your time can be as simple as getting outside for a walk, or listening to music. If you're interested in meditation, there are several free apps, such as Insight Timer and Calm, with guided meditations that take as little as 3 minutes. The more you connect with yourself, the more aware you are of your feelings and intuition. Your emotions and instincts will light the way to prioritizing yourself and your happiness.

4 ALLOWING OTHER PEOPLE'S ENERGY TO OVERCOME YOUR OWN.

If you've ever walked into a space and felt the tension in the air, you've experienced negative energy from other people. When you don't know how to protect yourself from other's energy, you take it on like it's your own. And, you begin to feel exactly like the negative energy you've absorbed. Most of us don't even realize this is happening.

To prevent other's energy from mingling with your own, boundaries are necessary. When your boundaries are weak, unprotected, or unclear, you let in all sorts of energy and emotions that aren't actually yours. And, you unconsciously give away your own personal energy to others, leaving you feeling drained or overwhelmed.

Here are some methods I've used to maintain healthy boundaries to protect myself and feel more present in my own body.

Become aware of how you feel.

How do you feel when you're around someone who upsets you, drains you, or causes you to lose yourself? How does your body react? Has this happened in the past? Be present in your body and become aware of how this person is affecting you. Certain spaces like a room or an office, can also cause you to feel that something is "off". Energy from interactions and events that occurred in the space can linger and enter your own energy field.

Determine if it's your own energy.

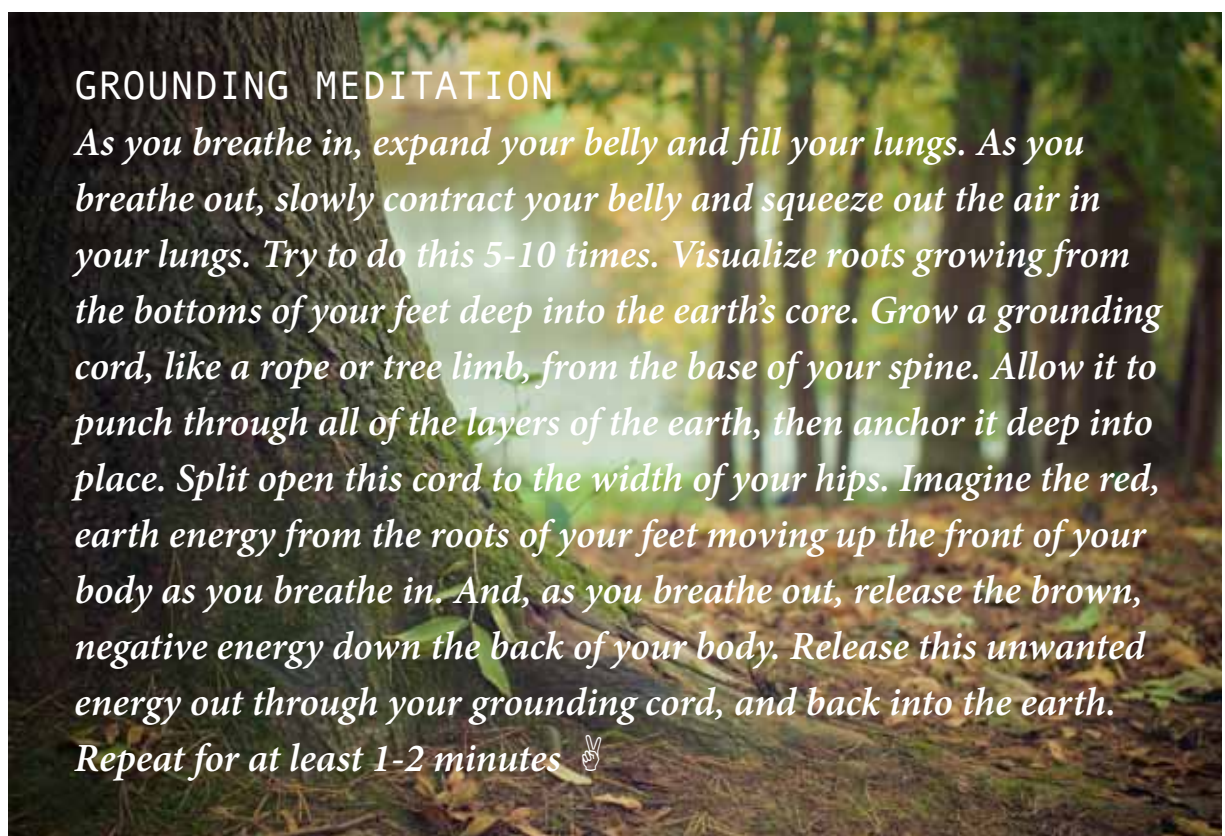
While energy can be projected onto you from others, you must learn to

distinguish between your own energy and someone else's energy. Sometimes it's easier to assume that the unwanted emotion is coming from someone else. This assumption can perpetuate a negative behavior, and cause you to miss an opportunity to heal an energetic block.

How do you determine what energy is yours and what is not? The first step is to get to know your true self (refer to energy block #2 above). When you begin to understand who you are underneath the layers of distorted beliefs, you will get to know your natural, emotional baseline. This is your calm, centered state. When you know your center, you'll become more aware when something or someone throws you off balance. This can be anything from a crowded room to a thought inside of your head.

Ground and protect.

Once you determine how you're feeling and the source of the shift in energy, it's important to ground and protect yourself to prevent the energy from affecting you. Grounding is much like the way a tree sinks its roots into the ground to find nourishment and support. It's coming back into your body, and returning to a



sense of calm. Protecting yourself requires putting up personal and energetic boundaries to prevent energy that isn't yours from affecting your state of mind.

There are many ways to ground and protect yourself. Practicing a quick meditation or visualization helps me ground. Repeating an affirmation, which is a positive statement that helps shift your thoughts, is also an effective way to protect yourself from other's energy. Try one of these methods, or one of your own to determine what works best for you.

Flip the script.

We all have been around people who are always complaining or struggling to see the positive side of life. It's easy to get sucked into their negativity, and take on their pain. As much as you want to help, understand that it's not your job to solve their problem or come up with a solution. To maintain your wellbeing, it's important to honor where they are, and try to neutralize the situation. Do your best to steer the conversation toward a positive outlook. For example, ask them, "What's something positive you got out of the experience?". This question should lead to a story about a brighter future.

Avoid the person if necessary.

If you find that you are absorbing unwanted energy from someone, have an honest conversation with them. Discuss how you're feeling, and that you'd like to look forward to spending time with them. Sometimes others aren't aware that they are negative, or draining your energy. If this continues to occur, then practice grounding and protecting yourself before you interact with this person, or consider avoiding them. Your energy is a precious resource!

5 BECOMING YOUR DIAGNOSIS.

You are not your pain or illness. Your pain may be labelled by doctors and specialists, but this does not define who you are. It may create challenges to what you can do and how you can do it, but that's it. You have the power to peel away the label, and reclaim your health. I know this to be true.

When I was battling multiple injuries and a bruised ego, I got lost in my negative

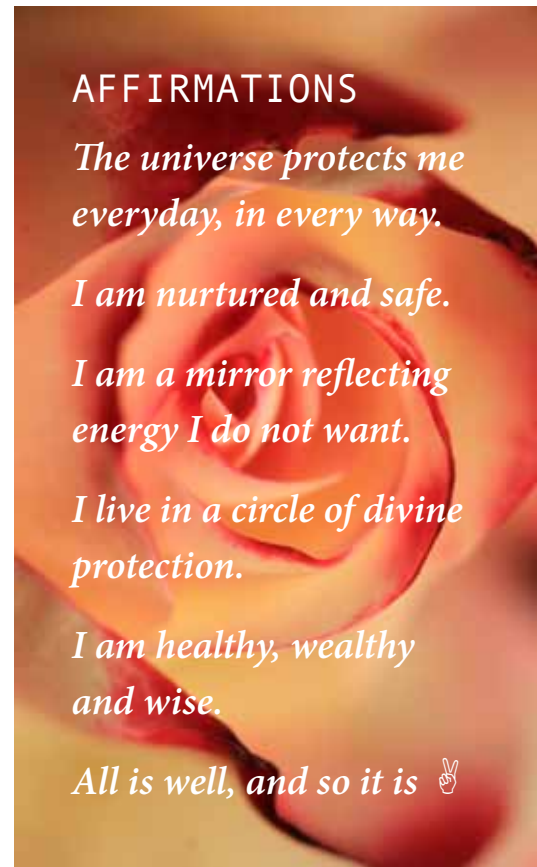
thoughts around what I couldn't do. I couldn't carry groceries. I couldn't take hikes up in the hills. I couldn't tend to my garden. I couldn't practice yoga. I couldn't work. These negative thoughts turned into beliefs that I took as truth. These beliefs created disruptions in my energy field that made me feel worse.

Two words literally pulled me up out of the ashes: **Get Curious**. Ask the tough questions, and do your best to uncover the answers. Determine what is true for you, and do something about it. Pain and struggle is never fun. But, it's an opportunity to heal the root cause of what you're experiencing, and feel better. Here are some of the questions that have helped me on my healing journey. Use this space, or a journal to write your answers.

Why is this happening to me?



If my pain could talk, what would it say?



What can I learn from my pain?



What changes can I make to speed the healing process?



What alternative treatments should I explore?



What would happen if I focused on what I *can* do, instead of what I *can't*?



Are my beliefs really true?



I hope these exercises have helped you release some energy blocks. There are many more unprocessed emotions and patterns that cause energy blocks and a disruption in Ki. But, these are the most common, and all that I've experienced first hand. You will most likely identify with some or all of these blockages, unless you are fully enlightened like some of the great spiritual masters! Try not to get overwhelmed. Healing is a work in progress, and it doesn't happen overnight. Take one step toward clearing an energy block and improving Ki, and you're one step closer to feeling better.

If you'd like help moving forward on your healing journey, [schedule a Reiki treatment](#) today or [learn Reiki](#), so you can practice on yourself. For more information about me and how Reiki energy healing can support you, please visit daniellemai.com.



Danielle Mai is a corporate Marketing Manager turned Reiki Master and Teacher, who's on a mission to help overworked professionals energetically heal the root of chronic stress and pain, and find their inner guidance to light the path forward.



**For more helpful tips on using energy to feel better,
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