

Burning Bowl Ceremony

The New Year offers the promise that we can leave behind that which no longer serves us. It gives us the opportunity to begin fresh and new. Winter brings the part of the life cycle that compels us to look at our core, to give us the chance to release unwanted conditions in our life, and make room for our new beginnings. Many of us feel the need to heal through releasing old patterns of some kind.

Ceremonies or rituals are, and have been, used in every society, religion and political process. The value of ceremony is to make an occasion solemn and important and aim at preserving the result from doubt and opposition. Ritual invokes the same feelings and intent in a group of people and intensifies their solidarity. Whether the baptism of a baby, a wedding, a graduation, the crowning of a monarch or swearing in of a public official, all participants feel the emotion of the moment and wish to extend those feelings.

A Burning Bowl Ceremony is a ritual to release negativity and ask for a positive replacement. Perform it alone or with a group. It is powerful either way but group intention is always more intense. Reiki offers gentle and easy healing. Our Reiki Guides whisper in our ears, invite us to grow and offer their help. They participate in our healing efforts according to what we ask for. The clarity with which we ask creates the possibility for our Guides to help us manifest what we ask for.

The Reiki Burning Bowl ceremony involves using Reiki, while writing the negative conditions that you would like to release from your life on a piece of paper. Burning the paper in the bowl turns the prayers to smoke and sends them to the Creator. The purpose is to release old patterns, beliefs, emotions or experiences, or anything that impedes you from realizing your true self. By releasing the old unwanted conditions, you clear the way for beginnings.

Then you focus your attention on what you would like to create in your life. Invoke Reiki and write those intentions on paper, burn that paper, and send your prayers to the Creator.

This ceremony is a rite of passage. It can be used in any situation requiring letting go of, and moving on to new, life experiences. Examples are; change of job or career, graduations, ending of relationships, releasing people or events we have an unhealthy attachment to, worry about troubling world events, sadness, childhood trauma, accidents or loss of loved ones or a pet.

Use your imagination and modify this ceremony to serve whatever purpose you desire. The process is very simple. The intent is what is important.

If you don't have Reiki, it will work the same. Simply say a prayer, in a manner suitable to your beliefs, asking for help to release the old and embrace the new concepts. Once again, focusing on your intent is the important part.

Reiki Burning Bowl Ceremony

1. Place a candle in the center of a sturdy fireproof bowl. Fill the bowl enough with rock salt or earth to secure the candle.
2. (2 and 3 can be replaced with a prayer asking for help with your release of these things.) Draw the Reiki symbols over your bowl, using all the symbols you are attuned to. Beam Reiki into the bowl with your hands with the intent that the bowl and the fire receive your prayers and send them to the light.
3. Make an invocation to invite Reiki and your Reiki Guides. Invoke the Usui Power and Mental/Emotional symbols and state the intention of the ceremony.

4. Take a quiet moment to connect to your heart and write what you are leaving behind, your 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. (Or pray that they be released.)
6. Take another quiet moment to listen to your heart and write your new intentions, empower the new intentions with the Usui Emotional/Mental symbol, or a prayer, and burn the paper, sending it to the Creator.
7. Close the ceremony by thanking Reiki and your Reiki Guides. Say an ending prayer of Gratitude that these things are done on your behalf. Seal the healing with the Usui Power symbol.
8. Spread the ashes on the ground or bury them. Ask that the ashes transform into nutrients for the earth. Thank the earth for receiving your prayers and what is no longer needed.
9. Reiki your Burning Bowl to clear it of unwanted energy, or wash it with cold salt water. Be grateful for its service and appreciate its work.

Feel the peace and comfort that follows this ceremony. Releasing feelings and attitudes that make us uncomfortable or limit us is a powerful catharsis.

Having replaced the old limiting thoughts with new progressive thoughts, move confidently forward with your life in full expectation that your intents are manifesting.

We are entitled to MIRACLES!

Patricia Kenworthy January, 2007