



Black Tourmaline and Reiki

<http://reikirays.com>

Benefits	
Black Tourmaline as Protecting Stone	<i>Wearing or carrying this stone shields you from psychic attacks and psychic vampires.</i>
	<i>Shields you from negative vibes.</i>
	<i>When Black Tourmaline is placed in home or work area, it provides protective shield around you and your home space or workspace.</i>
	<i>Transmutes all negative energy to positive.</i>
	<i>Shields you from your own negative thoughts and fear.</i>
	<i>Stops these psychic vampires to suck off your energy; they won't be able to get a drop of your energy if Black Tourmaline is around your auric field.</i>
	<i>Wear a Black Tourmaline or place it in your wallet, purse, bag, and pocket, under your pillow, add in your bath or anywhere in your room. Place it beside electronic equipment. Make an elixir of this stone and spray on self or space. Just keep this stone close to your auric field.</i>
	<i>Rubbing Black Tourmaline also brings good luck and happiness.</i>
Black Tourmaline as Healing and Grounding Stone	<i>We all know how important grounding is for Reiki practitioners. Wearing or carrying Black Tourmaline makes you feel grounded and safe.</i>
	<i>Many times practitioners forget to ground themselves before healing a client. Always make a habit to wear or put Black Tourmaline near the healing space to protect you and ground you.</i>
	<i>Black Tourmaline is directly connected to root chakra hence it helps balancing root chakra. It also connects us to Mother Earth.</i>
	<i>Helps reducing stress and addiction.</i>
	<i>Place a Black Tourmaline on your Solar Plexus and give Reiki to bring clarity and power.</i>
	<i>Meditating with Black Tourmaline brings more light to cells.</i>
	<i>Stimulates balance between left and right side of the brain.</i>
	<i>Also helps balancing work-and-play, pain-and-ease and high-and-low vibrations.</i>
<i>Many times after giving healing, practitioners feel drain-out as they have absorbed client's energy. In that case, just hold Black Tourmaline in your palm and relax for a while. It deflects all unwanted energies absorbed from the client.</i>	
Black Tourmaline to absorb Electromagnetic Energy	<i>We are all around electronic equipment and devices and accumulating electromagnetic energy. Black Tourmaline helps absorb electromagnetic energy.</i>
	<i>Give Reiki to the stone with the intention that it absorbs all electromagnetic energy. Place the stone near equipments and devices that emits electromagnetic energy.</i>
Black Tourmaline as Manifesting Stone	<i>Write your wish on a paper. Draw symbols and chant its names.</i>
	<i>Fold the paper and put it under Black Tourmaline.</i>
	<i>That's it. As simple as that. Black tourmaline removes negativity attached to your wish and further shields it, hence quicker manifestation.</i>
	<i>Setting a grid with Black Tourmaline removes negativity off your wishes and hence makes healing and manifestation faster.</i>
<i>Do not forget to infuse it with Reiki to double the benefits of the stone.</i>	

Inspired by Rinku Patel's article