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# KENYOKU HO

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Kenyoku or 'Dry Bathing' is an 'energy cleansing' or 'aura smoothing' practice.

As, a stand-alone procedure, it is used to disconnect from people, things, thoughts, emotions, feelings, situations, energies, etc. (Kenyoku is also a component of the Hatsurei Ho meditation). There are currently several variations of kenyoku being taught by various Reiki Masters.

Kenyoku can be done either with actual physical contact, or can be done 'non-contact' just off the surface of the body, in the aura.

While allowing the breath to remain as effortless as possible, inhale through the nose and exhale through the mouth.

First, bring your right hand up to your left shoulder, the tips of your fingers at a point near where your collarbone ends, palm flat and facing the body. Move your hand diagonally down across your body from the left shoulder towards your right hip, in a smooth, measured, sweeping or brushing action. (In Hiroshi Doi's version of Kenyoku, you exhale with a 'haa' sound as you do so)

Next, bring your left hand up to your right shoulder, the tips of your fingers at a point near where your collarbone ends, palm flat and facing the body. Move your hand diagonally down across your body from the right shoulder towards your left hip, in a smooth, measured, sweeping or brushing action.

Repeat this sequence twice more - making a total of three sweeping/brushing gestures from each shoulder to the opposite hip.

Place your right hand on the edge of your left shoulder - with left arm held straight out in front of you - move your hand along the outside of your left arm, and down over the end of the fingers; repeat this with the left hand on right arm; repeat with right hand on left arm.

Repeat this sequence twice more - making a total of three sweeping/brushing gestures from each shoulder to the opposite hip.