

Enerji Ayini: Reiki + Sound Healing FAQ

In-person energy ritual with Fen Alankus

What is Enerji Ayini?:

“Enerji Ayini” translates from Turkish as “Energy Ritual.” This offering is a ceremonial blend of Reiki, sound healing, and ancestral chanting, designed to help move stagnant or dense energy in the body and auric field. Unlike a standard Reiki session or sound bath, Enerji Ayini weaves together multiple modalities to create a layered vibrational experience. It is grounding, clearing, and rebalancing, held in a sacred witchcraft-infused space. At its core, Enerji Ayini is about remembering that **you are your own healer**. Fen’s role is to guide the flow, moving and breaking up dense energy so your own system can restore balance. To learn more about Fen, click [here](#).

What actually happens in a session?

Your **first session** is 90 minutes — 30 minutes for intake and 60 minutes of hands-on healing. In that time, Fen will:

- Discuss your goals, needs, and any areas of concern
- Create a comfortable healing space on a massage table in Feralore’s ritual room
- Play background sound frequencies matched to your needs
- Offer optional anointing with custom oil and very light touch (with consent)
- Begin with an opening chant and call-and-response to create a vibrational contract for your healing
- **Move into the energy work:** a blend of Reiki, sound tools, and breathwork
- Close with chant, chimes, and sealing the energetic work

**Subsequent sessions are 60 minutes and focus entirely on the healing work.*

What tools and methods do you use?

Every Enerji Ayini session is unique, but **may include:**

- Usui Reiki (Level I)
- Tuning forks/Singing bowls
- Drums/Chimes/Bells
- Voice toning and ancient chanting from Fen’s lineage
- Custom healing oils
- Guided breathwork

What is your training and lineage?

Fen is trained in **Usui Reiki (Level I)** and has extensive experience with sound healing and devotional chanting from time spent in **ashrams in India**. Her work is also informed by **Turkish, Balkan, and Celtic ancestral traditions**, including a family lineage of psychics and healers. These traditions have long used voice, vibration, and intentional energy work as medicine — woven into daily life, ritual, and community care.

What are the optional add-ons?

Two optional enhancements are available for an **additional \$33 each**:

- **Castor Oil Pack** — supports physical detox, energetic release, and protection. Not recommended during pregnancy. (**See full Castor Oil FAQ (below) for details.**)
- **Egg Cleansing** — traditional Turkish Folk practice for energetic clearing, with an interpretation of results delivered within 24 hours. (**See full Egg Cleansing FAQ (below) for details.**)

Who is this for?

Enerji Ayini is ideal for those experiencing:

- Burnout or energetic depletion
- Emotional heaviness or grief
- Spiritual transition or initiation
- Chronic stress or mental fatigue
- A desire for an energetic reset and reconnection

**No prior energy work experience is needed, only openness to the process.*

Is this a massage or medical treatment?

No. Enerji Ayini is not a massage, music therapy, or medical service, and it is not a replacement for professional healthcare. All touch is minimal and consent-based. Fen is not “healing you”; she is facilitating an energy flow that you ultimately generate and integrate.

Is this safe during pregnancy?

Enerji Ayini itself is safe during pregnancy. However, **castor oil packs** should not be used while pregnant, and egg cleansings may be modified for comfort and safety. Please inform Fen of any pregnancy or health conditions on your intake form.

What can I bring?

- Comfortable clothing you can relax in
- Any personal talismans or crystals
- An open mind and willingness to participate in your own healing

Can I learn to do this myself?

Yes. Fen believes energy work and vibrational healing should not be gatekept. While Enerji Ayini is a professional service, Fen is happy to share practices, resources, and tips so you can incorporate more self-healing into your daily life.

Egg Cleansing FAQ

Optional Enerji Ayini Add-On — \$33

What is an egg cleansing?

In Turkish folk tradition, this practice is called “**yumurta ile nazar temizliği**” — literally “cleansing with an egg to remove the evil eye or harmful energy.”

A raw egg is passed over the body to absorb stagnant, heavy, or misaligned energy. This is a **practice from Fen's own Turkish lineage**, passed down through family and regional folkways. While similar techniques exist in many cultures worldwide, the method offered here is rooted in Anatolian tradition and not borrowed from other cultural systems.

Historical context:

Egg cleansing is an ancient folk practice. In Anatolia, it likely developed alongside *nazar* removal traditions, which are thousands of years old and blend pre-Islamic folk magic with later cultural influences. The egg's symbolism as a vessel of life, purity, and renewal made it a natural choice for energy cleansing. While other regions, from the Mediterranean to the Americas, developed their own egg-based practices, the Turkish form remains deeply tied to protection, seasonal transitions, and life-stage rites.

How is it used in Enerji Ayini?

During Enerji Ayini, the egg is moved in slow, intentional passes from head to toe, often accompanied by protective prayer, chant, or breathwork. The egg acts as a sponge for dense energy, which is then "read" after the session. Fen delivers the interpretation of the cleansing within **24 hours**, in writing, noting patterns, symbols, and themes that emerged.

Energetic & spiritual benefits:

- Clears energetic debris from the aura
- Supports release after conflict, grief, or intense emotional states
- Helps reset your energy before starting a new chapter or ritual
- Can reveal patterns or influences needing attention

What will I see in the reading?

The egg may reveal shapes, bubbles, colors, or textures in the yolk/white that correspond to energetic imprints. This is interpreted through Fen's cultural context and personal experience with the practice.

Is it safe for everyone?

Egg cleansing is safe for most people, including during pregnancy, though it may be adapted for comfort. If you have allergies to eggs, please inform Fen before your session so an alternative can be used.

Castor Oil Pack FAQ

Optional Enerji Ayini Add-On — \$33

What is a castor oil pack?

A castor oil pack is a traditional healing application of warm castor oil to the skin, covered with cloth, and often combined with gentle heat. It's been used for centuries in various cultures for both physical and energetic cleansing.

A note on Edgar Cayce & history:

In the early 20th century, **Edgar Cayce**, known as the "Sleeping Prophet", gave hundreds of readings recommending castor oil packs, especially for detoxification, immune balance, and overall vitality. His guidance helped popularize the practice in the U.S. Castor oil itself dates back thousands of years. Ancient Egyptians recorded its use as early as **1550 BCE** in the *Ebers Papyrus*, and warm oil poultices have been part of Mediterranean, African, and South Asian healing for centuries.

How is it used in Enerji Ayini?

During Enerji Ayini, the pack is placed over a targeted area — often the liver, abdomen, or sacral region — while you receive energy and sound healing. This enhances the body's natural detox and can help release energetic stagnation.

Physical benefits:

- Supports liver detoxification
- Encourages lymphatic drainage and immune function
- Eases menstrual cramps and supports hormonal balance
- Improves digestion and colon health
- Reduces inflammation and soothes joint/muscle tension

Energetic & spiritual benefits:

- Energetic purging — helps release stored grief, anger, and emotional heaviness
- Ancestral & womb healing — connects to generational stories held in the body
- Protection & sealing — creates a buffer in your energetic field
- Intuition boost — can enhance dreams and subtle perception
- Ritual self-care — invites slowing down, tuning in, and receiving

When is it best used?

- Around the full moon (release) or new moon (reset)
- After intense emotional work or spirit communication
- During deep rest periods in your personal practice

Is it safe for everyone?

Castor oil packs are not recommended during pregnancy or for people with certain health conditions (e.g., *open wounds on the application area, active bleeding*). Always disclose health conditions on your intake form so Fen can adapt the session accordingly.