



Reiki eZine by Taggart King

Sending Reiki to the future

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Using distant healing creatively



I suppose that most people who send practise healing will send the energy to a friend or a family member, but the energy can be used more creatively too and, since Reiki doesn't seem greatly constrained by either time or space, some people will send Reiki to their future.

So how might this be done?

Well, imagine that you have a public speaking engagement or a job interview, or a musical performance or an exam, any event where you could do with a bit of Reiki contentment sparkling over you. What you do is to imagine yourself in that future event, in whatever way feels comfortable, and imagine that Reiki is flooding into that event or situation, flooding into the room maybe, surrounding and engulfing you and any other people who might be there.

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