



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Treating both sides: is this necessary?

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# Liberate your Reiki!

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The eZine for Open-minded Reiki people



**Treating both sides: is this necessary? Do we really need to flip clients over half-way through a treatment?**



## An unnecessary Reiki rule?

In many Reiki lineages, students are taught that they need to treat both sides of a client, asking them to turn over half-way through a treatment so that student can gain access to the client's back. But is this really necessary?

Might the treatment be just as effective if we left them where they were?

I think that most Reiki people would accept that when we treat someone, the energy is drawn according to the recipient's need to the right places for them on that occasion, to do whatever they need to have done on that occasion, so we aren't 'pushing' the energy to where we want it to (or think it ought to) go.

We are a necessary bystander in the process: we need to be there for the healing to happen, but we have metaphorically stepped aside, created a 'healing space' for the client, and they do the healing that they need to do, in the way that they need to do it, experiencing whatever is appropriate for them to experience as this happens.

## Could we just hold their hand for 60 minutes?

So, in theory, we could just hold someone's hand for an hour and the energy would be drawn by them to the areas of need, and we'd need to do nothing further than that.

But given that when we work intuitively we can be drawn strongly to areas of need – 'hotspots' – and given that we can experience the flow of energy subsiding in those areas after a time, and given that when we work intuitively we can be guided to hold a series of hand positions, sometimes symmetrical, sometimes not, in a particular sequence, this suggests to me that there is value in allowing the energy to guide you (which is what I believe is happening when you work intuitively), and there is a value in placing your hands in different positions as you treat.

There is something special, I believe, in working in partnership with the energy and allowing it to guide you in terms of where you rest your hands, and for how long you hold each position.

So going through a series of hand positions, whether a set of 'standard' positions or intuitively-guided hand positions, helps to 'fire' the energy from lots of different directions, and it's drawn into the areas that have the greatest need.

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