



Reiki eZine by Taggart King

[Liberate Your Reiki!] How to send distant healing (Part I)

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Liberate your Reiki!

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The eZine for Open-minded Reiki people



How to send distant healing (Part I) Let's explore Reiki distant healing



What I would like to do in a series of articles is to suggest some different DH approaches. Some may be familiar to you; some may be new.

If you discover a new approach then try it for yourself and see how it feels, and come to your own conclusion about what seems the best way for you, the most comfortable 'fit'.

Distant healing is a very important part of Reiki practice, of course, and is something that is not unique to Reiki. Distant healing (DH for short) is carried out in different Reiki lineages in different ways and there is no one 'right' way to perform this process.

The important thing when carrying out DH is your underlying intent, and the details of the ritual that you use are unimportant.

Simplest distant healing method ever!

What I would like to share with you today is probably just about the simplest version of DH that you can find (I may be wrong here!). It doesn't involve symbols, it doesn't involve complex imagery or long affirmations.

It cuts things down to their bare bones, the essence of DH.

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