



**Reiki eZine by Taggart King**

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

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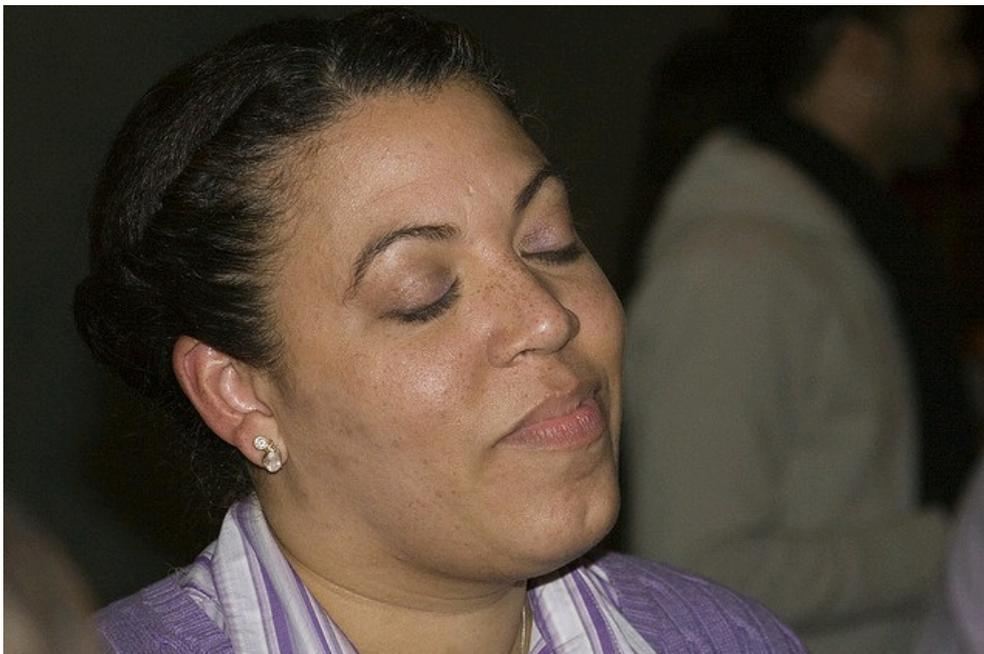
## Liberate your Reiki!

May 9th 2019

The eZine for Open-minded Reiki people



**How to send distant healing (Part II)** 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.

## Very simple DH

What I would like to share with you today is another simple version of DH.

It doesn't involve symbols, it doesn't involve complex imagery or long affirmations, though it does involve some imagining. This method cuts the process down to its essential parts.

### How to do distance healing with Reiki

The bare bones of distant healing are to know where you are sending the energy – to set a definite intent – and to allow the energy to flow, and as you do that, it can be helpful to imagine something to help maintain your focus, or to focus your intent.

So you could try this:

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