



Reiki eZine by Taggart King

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

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Liberate your Reiki!

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The eZine for Open-minded Reiki people



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



Reiki distant healing with a bit more ritual attached to it

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.

How to do distance healing with Reiki

The important thing when carrying out DH is your underlying intent, and the details of the ritual that you use are unimportant. What I would like to share with you today is a more complex version of DH.

Some people like more of an 'event' when they send distant healing, with the details of the ritual helping people to maintain their focus. The details aren't really so important, but if you like your rituals more 'High Church' than 'Low Church' then perhaps you'll like this version.

Remember that 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 anything beyond that is personal preference.

Cup your hands together

Below is a method based on one used by my first Reiki teacher, Diane Whittle.

Basically you visualise the recipient and shrink them down so that they fit between your hands. Visualise the distant healing symbol over your hand to make a connection and let the energy flow; you can add CKR or SHK if you wish, as feels necessary.

I like to clear a space on my desk, light a candle and maybe some incense and just sit quietly for a while watching the candle flame and the plume of smoke from the incense stick. It helps me to relax and quieten my mind. It sets the scene for the ritual to follow.

This is what I do next:

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