



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Sending Reiki to the past

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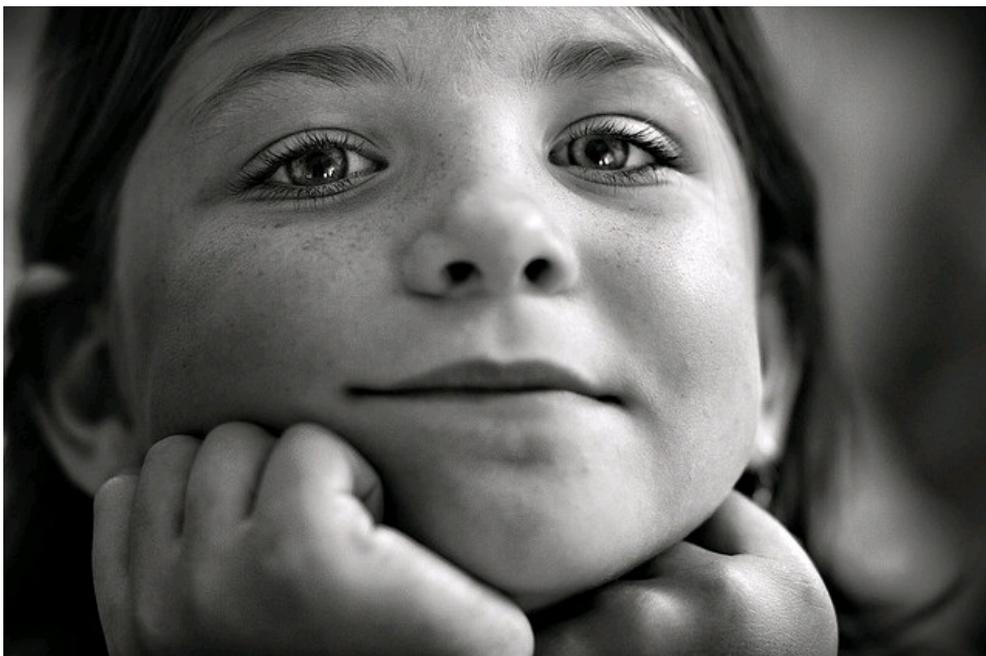
# Liberate your Reiki!

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The eZine for Open-minded Reiki people



**Sending Reiki to the past** Getting creative with Reiki distant healing



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 'heal their past'.

They would do that by imagining a past situation or event which has had some ongoing effect on them in terms of what they believe about themselves, some event that has held them back in some way, preventing them from being the person they could be, and imagine that the energy is cradling or flooding that event, doing whatever needs to be done to bring healing and resolution.

Whether the energy actually flies back in time to flood that event with Reiki is a moot point I think, but since all we have to experience is the present in any case – we live in the now – what this practice does is to heal the ongoing effects that the earlier event has had on the way that we feel about ourselves and other people, for example; it calms the 'ripples' that the event has produced over the years, to remove the chains that are holding us back in some way.

## Healing the 'inner child'

Some people might send distant healing to themselves in the past, imagining themselves as a child, by way of healing the 'inner child', not imagining a particular event or situation, but a representation or composite of them in childhood.

And, interestingly, this seems almost to be a Reiki version of 'Time Line' work, which is a practice in NLP: clients are taken back to find early events that have had a deleterious effect on their self-esteem, for example, and insights are passed on to the younger them that have knock-on effects in terms of how that earlier situation has affected them.

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