



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Using Reiki for Anxiety

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# Liberate your Reiki!

The eZine for Open-minded Reiki people  
2nd January 2020

## Using Reiki for Anxiety



### Does Reiki work for Anxiety?

I think a lot of people come to Reiki wondering if it can help ease their anxiety, and I think that there is a general sense that Reiki can help you to become more calm and chilled. So is Reiki good for anxiety? Will it help you to let go of those worries?

Well in my experience, yes, Reiki does really work to help reduce anxiety and there are three ways that it does this, I think.

1. Through mindfulness
2. Through the use of the Reiki precepts
3. Through meditating on and using the Reiki energy

### What is Anxiety?

When we worry, we are thinking about the future and what might happen to us or the people we care about. We imagine a frightening or unhappy future and that makes us scared.

And since we have fairly prehistoric brains and responses, we respond to this future threat like it was some sort of sabre-toothed tiger in front of us: we go into 'flight, fright or freeze' mode, with elevated heart rate, high blood pressure and the like. Long term, this is not good for our bodies since our immune system is dampened down and blood is rerouted away from our digestive systems, so we end up run down, prone to infection and with digestive disturbances.

All because we are responding to an imaginary future.

**How can Reiki help Anxiety?** There are two important aspects of Reiki training that work together to ease anxiety...

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