



Reiki eZine by Taggart King

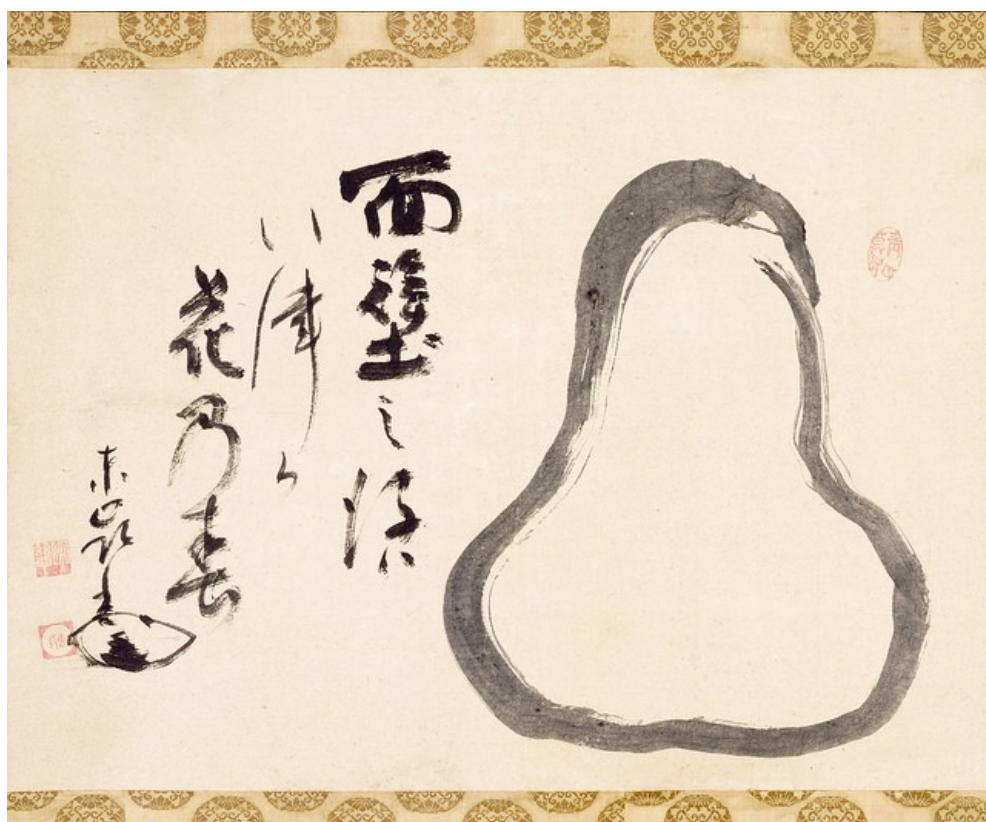
[Liberate Your Reiki!] Develop Your Reiki Intuition (Part I)

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Liberate your Reiki!

The eZine for Open-minded Reiki people
12th March 2020

Develop Your Reiki Intuition (Part I)



Start by getting the energy flowing

The Reiki attunements give everyone a baseline ability, so you all start off on the same footing.

However, how effective or how 'clear' a channel you are depends on what you do with the energy. It is important to get regular practice, and a good way of getting into a beneficial routine is to spend some time each day carrying out some energy exercises used in Japanese Reiki.

Mikao Usui taught a couple simple Reiki energy exercises to his students when they first started their training with him. The exercises cleanse and purify, start to balance your energy system, and develop the strength of your Reiki channel. They will help to develop your sensitivity to the energy too.

I wrote about these energy exercises a few weeks ago, so click this link to practise [Simple Reiki energy exercises](#).

Practising these energy exercises daily will put you in a very good position, energetically-speaking, to practise intuitive working.

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