



Reiki eZine by Taggart King

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

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Liberate your Reiki!

The eZine for Open-minded Reiki people
16th March 2020

Develop Your Reiki Intuition (Part II)



In my last post - [Develop your Reiki intuition \(Part I\)](#) - I described some simple exercises that you could carry out to build your Reiki and start to get yourself in the best state of mind for working intuitively and developing your intuitive side.

Now we're going to start practising intuitive working with someone else, not just on your own, so you'll need to find some willing volunteers to practise on.

Do this exercise for about five minutes or so for each person you practise on. It doesn't take very long.

Practise on as many people as you can.

Practise compassionate intuition

The recipient sits in a chair or lies on a treatment couch. It doesn't matter which.

Sit near the recipient.

Make yourself comfortable and rest your hands in your lap. Close your eyes.

Take a few long deep breaths.

Imagine energy flooding down to you from above, into your crown, and the energy flows down the centre of your body to your Dantien. Feel/imagine the energy building in your Dantien.

A continuous flood of energy keeps pouring through your crown into your Dantien, where it builds.

As the energy floods through you, feel yourself disappearing into the energy and merging with it, imagine yourself becoming one with the energy. Just be there with the energy, allowing it to flow.

No expectations.

Just merge with the energy for a minute or so.

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