



Reiki eZine by Taggart King

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

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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Develop Your Reiki Intuition (Part IV)



So, in previous posts I have talked about [simple energy exercises](#) that you can carry out every day to clear and cleanse and balance your energy system. I have run through exercises that you can carry out on your own and with a volunteer to start merging with the energy, to help to open you up to your intuition.

We then moved on to practise a Japanese intuitive technique called “Reiji ho” where you allowed your hands to drift with the energy to the right places to treat, different for each person that you work on, based on their individual energy needs.

Here are the links that you need if you’d like to recap:

- [Solo exercise for merging with the Reiki energy](#)
- [Practise merging with the recipient and Reiki](#)
- [Practise Reiji ho with a seated volunteer](#)

In this post I am going to talk about using Reiji ho with a recipient who is resting on a treatment table in front of you, and how you can use Reiji ho in practice when you treat people, when you carry out full treatments.

How to start your Reiji ho

Do this exercise for about 15 minutes or so for each person you practise on. It doesn’t take very long.

Practise on as many people as you can.

The recipient lies on a treatment couch and you stand beside them.

Make yourself comfortable and bring your hands into the prayer position. 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.

Now, in your mind, focus your attention on the recipient. Feel yourself merging with them, becoming one with them.

Merge with them for a little while.

Say silently to yourself "please let me be guided"... "please let my hands be guided" ... " show me where to treat".

Hover your hands in neutral

Move your hands so that they are hovering over the recipient's torso in a neutral, comfortable position

Your hands and arms are loose, there is no resistance; your hands will drift smoothly and easily.

Imagine the energy is flooding through you: into your crown, through your arms and out of your hands.

Feel yourself disappearing into the energy, merging with the energy, becoming one with the energy... and allow your hands to drift.

There is no resistance; your hands will drift and glide smoothly and easily...

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