



Reiki eZine by Taggart King

[Liberate Your Reiki!] Going to Ground with Reiki?

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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Going to Ground with Reiki?



Ground yourself! Ground yourself! Ground yourself!

It is true to say that there is a particular species of Reiki person who attributes almost every human malady, ailment or moment of bad luck or misfortune to the state of 'not being properly grounded'. Whether you trip over a kerbstone, get a grade "C" instead of a "B", forget where your car keys are or start sneezing, it's all about you needing to ground yourself better, apparently.

In this view of the Reiki world, we are all rather like party balloons, tethered precariously by thin lengths of poorly-tied string, as strong winds take us up and away, teetering precariously far from the safety and solidity of the earth beneath us, ready to drift off into an almost LSD-like experience of reality, spaced-out and a danger to ourselves and other people.

But is that really what's happening?

Grounding hysteria

It is not clear to me where this grounding hysteria originated.

Certainly it is not something that turns up in all Reiki lineages, while for some practitioners it seems to be their number one concern. But there are lots of strange ideas in the world of Reiki, aren't there? For example, the belief that you have to draw the Reiki symbols over your palms every morning for fear of them stopping working, or the belief that you need to keep at least one hand resting on a client at all times for fear of losing your 'connection', or the belief that you can't practise Reiki when wearing, or indeed treat someone who is wearing, contact lenses.

The word 'fear' turned up quite a lot in that sentence, didn't it? It's almost as if, despite the helpful advice in the Reiki precepts where it says, "just for today... I will be free from worry", people are interpreting this turned upside down and read it as, "just for today... I will find something new and irrational to fret about".

Grounding comes into that category.

Mundanity grounds you

The concern about grounding seems to be based on the idea that if you work with energy regularly, or even irregularly, there is an immediate risk of not only becoming spaced out, but that you will stay in that spaced-out state long-term, you will be stuck there in some sort of a distracted, high-on-the-drug-of-Reiki condition, and that this not good for you at all.

My response to this is two-fold and my first comments may seem to be a bit irresponsible, but please bear with me...

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