



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] How To Work Out Which Bits of You Need Treating

[\(view all archives\)](#)

# Liberate your Reiki!

The eZine for Open-minded Reiki people

2nd July 2020

## Which Bits of Me Need Treating?



Most people in the world of Reiki tend to self-treat in a 'standard' fashion, either resting their hands on themselves in a set sequence of positions or, if they are following Mikao Usui's original practices, carrying out a self-treatment meditation where they focus their attention on a number of specific locations, and allow the energy to flow.

But someone asked me the other day, "how do I know which bits of me I need to treat" so I thought I would put together a reply that may be helpful in some way, because there are few different ways that you can answer that question. Let's go...

### Trusting the energy

The first approach we can take is to trust that the energy is going to go where it needs to, so you don't actually need to worry about what parts of you need treating, because the energy will go there anyway. When you do a hands-on self-treatment, you are firing the energy from lots of different locations to give it the best chance of getting to where it needs to go, and if you are self-treating in the original meditative fashion, then areas upon which you are focusing your attention on some level actually represent your entire body, and thus you are treating everything that needs to be treated.

So if you have a back ache or a sore knee or some bubbling frustration or mental angst, the energy will go to where it needs to go and do what it needs to do to resolve things, and you may actually be aware of that happening, through a feeling of heat or comfort or heaviness in the affected area, or through some aches and pains coming to the surface, or through a rush of emotion that gives you a tear or two as you work on yourself.

That's all good.

### Treating obvious areas

Another approach would be to treat any obvious areas of discomfort. You have twisted your knee and so you rest your hands above and below the knee and allow the energy to flow there. There is something very comforting about the having that feeling of Reiki "deep heat" emanating from your hands, and you certainly know that the energy is getting to an area that is going to need some attention.

If you feel that you need some emotional self-love, and to release some stress and tension, and you don't fancy using my [Releasing exercise](#), then by all means rest your hands on your heart and solar plexus and allow that lovely, comforting warmth to focus itself there.

There are limitations to this approach, of course...

[Click To Read More](#)

---

The "Liberate Your Reiki!" eZine is produced by Reiki Evolution [www.reiki-evolution.co.uk](http://www.reiki-evolution.co.uk)

[EZezine](#) [Company](#) [Terms of Service](#) [Privacy Policy](#)