



Reiki eZine by Taggart King

[Liberate Your Reiki!] When You Can't Feel Anything Happening

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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I Can't Feel Anything Happening...



It's just not working for me

When you go on a Reiki course and start to practise Reiki, you have a lot of expectations. There are all these sensations that you've heard about, that other people, or some other people, experience, and you're not sure whether you're feeling them, or noticing them, or noticing them enough or often enough or strongly enough.

You can doubt yourself and think that although, yes, I know that "Reiki works for everyone"... maybe it actually isn't working for me.

What should I be feeling?

Is what I'm feeling the right thing?

Am I doing something wrong, and if I was doing it properly I'd feel more?

All these thoughts can whirl round our heads in the early stages. So what I'd like to talk about in this blog are the sort of sensations that people might experience when using Reiki and how people can end up disregarding the Reiki sensations that they actually are feeling, and I'd also like to touch on situations where people can't really feel much, or anything, happening as the energy flows, what you can do about that and whether you can become more sensitive over time.

Glossing over your Reiki sensations

We've all read about the sort of things that people tend to notice when they use Reiki, whether they are self-treating or working on other people. The way people experience the energy is either in terms of some sort of a physical sensation or some sort of image. So we might experience any of the following physical things:

- Heat
- Buzzing
- Throbbing
- Fizzing

- Tingling
- Prickling
- Pulsing
- A magnetic sensation
- Pressure
- Heaviness/density
- A temperature change

In terms of images, we might notice a particular colour – often white, lilac or violet – or some sort of a random, rainbow lightshow, or flashing lights, or a couple, or three, colours, or we might become aware of a particular image that appears in our mind's eye.

And because there's a natural tendency to worry about stuff and think we're not doing it right, we tend to focus not so much on the sensations that we are experiencing, but the sensations that we are *not* experiencing. So let's think of three imaginary, anxious, Reiki people. Let's call them "David", "Frances" and "Helena".

David is seeing coloured lights as he meditates or self-treats or treats other people and he is worried because he can't really feel any heat in his hands.

Frances is feeling heat and tingling in her hands as the energy flows but she's worried because she can't see any colours at all.

Helena is feeling a variety of things but she is worried because she doesn't know which sensations are the 'right' ones that she should be experiencing and she's worried whether she's just imagining it, or making things up, that she is fooling herself.

Am I just making it up?

No.

You're not.

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