



Reiki eZine by Taggart King

[Liberate Your Reiki!] When Nobody Feels Anything...

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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When Nobody Feels Anything



When you start learning Reiki, the first thing you do is to practise on a few people, probably a couple of family members or some friends. And while they can often give you interesting and useful feedback, feedback that helps to build your confidence that this Reiki “thing” really is doing something, because they can feel it and notice the effects, this doesn’t always happen: sometimes you can practise on some people who don’t seem to notice anything happening when you treat them, and this is of course quite disheartening.

You might feel a raging furnace going on on your hands as you treat them but they just shrug and say, “no, didn’t feel anything really, just a bit relaxed, or “a bit of warmth from your hands but that’s just what you’d expect from anyone”.

So what’s going on here? Why can’t they feel anything? Why isn’t Reiki working for them... or is it?

Rejecting any Reiki sensations

It is true to say that there are some grumpy partners of newly-fledged Reiki people who think Reiki is nonsense and do not want to admit that they are feeling anything, even if they are. I am sad to say that these people are often men.

If they have a belief that Reiki is rubbish then it would create too much cognitive dissonance to admit that they were experiencing something that goes counter to their belief, so any sensations or experiences are given a ‘rational’ explanation that excludes the possibility of Reiki being a real thing.

Sometimes this can happen subconsciously, where the recipient just ‘discounts’ or rationalises their experience as having nothing to do with Reiki, and sometimes people just won’t admit that they felt something special or surprising.

But one of the most encouraging or belief-inducing things for beginners is when a cynical partner is amazed by the feelings that they experience, and stunned by the fact that their back pain, or sore knee, or headache has just melted away, and then that person starts to ask for regular Reiki treatments. There is no better convincer for a new Reiki person than a cynic who just cannot explain the clear benefits they are experiencing! Or when the powerful sensations they noticed just can’t be explained away.

Because sometimes, say when your hands are hovering over someone’s forehead or the front of their face, they can feel heat so intense that it seems like there has been an electric bar heater installed just inches away from their face, and they grab hold of your hands to feel the heat and find that your hands are quite cool, actually, so there is intense ‘heat’ coming from hands that are cool. That can’t be explained away!

Or when you feel that there is loads of heat flowing through your hands into, say, someone's left shoulder, and they had hurt that shoulder playing sports but had not mentioned that to you, so there was no way you would have known about it!

Such things are greatly reassuring, but don't always happen.

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