



Reiki eZine by Taggart King

[Liberate Your Reiki!] Experiencing Disturbing Things

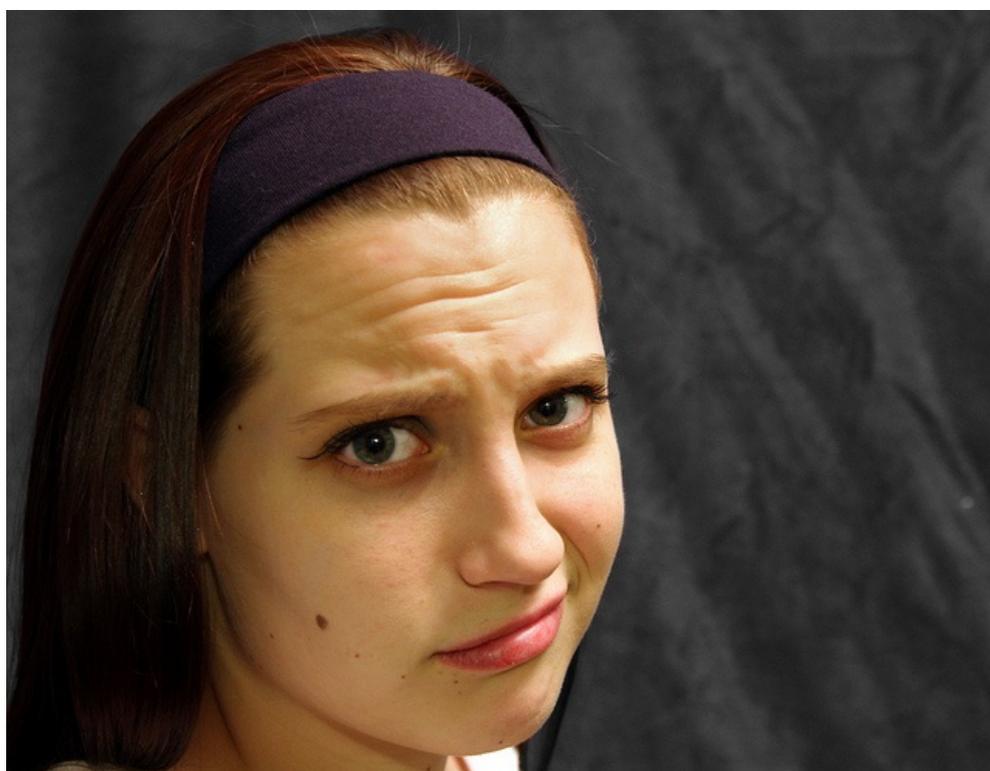
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Liberate your Reiki!

The eZine for Open-minded Reiki people

13th July 2020

Experiencing Disturbing Things



I think that most Reiki people will know about the main sensations or experiences that you can have when treating someone. If we were going to describe the 'standard' sensations then we'd be talking about heat in your hands, or fizzing, tingling and buzzing, maybe pulsing or throbbing, heaviness, a 'magnetic' sensation... or perhaps coolness, or a feeling of 'insects' crawling over your skin, or perhaps pinpricks.

And in terms of colours, we'd be experiencing bright lights, usually white, lilac and violet, or rainbow light-shows, or a particular colour predominating for a while or for the whole treatment.

But those are not the only experiences we can have, and what I wanted to talk about today are perhaps the more 'extreme' or unusual or surprising experiences that you might come across. These don't happen very often, and perhaps won't all happen to everyone, but they are frequent enough to be noteworthy.

Feeling queasy

It's not unusual for a Reiki person to feel queasy sometimes when treating a person. This usually happens in two different situations, and the explanation for both situations is the same.

You can feel queasy when you're new to Reiki and you're treating someone for the first time, or the first few times; maybe it's happening on the day of your First Degree course. What is happening here is that the recipient is drawing a lot of energy through you, you aren't used to things like this happening yet - after all, you've only just been initiated - and it's all rather 'taking your breath away'. You're not used to all this energy rushing through you and it's making you feel queasy.

Don't worry: this is not going to be your routine experience of working with Reiki! It is a one-off, or certainly one of a small number of one-offs! With a bit of practice, once you are more used to channelling the energy, doing your Hatsurei ho and self-treating, you will become accustomed to strong energy movement within you and it will all be old-hat, unremarkable and something that you can deal with effortlessly.

The other situation where you might experience some queasiness later on in your Reiki journey is when you are treating someone's heart and solar plexus, say, and the person is experiencing quite an emotional shift, or is having an emotional 'release', or certainly the energy is facilitating some

powerful and positive changes on the emotional level. As this happens, and you are the conduit through which all this is happening, your body can experience some queasiness, again because of the strength of the energy that is coming through.

If such a thing occurs, just move your hands away from that position to a different part of their body for a while and return to the heart/solar plexus (or wherever your hands were when you felt queasy) and you may find that the sensation has now gone. Or you might have to work on that area in small doses: moving there, moving away and so on, until the flow of energy dissipates, as it usually does.

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