



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] What Does It All Mean?

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# Liberate your Reiki!

The eZine for Open-minded Reiki people  
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## What Does It All Mean?



When we treat someone, and when we receive a Reiki treatment, for that matter, we are going to notice different things. There will be physical sensations, maybe images or colours, there may be emotions or states of mind that arise while we treat or receive a treatment.

And it's natural to wonder what all these sensations mean. Why do I have that sensation? Why am I seeing that colour? What does this change in sensation mean? Should I be worried about that feeling I'm getting?

If only there was some guidebook that I could go to, look down a list, and find out what it all means.

Well, Reiki doesn't really work that way, but I hope below to say some things that will be helpful and reassuring to you.

### Clients asking questions

It is quite commonplace for Reiki clients to ask you at the end of a session, "what did you pick up?". We are used to going to see a therapist or some sort of a specialist and to be told what's wrong with us, to have a 'label' given to us that describes in some way the things that we are experiencing. You go to see your doctor and they tell you that everything's fine - nothing to worry about - or they tell you that you have a problem called "x" and that it will go away on its own, or that you have problem "y" and here's what we can do to treat that.

So it's not surprising that clients expect in some way a similar sort of response: you have treated me, you've worked on my energy system, so what's wrong with me?

But we are not doctors. We do not have medical training. We have no ability nor right to diagnose anything nor to recommend any sort of medical treatment or warn against any sort of medical treatment. We just work with energy: we merge with the client, we become neutral and empty, we 'get out of the way' and the energy flows. And as the energy flows, the client may have a particular sensation and we may have a particular sensation.

Those sensations are not diagnostic tools and should not be used as such.

All we can comment on, really, is that we noticed "a lot of energy" going into a particular part of the body. That may make perfect sense to our client, or it may be a bit of a mystery, and the client should not start to think that because there is a lot of energy going to a particular place, that there is some sort of medical problem there.

More about that later.

Sometimes it can be fairly clear: they have a frozen shoulder or arthritic knee and we notice that there's lots of energy going into the shoulder, or the

client notices that their knee starts to ache during the treatment (and should improve subsequently). On other occasions it can be a mystery.

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