



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] The Ten Rules of Reiki: Rule #4

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# Liberate your Reiki!

The eZine for Open-minded Reiki people  
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## The Ten Rules of Reiki: Rule # 4



### Work on yourself daily

To get the most out of your Reiki, you need to have a regular practice of using the energy on yourself.

You're not going to gain the greatest benefits from this wonderful system that we all have if you just pick up Reiki once in a while, do something with it, and then put it down again for whatever period. So if you are looking for consistent benefits through Reiki then you need to have a consistent practice.

The precepts start by saying "just for today..." and we can extend that by saying, "Just for today I will do something with my Reiki".

And you can manage that; everyone can.

Everyone can make some time for Reiki each day because it doesn't have to be hours and hours and hours' worth. Do something for just 10 minutes: you have ten minutes. Do something for 20 minutes. And if you don't have 10 minutes then get up 10 minutes earlier in the morning: problem solved.

Everyone can find a way of doing something with their Reiki today, and we don't have to concern ourselves about tomorrow: tomorrow is another day. Tomorrow we'll start with "just for today I can do something with my Reiki", and we can find some time.

### What could you do with your Reiki today?

Perhaps you're giving someone a full treatment, or perhaps you'll give someone a short blast of Reiki in your lunch-break: when you use Reiki on another person, you are gaining some benefit for yourself through channelling the energy. It doesn't pass through you without doing good things for you, and you'll be familiar with that lovely, chilled state that you experience as you get to the end of a Reiki session with someone else, almost as if you gain as much benefit as the person who's receiving!

Maybe someone has a bad back or a headache or an aching wrist: give them a short blast and snatch a little blissed-out-ness for yourself!

Can you take ten minutes in a lunch-break to become still and send some distant healing? That would be a lovely way to unwind and recharge your batteries half way through the day, while benefiting someone else at the same time.

Ten minutes of mindfulness and bathing in the energy at the same time.

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