



Reiki eZine by Taggart King

[Liberate Your Reiki!] The Ten Rules of Reiki: Rule #5

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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The Ten Rules of Reiki: Rule # 5



Commitment is the key

I've already spoken about the benefits that can come through the regular practise of Reiki, making working with the energy a regular part of your routine, trying to use the energy in some way each day.

The benefits of Reiki build up cumulatively, and sporadic and irregular practice won't be as effective in bringing you the very best that is possible for you through your Reiki.

Like many things, you'll get out of your Reiki what you are prepared to put into it, and Reiki deserves a little of your time each day. If you plug away, inch by inch, a few simple practices, a few simple routines, and make them a regular part of your daily and weekly routine, like brushing your teeth and brushing your hair - which you always make time for - then you'll get the very best out of your Reiki.

And once you have established your routine with Reiki it'll seem strange when you aren't doing your daily self-treatment or energy exercises, or distant healing. It doesn't take very long before your routine can just become part of who you are and it'll be difficult to avoid using your Reiki in some way.

So how do we commit to Reiki?

How do we make that decision, that final decision that cuts away all other possibilities?

Well I don't think you need to make such a decision. You just need to focus on today, and do something with your Reiki today, and that's all. And when the next day arrives, you repeat the process, doing something with your Reiki today.

One day at a time.

But there is something that you can do that can help you ease into your Reiki routine: visualise yourself doing what you intend to do.

Get yourself into a nice comfortable position and take a few deep breaths, perhaps do a bit of a self-treatment or part of hatsurei ho, to get the energy flowing, and imagine yourself doing what you plan to do: imagine yourself sitting down at lunchtime to do 10 minutes of distant healing, bring to mind how it will feel to send 15 minutes on a park bench just bringing the energy into your tanden and then flooding the energy out to the universe.

See yourself sitting on your sofa, blessed out for a while with an impromptu Reiki session, imagine yourself drifting off to sleep with your hands on your heart and solar plexus. See yourself doing these things as if you were watching yourself on a video, imagine how these things will feel, notice how you look and how your body seems so relaxed as you use your Reiki.

Imagine the benefits of doing this and see yourself experiencing those positive changes in the way that you behave and respond, those changes in the way that you feel about yourself and other people, changes in the way that you think. Just notice all those positive changes that come through your Reiki practice.

What you are doing here is mentally rehearsing what you days ahead, what your week ahead, will be like, and you are programming your mind to make these things happen, each day, to bring them to mind to remind you, to make them a priority.

Do this regularly and you'll be amazed by how simple it can be to ease into a really good routine with your Reiki.

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