



Reiki eZine by Taggart King

[Liberate Your Reiki!] The Ten Rules of Reiki: Rule #6

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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The Ten Rules of Reiki: Rule # 6



Don't try too hard

While we do need to commit ourselves and work with the energy regularly if we are to gain the greatest benefit through our connection to Reiki, working with mindfulness, focusing on the precepts and doing self treatments and other energy exercises as we can during our week, we also need to make sure that we aren't trying too hard at all this: it's supposed to be an enjoyable journey, not a big hard slog!

So we shouldn't take ourselves or our practice too seriously: Reiki is best enjoyed in a light-hearted fashion, in a gentle and laid-back way... not in a fists-clenched, furrowed-brow, tense 'read for a lot of hard work' sort of way.

We don't fore Reiki when we treat other people or when we work on ourselves and we shouldn't force a severe Reiki practice on ourselves either. That just wouldn't work: we should be doing our Reiki out of love, compassion, because we enjoy it.

Reiki is rather like a flowing stream and we're rather like a rough rock sitting in that stream.

The rock will become smooth over time but we can't force the river: the river flows at its own pace, it achieves its goals at its own speed and in its own way, and we accept the journey, allowing the water to flow consistently, doing what it needs to do to mould us into what we're becoming a tiny bit more each day.

There are several ways in which we can try too hard

Firstly, we might read about the experiences of other people when they do Reiki, when they self-treat, when they treat other people, when they receive attunements or empowerments. These people might experience particular things, see colours, have a particular sensation or a strong reaction and we might not be experiencing these things at the moment.

We think to ourselves, "I'm not doing it properly, I need to focus more, I need to do this better, I need to try harder to get it just right".

Well, no you don't.

We all have our own individual experiences when using Reiki. There are some people who see colours who wish they could feel tingling in their hands more. There are people whose hands fizz like crazy who wish they could see colours, and there are people who have very few sensations or experiences who wish they could experience something more than they currently are.

And things aren't set in stone, so what we experience now when using Reiki isn't representative of what we will notice as the energy flows. Things change, and we can develop our sensitivity to the energy through practice and through using special meditations that I have on my web site.

But what is not going to help is trying really hard, because Reiki works best, Reiki flows best when the person channelling the energy is chilled out and laid-back, just gently there with the energy, letting it happen, whatever is happening.

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