



Reiki eZine by Taggart King

[Liberate Your Reiki!] The Ten Rules of Reiki: Rule #7

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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The Ten Rules of Reiki: Rule # 7



You don't need to be perfect

Along with the need to be relaxed and laid-back and light-hearted about your Reiki practice, certainly not trying too hard, you should also make sure you're not beating yourself up for not being perfect.

Now, there is a precept that deals with this: just for today I will be compassionate towards myself and others, and that means forgiveness amongst other things: forgiveness for others and forgiveness for yourself.

Believing that you need to be perfect in everything that you do is an insidious belief and something that should not apply to your practice of Reiki. Just to make this completely clear: you do not need to be perfect to obtain benefits for yourself through Reiki, you do not need to be perfect when you're treating other people for them to receive all the benefits of Reiki.

Many different approaches work with Reiki, there is no exact way that things have to be done or carried out before they'll work, and Reiki is very accommodating.

But my mind wanders

Perhaps your mind wanders when you're treating someone.

So what?

This happens to everyone else and it'll happen to you. You will not mess up a Reiki treatment or be ineffective as a channel just because you were thinking about shopping for a while when you treated someone.

But how do you deal with a wandering mind?

Well, what you don't do is to try and force yourself to have an 'empty mind' - that will not work at all; that will make things worse because you now have two lots of thoughts: the original thoughts and all the new thoughts about getting rid of the first lot of thoughts!

Don't worry. Pay the thoughts no attention.

No need to focus on them. Just let them pass.

It doesn't matter, just bring your attention gently back to what you were doing, being mindful, merging with the energy and the recipient, letting it happen. And that's all you need to do, just be gentle with yourself.

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