



Reiki eZine by Taggart King

[Liberate Your Reiki!] The Ten Rules of Reiki: Rule #8

[\(view all archives\)](#)

Liberate your Reiki!

The eZine for Open-minded Reiki people
24th September 2020

The Ten Rules of Reiki: Rule # 8



Don't try to puzzle out why

We've seen that the best state of mind to have when treating someone is to be empty and neutral, merged with the energy and merged with the recipient. We are in a mindful state, just being, not forcing things, letting it happen. If our mind wanders then we just gently bring our attention back to what we were doing, and bliss out on the energy.

And it would be nice if we could bring that lovely, centred, unconcerned state into other areas of our life, too, particularly when it comes to seeking answers or explanations for everything that is happening to us and to the people that we are treating.

Because if we seek answers or explanations for every little sensation that we have, every little happening, and particularly if we can't be content with a practice or an approach without understanding exactly why we are doing a particular thing, then we are going to make our journey with Reiki a particularly difficult one.

What do colours mean?

If you see a particular colour, or colours, when treating someone, or when self-treating, it might be nice just to accept this as a pretty light-show, an added bonus, a colourful and welcome side-effect of the flow of energy... rather than trying to puzzle out why you had a particular colour and what that means.

Maybe the colour does have a meaning - there are colours associated with the chakras for example - and maybe the energy was focusing on a particular chakra when you saw that colour. But because Reiki works on so many levels, because it deals with physical things, mental states, emotions, spiritual aspects, because it deals with historical problems that are still present in some way in our energy body, and it deals with things that are 'on the boil' and haven't manifested yet... we have no real idea of what it's doing other than to be safe in the knowledge that the energy is giving us or the recipient what we need.

So stop trying to puzzle things out: it will make no difference to your experience of the energy or the effectiveness of your Reiki.

Get your head out of the equation and just let the energy do what it needs to do, without all that frantic mental activity!

What do sensations mean?

If you have a particular sensation when treating someone, or you were drawn to a particular area of the body, do you really need to know why that happened?

If your hands end up resting on someone's liver area, does that mean they have liver disease?

No, it doesn't, it just means that the energy needs to flow there to produce the balance that is appropriate for the recipient.

We don't diagnose with Reiki: Doctors diagnose. Reiki Practitioners and Reiki Masters don't diagnose, and shouldn't diagnose, and if they feel an urge to diagnose something then they should stop it.

In any case, Reiki works on lots of levels, so in Traditional Chinese Medicine the liver is said to hold mental states and emotions that might be being dealt with; is that what's happening? Who knows? We don't need to know, we can just accept that Reiki is doing what it needs to do, and go with the flow, merging with the energy in a lovely mindful state.

[Click To Read More](#)

The "Liberate Your Reiki!" eZine is produced by Reiki Evolution www.reiki-evolution.co.uk

Picture Credit: [U.S. Army](#)

[EZezine](#) [Company](#) [Terms of Service](#) [Privacy Policy](#)