



Reiki eZine by Taggart King

[Liberate Your Reiki!] How to Start a Reiki Treatment

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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How To Start A Reiki Treatment



A simple ritual to get your Reiki treatment started

People in different lineages are taught different ways of starting off a Reiki treatment - the ritual(s) that you carry out to get things started - and I thought it would be useful to share with you the sequence that we teach on Reiki Evolution courses, so that you can compare it with what you were taught.

It might trigger off some ideas and help you to develop your own way of doing things if you wanted to.

When standing by the recipient, our students are taught to go through a sequence represented by the letters A, C, B, M, F.

A = Affirm
C = Connect
B = Build
M = Merge
F = Flow

Below I describe these stages in a bit more detail...

Affirm

It's quite common, I think, for Reiki people to make some sort of affirmation or dedication before starting a Reiki treatment, and we have students silently affirm, "I dedicate this treatment to the highest good of [client's name]".

It's just a nice way of reminding yourself that when you carry out a Reiki treatment, you do so in a 'neutral' way, with no expectation of a particular result, metaphorically standing aside to allow the energy to be drawn by the recipient to where it needs to go. So you're setting the right intent.

Once you have gone through this process again and again with different clients, you probably don't need to keep on reminding and re-reminding yourself at the start of each session: you know what your intent is.

Connect

Here is where we focus our attention on our 'connection' to the energy, and we have our students imagine that energy is flowing down through their crown, down through the centre of the body to the Tanden.

And just focusing on that for a little while can bring a lovely meditative state, ideal for carrying out a Reiki treatment on someone.

Build

Now we direct our attention towards the Tanden, that energy centre two finger-breadths below your tummy button and 1/3rd of the way into your body.

This is the centre of your personal universe, the location of your intuition and creativity, a part of the body that is focused on in many traditional practices, for example martial arts, flower arranging, even the tea ceremony.

Here we notice that the energy starts to build here, strengthening and intensifying.

Merge

Having focused on our 'connection' to the energy and the building up of Reiki within us, now we move our attention to the recipient on the treatment table before us, imagining that we are merging with them, becoming one with them, experiencing a state of oneness.

We are neutral, empty, with no expectations, a necessary bystander in the process that is to follow.

Flow

And finally, we allow the energy to flow, drawn by the recipient to the most appropriate places for them on that occasion.

We have established ourselves as a clear channel, a free-flowing conduit, stepping aside metaphorically to allow the energy to be drawn by the recipient, creating a 'healing space' that they can use for their highest good.

We follow the flow of energy, resting our hands in the areas that are drawing the most energy, staying there for as long as the energy needs to flow there, resting our hands in just the right places for that person on that occasion.

Though intuitive working is something that we focus on mainly on our Second Degree courses, some of our First Degree students find that they are already feeling guided by the energy and we encourage them to go with the flow, 'getting out of the way' - not worrying or trying to puzzle out why you are being drawn to a particular area, just letting it happen.

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