



Reiki eZine by Taggart King

[Liberate Your Reiki!] The Ten Rules of Reiki: Rule #9

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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The Ten Rules of Reiki: Rule # 9



Trust your intuition

Along with doubts about whether people are fooling themselves when they notice the flow of energy, come doubts about a person's intuitive ability.

Am I really feeling drawn to that part of the body or am I fooling myself? I heard a word or phrase in my head, or I saw an image, is this all in my head? Am I making it up?

Did my hand really feel like it was being pulled like a magnet to the person's knee, or is this only because I know that they had an injury there?

You need to know something: you are intuitive. Everyone is intuitive.

You may not be used to noticing the intuitive messages that your body and mind are sending you, but they have always been there.

Are you making it up? Yes, in a way: nobody else is giving you this information, it's coming from you, from that intuitive part of you that generates such messages and insights, or that 'inner knowing'.

Intuition can come to you in different ways

Maybe when treating someone you feel strangely drawn to a particular area of their body, your attention wants to rest there or dwell there. It might not make any sense, but that doesn't matter.

Just go with what's coming to you and direct the energy there, resting your hands or hovering your hands over that area.

Maybe when you're self-treating, you feel drawn to a particular area of your body, well just focus your attention there and allow the energy to flow there.

Just accept what comes to you and work with it.

Some people have intuition come to them in terms of visual images or words or muscle movements: everyone's different. Don't assume that this isn't real intuition, that because it's you and you're not intuitive, this can only be just nonsense.

Just stop thinking and stop worrying and stop second-guessing yourself, and cultivate the lovely mindful state that you enjoy when giving Reiki.

Ease into that lovely merged state and just accept what's coming to you, allowing the energy to guide you in its own way, because you are already as intuitive as you need to be, and the way to access your intuition is to just merge with the energy, and let it happen.

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