



Reiki eZine by Taggart King

[Liberate Your Reiki!] The Ten Rules of Reiki: Rule #10

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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The Ten Rules of Reiki: Rule # 10



Ignore silly rules and restrictions

Another problem with thinking too much is that we can start to overcomplicate something that is a very simple and a very safe way of helping ourselves and helping other people to change things for the better. And if we think too much, and particularly if we start to worry too much – and I have to say that there is something in the Reiki precepts about worry – we end up with people speculating about potential dangers, imaginary dangers, problems that have no basis in anyone’s experience, and we start to limit our practice of Reiki.

And you can see that in different lineages, where students are taught long lists of situations where they shouldn’t use Reiki, people that they shouldn’t treat, things that they have to do, or should always do, or should never do, and many of these restrictions and limitations are just complete nonsense, completely divorced from reality.

And students take these teaching on in good faith, and pass them on to their students when they become teachers, never questioning whether what they were taught has any basis in fact or experience.

Reiki contraindications

So what restrictions do we have careering around the world of Reiki?

- You shouldn’t treat people who are wearing contact lenses
- You shouldn’t treat people who have cancer
- You shouldn’t treat babies
- You shouldn’t treat people who have a broken bone
- You shouldn’t treat pregnant women
- You shouldn’t treat people with high blood pressure
- You shouldn’t treat people who have pacemakers
- You shouldn’t treat diabetics
- You shouldn’t treat people who are stressed.

This is nonsense and has no basis because Reiki is a safe and nurturing energy that gives people what they need.

So, where is the evidence that using Reiki makes people’s pacemakers explode? Where is the research paper that proves this? Or even if there isn’t a research paper, where are the anecdotes, where it is clear that Reiki messed up a pacemaker?

Where is the evidence? There is none.

Where is the evidence that you shouldn’t treat people who are stressed?

Good grief this is nonsense isn’t it?

Some people are taught that you shouldn’t treat clients with cancer because the Reiki will ‘feed the cancer’. OK, where’s the evidence? And also, since everyone listening to this track has some cancer cells in their body, cells that have gone wrong and which are mopped up routinely by our immune

system, we shouldn't be treating anyone, including ourselves!

It would be a death sentence.

Some people are taught that they shouldn't treat pregnant women. OK, where's the evidence that Reiki is dangerous? There is none, of course. But because sometimes women can be pregnant without knowing it yet, particularly in the early stages, if you believe that Reiki is dangerous to pregnant women then you should be refusing to treat any woman of childbearing age just to make sure that you're not treating someone who might be pregnant.

And if you're attuned to Reiki yourself, then of course you would need to make sure that you never had children.

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