



Reiki eZine by Taggart King

[Liberate Your Reiki!] The Ten Rules of Reiki: All Ten!

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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The Ten Rules of Reiki: All Ten!



Some of you may have been following my "Ten rules of Reiki" posts in recent weeks, but for those who haven't, if I was going to try and sum up the ten rules of Reiki in just a few sentences, I would say this: to get the most out of your Reiki, I recommend that you make a commitment to yourself to work on yourself daily in some way as your top priority, but not beating yourself up if you miss the occasional day. Use energy exercises, self-treat, focus on the precepts regularly and drip-feed mindfulness into your daily activities and routines. Don't try too hard, though: be light-hearted and forgiving towards yourself because you don't have to be perfect. Try not to clutter your mind with lots of thoughts and doubts and questions: just be neutral, have no expectations, be empty and content. And make sure you keep things simple. Reiki works best when it's simple.

Here are the rules again:

1. [Reiki is all about you](#)
2. [Base your practice on the precepts](#)
3. [Practise mindfulness](#)
4. [Work on yourself daily](#)
5. [Commitment is the key](#)
6. [Don't try too hard](#)
7. [You don't need to be perfect](#)
8. [Don't try to puzzle out why](#)
9. [Trust your intuition](#)
10. [Ignore silly rules and restrictions](#)

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