



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Reiki is not all Fluffy Bunnies!

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# Liberate your Reiki!

The eZine for Open-minded Reiki people  
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## Reiki Is Not All Fluffy Bunnies!



### When Reiki shifts up a gear

We know what Reiki tends to do for people, don't we? People end up chilled, calm, serene, content, better able to cope, more positive.

Reiki brings balance, perspective, and if you add in a regular focus on the Reiki precepts, and the practise of mindfulness, then you have a really powerful system for positive change.

But it's not all happy bunnies and smiles: Reiki can produce powerful effects and elicit powerful shifts in a person.

When someone comes for a Reiki treatment, they will usually have a wonderful experience. They will feel more relaxed than they have for a very long time, they will drift, or float, or sink, they will bliss out on those boiling hot hands, they might have rainbow light shows, or tingles, a lovely experience.

But it's not like that for everyone.

Sometimes a person can just feel generally 'unsettled' during a treatment. They don't relax, they don't necessarily experience anything powerful, but they're not calm and relaxed and peaceful, as most people are. So what is going on here?

Well, they are having a definite experience, the energy is doing something for them, and what it is doing is coming

through as that sense of being unsettled.

The energy will provide the recipient with a variety of sensations or feelings, and they are just what that person needs to experience to best shift what they need to shift to move on, a side-effect, in a way, of the energetic work that is going on within them.

Often it's a lovely experience, but not always...

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