



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Develop Your Reiki Intuition (Part 2)

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## Liberate your Reiki!

The eZine for Open-minded Reiki people

23rd September 2021

### Develop Your Reiki Intuition (Part 2)



In my last post - [Develop your Reiki intuition \(Part 1\)](#) - I described some simple exercises that you could carry out to build your Reiki and start to get yourself in the best state of mind for working intuitively and developing your intuitive side.

Now we're going to start practising intuitive working with someone else, not just on your own, so you'll need to find some willing volunteers to practise on.

Do this exercise for about five minutes or so for each person you practise on. It doesn't take very long.

Practise on as many people as you can.

#### **Practise compassionate intuition**

The recipient sits in a chair or lies on a treatment couch. It doesn't matter which.

Sit near the recipient.

Make yourself comfortable and rest your hands in your lap. Close your eyes.

Take a few long deep breaths.

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