



Reiki eZine by **Taggart King**

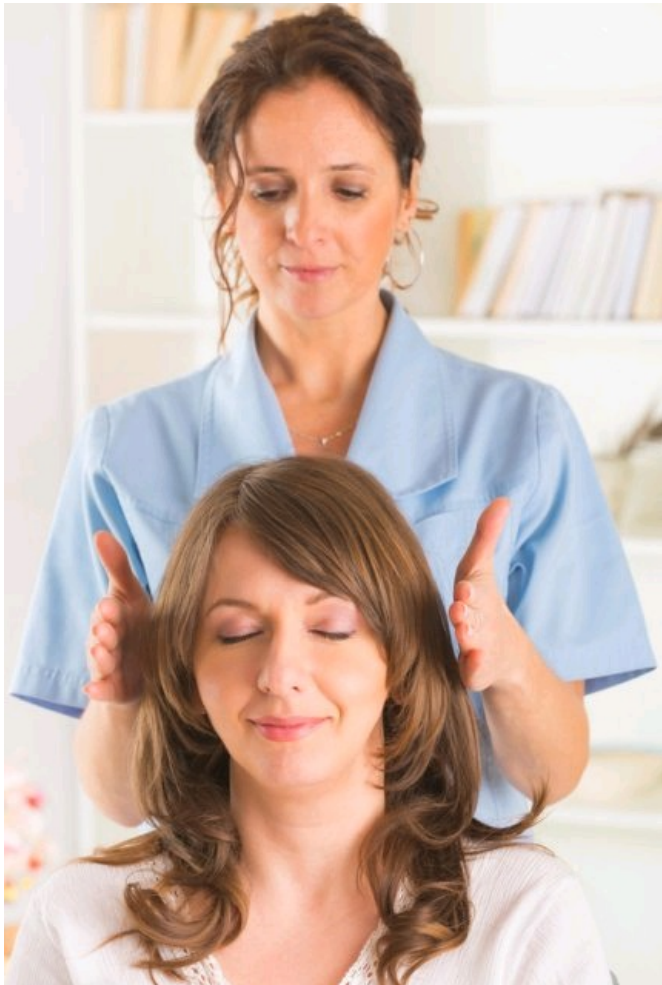
[Liberate Your Reiki!] Develop Your Reiki Intuition (Part 3)

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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Develop Your Reiki Intuition (Part 3)



So, in previous posts I have walked you through some [simple energy exercises](#) that you can carry out every day to clear and cleanse and balance your energy system. I have also described some exercises that you can carry out on your own, and with a volunteer, to start merging with the energy, and merging with the recipient, opening you up to your intuition.

Here are the links that you need if you'd like to recap:

- [Solo exercise for merging with the Reiki energy](#)
- [Practise merging with the recipient and Reiki](#)

In this post I am going to describe a Japanese approach to working intuitively, called "Reiji ho", which means something like "indication of the spirit technique".

It's a way of allowing the energy to guide your hands so they drift – rather like being pulled by invisible magnets – to the right place to treat for each person you work on.

How to practise Reiji ho

You will need a willing volunteer for these exercises. Do this exercise for about 10-15 minutes or so for each person you practise on. It doesn't take very long.

Practise on as many people as you can.

The recipient sits in a straight-backed chair and you stand behind them or to one side of them.

Make yourself comfortable and bring your hands into the prayer position. Close your eyes. Take a few long deep breaths.

Imagine energy flooding down to you from above, into your crown, and the energy flows down the centre of your body to your Dantien. Feel/imagine the energy building in your Dantien.

A continuous flood of energy keeps pouring through your crown into your Dantien, where it builds.

As the energy floods through you, feel yourself disappearing into the energy and merging with it, imagine yourself becoming one with the energy. Just be there with the energy, allowing it to flow. No expectations. Just merge with the energy for a minute or so.

Now, in your mind, focus your attention on the recipient. Feel yourself merging with them, becoming one with them. Merge with them for a little while.

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