



Reiki eZine by Taggart King

[Liberate Your Reiki!] Reiki Sensations When You Attune or Treat People

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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Reiki Sensations When You Attune or Treat People



In this article I would like to talk about the sort of things that students might feel – or not feel – when receiving attunements or empowerments, when working with energy and when treating or being treated, and the significance of these sensations.

The article is particular addressed to people who have just taken a First Degree course or who are only just starting on their journey with Reiki, though it should be of interest to people at all Reiki levels.

Reiki Attunements or Empowerments

(Please note that, to avoid unnecessary repetition, I am going to use the word ‘empowerment’ to refer both to Reiju empowerments and Western-style Reiki attunements.) They achieve the same thing anyway!

When we arrive on a [Reiki First Degree course](#), we probably have very little idea of what we might experience when going through an empowerment. If you read books about Reiki, everyone seems to be going through an exceptional, once-in-a-lifetime experience, but for most people it really isn't like that.

There is no way of predicting what an individual will experience when receiving an empowerment, whether in person or at a distance. You may have an amazing experience, or you may feel very little or nothing. It is not uncommon for people to see some colours or feel some heat or tingling or pulsing or pressure in various areas of their bodies.

For some people an empowerment is a unique experience, profound, emotional, an experience that is almost unbelievable.

For others very little seems to happen.

Sometimes you might find that there will be four people, say, on a course. Three people are talking about the surprising, or interesting, or special experiences that they just had, and one poor soul is sitting there thinking to themselves "I knew this wouldn't work for me... I know Reiki is supposed to work for everyone, but it hasn't worked for me".

We assume that if we notice a lot happening then the empowerment has 'taken', that it has worked really well, and we assume that if we felt very little - or if we felt nothing - then the connection ritual has not worked, that we haven't been attuned, or we haven't been attuned properly.

But what a student experiences when they receive an empowerment is no guide as to the effectiveness of that empowerment. In fact what a student experiences really is irrelevant, because empowerments always work.

Of course it is nice and reassuring to have the "bells and whistles and fireworks" - it helps you to believe that something definite has happened - but someone who has noticed all these things has not been more effectively empowered when compared with a student who felt very little or nothing.

Experiences are interesting, but not important.

They don't mean anything in terms of whether, or how well, an empowerment has worked, because empowerments always work, no matter what the student feels or doesn't feel.

Experiencing Reiki energy when you treat someone

People are all different, and people differ in terms of how sensitive they are to the flow of energy in the early stages of their work with Reiki. Sometimes people arrive on a Reiki course massively sensitive to the energy, and perhaps better able to sense subtle differences than is their teacher, and that's nice for them, while other people may notice something very subtle, or perhaps nothing at all.

Most people will feel something.

So when playing with energy, most people will feel something in between their hands when they try to make an energy ball. Most people will feel something when they try to feel someone else's energy field, or if they practise 'scanning' (assuming that there is something there to detect - there won't always be).

But not everyone will feel these things to begin with, and the people who do not feel anything should not be disheartened: because sensitivity to such things can develop with practice and repetition. Most people will find that, no matter how sensitive they find themselves when they first learn Reiki, when they start to work with the energy regularly - for example by carrying out Hatsurei ho every day, and by self-treating - their sensitivity to the energy will increase.

But this is a work-in-progress and we may need to be patient. And we may find that our sensitivity to the energy never reaches our goal, or is never as great as other Reiki people that we come across.

Maybe we are setting an unreasonable target for ourselves.

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