



Reiki eZine by Taggart King

[Liberate Your Reiki!] Are You RESTRICTING Your Reiki?

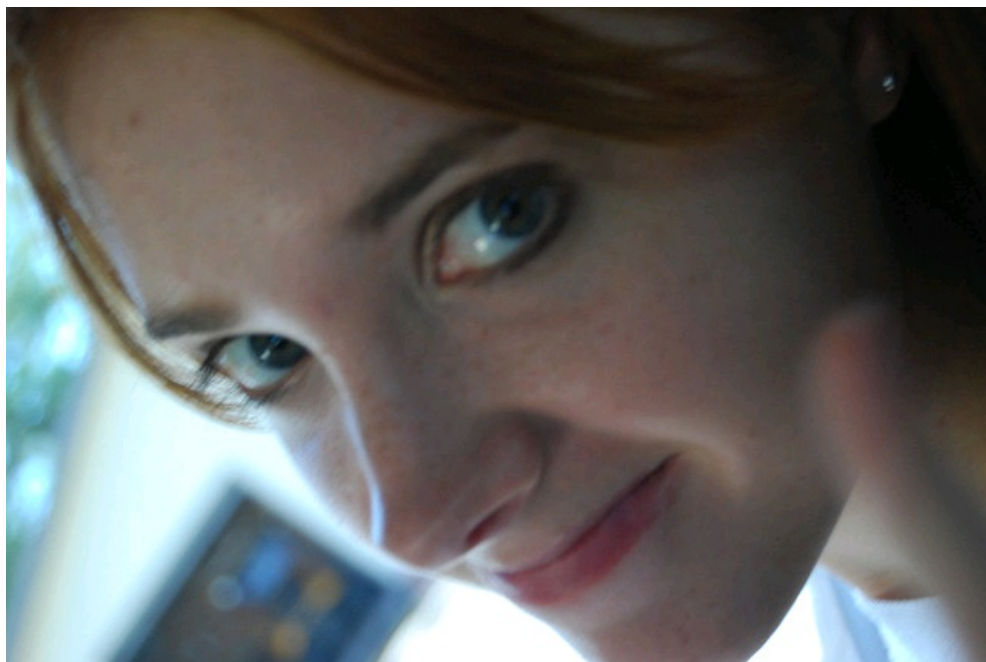
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Liberate your Reiki!

The eZine for Open-minded Reiki people

4th November 2021

Are You RESTRICTING Your Reiki?



Tut tut, you shouldn't do that

Depending on whom you trained with, you may have been given quite a long list of 'situations where you should not use Reiki'.

It seems that the only restriction that Mrs Takata taught was that you should not treat a broken bone with Reiki, but many other restrictions have been added in later on in Reiki's Western history.

I thought I would spend a little time talking about these 'Reiki contraindications'.

Broken bones setting like quick-drying cement

Firstly, I would like to talk about the 'broken bone' restriction, which is made on the basis that Reiki accelerates the healing process, so you do not want Reiki to set the bone before it has been put back in the right position.

Now while Reiki is an amazing energy, and has done some wonderful and breathtaking things, I think most people's experience is that Reiki gently supports the body's natural healing ability, and that while it may accelerate the healing process, the effects of Reiki generally build up cumulatively.

I do not believe that Reiki will set someone's bone like fast-acting Polyfilla, so that they will have to have the bone re-broken and re-set when they get to Casualty a few hours later.

Breaking a bone is a shocking and painful experience (I know this from first hand experience!) and Reiki could make a real difference to someone, so I would not hold back from giving it, and I would not hold back from treating the area where the bone is broken.

Suggesting that you could Reiki someone, but keep well away from the broken bone, does not stop Reiki from rushing to where it is needed (the bone), and why would we imagine that what many people see as a spiritually-guided life-force energy would mess things up for a person.

Reiki is supposed to be intelligent.

Pacemakers exploding in someone's chest

Another situation where some people are taught that you 'should not treat' is when a client has a pacemaker.

This restriction is made on the basis that Reiki energy is electromagnetic in nature, and will interfere with the proper functioning of the device. Confusingly, some say that this restriction only applies to analogue pacemakers, not the newer digital ones.

There seems to be no evidence whatsoever to indicate that Reiki would cause a problem in this area, and I have not heard on a single anecdote where a Reiki practitioner treated someone with a pacemaker and the treatment caused problems.

I am also not aware of any evidence to show that Reiki is electromagnetic in nature, either. If it was, you could measure Reiki easily: move your hand over a wire and you would induce an electric current, which you could pick up with a voltmeter.

Some have suggested that you can solve this 'problem' by keeping away from the heart area, but we all know that Reiki rushes from where we put it to where it is needed. I would have thought that a person with a pacemaker needed more Reiki in the heart area, not less, and if Reiki is drawn to the areas of need then it is going to go where it wants anyway. The only solution would be not to treat someone with a pacemaker, which I think is ridiculous.

Some have suggested that you should not attune someone with a pacemaker, and again I do not think that this is sensible.

I am not going to restrict my practice of Reiki on the basis of unfounded supposition.

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