



Reiki eZine by Taggart King

[Liberate Your Reiki!] Working With Reiki Intuition

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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Working With Reiki Intuition



Intuitive? Not me!

When I first started practising Reiki, I didn't believe that I was intuitive.

In fact, I thought that I might only be able to become intuitive after years of dedicated practice, if then. I thought that maybe intuition was only for the gifted few, or if it did arrive for me then it would flash into my head, gone in an instant, and I would not know how to get it back again.

I now realise that intuition is available for everyone, right from the word go, and that by doing just a few simple things we can all amaze ourselves with what we can become aware of.

Partly I have come to this conclusion through trial and error, and partly through practising an intuitive technique called 'Reiji ho' that is used in Japanese-style Reiki, a technique that allows your hands to be moved 'by invisible magnets' to the right places to treat.

I have a long way to go with intuition: it is a lifelong journey, but I thought some people might find my experiences and experimentation interesting to read about.

Using a Pendulum

For a while I used to use a pendulum when I treated people.

I had agreed with the pendulum what it would do if a chakra was closed, spinning too fast, or 'normal', and I would dangle the pendulum over each chakra in turn and ask 'show me the state of the crown chakra', and so on along the length of the body.

Some people ask if each chakra in turn is balanced, others dangle the pendulum and watch its direction of rotation and size of circle traced out, showing how the chakra spins and how open it is. I found after a while that I did not need to hold the pendulum over the chakra; I could just hold the pendulum at my side and ask it as the client lay in front of me.

Then I discovered that I did not need to have the client in front of me either, and that I could balance their chakras before they arrived for a treatment!

I was starting to realise that there were not too many limits to this technique.

The imaginary pendulum

On occasion I forgot to bring my pendulum with me, and I could not find anything to use as a substitute, so I started using an 'imaginary pendulum' which I 'held'. My arm made the same muscle movements as before, without the need to suspend a crystal from a thread.

Some people use a pendulum that swings 'in their imagination'. They watch to see how its spin changes in response to their questions.

I don't get on very well with that: I never seem to be able to look at the pendulum from the right angle to tell exactly what it is doing!

I tried to move on from this to see if I could dispense with a pendulum altogether, whether real or imaginary...

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