



Reiki eZine by Taggart King

[Liberate Your Reiki!] The Importance Of Your INTENT In Reiki

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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The Importance Of Your INTENT In Reiki



A wise friend of mine once said to me that “where thought goes, energy flows” and I think that this principle applies very well to Reiki.

Some of us have been taught in quite a rigid way, learning that we must always follow a particular prescription to achieve a desired effect, whether this be a set form of words, a collection of symbols, or a complicated ritual.

That’s fine: we can choose to do that if we like, but I believe that underlying our form of words, our rituals and our symbols is an important and powerful driving force: our intention.

I believe that we can move beyond the details, the constructed systems, to access that simple, profound and powerful controlling force. Whatever we do, when we do Reiki, we control the energy using our intention.

Sending Reiki with your eyes or breath

Many people are now experimenting with sending Reiki using their eyes and their breath, based on the two Japanese techniques ‘Gyoshi Ho’ and ‘Koki Ho’.

Now I do not believe that Reiki necessarily comes out of your eyeballs when you use the ‘eye’ technique, like Clark Kent raising his glasses to send laser beams out of his eyes. But I do think that you have created a little visualisation that sends the energy in a particular way. When you imagine that Reiki passes from your eyes, the energy is focused in a way that picks up on some of the connotations of staring: the energy is received in a piercing, localised, penetrating, or ‘focused’ way.

Send using your breath and the energy is sent in more of a superficial 'billowing' form.

You have made the energy go to the other person's body. You have intended that, and it has happened. You visualised to achieve this, but that is just a convenient way of focusing your intent, and it is your intent that is the important thing here, not the details of the ritual that you use to control the energy.

Distant healing and intent

You may choose to carry out a detailed ritual in order to perform distant healing, you may use a set form of words, a symbol, more symbols, you may make a detailed visualisation, but you are still focusing your intent and the details of the ritual don't matter.

If you feel comfortable with detailed ritual - 'High Church' - then fine, that works for you; stick with that. But I think we need to realise that we can remove the strait jacket, we can let the ritual go if we want to and still achieve the desired effect, and that is still Reiki.

We can experiment: sit a Reiki friend the other side of the room and send Reiki to their forehead, or their shoulder. Don't beam it, don't do distant healing, don't use your eyes or your hands: sit on your hands, close your eyes and just *make* the energy go where you want.

It will follow your thoughts. When you are thinking nice warm thoughts about another person then dzzzzt, the energy has followed your thoughts, your focus, and you have just sent distant healing to them.

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