



Reiki eZine by Taggart King

[Liberate Your Reiki!] Discover Reiki REMOTE TREATMENTS

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Liberate your Reiki!

The eZine for Open-minded Reiki people
18th November 2021

Discover Reiki REMOTE TREATMENTS



When is a distant healing session not a distant healing session?

When it is a remote treatment!

What is a remote treatment? Well that is what I hope to describe in this article, and I also want to talk a little bit about 'removing the barriers' when you treat someone, going freestyle; I will outline some of the things that are possible when you simply suspend your disbelief, and try things out to see what's possible.

Now distant healing is based on the idea of making a long-distance 'connection' with the recipient, maybe by using a symbol, maybe by using a sacred sound, or maybe simply when you still your mind and you find that space where you are 'at one', merging with the other person.

Your 'connection' to the recipient is a state of mind, a matter of your intention, and the details of the ritual that you use are not important.

Some Reiki people are taught that they need to keep at least one hand on the recipient at all times when they carry out hands-on treatments – otherwise they'll 'lose the connection' – but of course you are 'connected' to the recipient just as much when your hands are hovering away from the body.

Your 'connection' does not depend on the physical proximity of your hands to someone's body. You are connected with your intention, when you are still and focused, you are connected as soon as you direct your attention towards the recipient.

But let's get back to distant healing.

In practice this tends to be carried out for 10-15 minutes at a time over a number of consecutive days, and we send the energy to the person for their highest good, in a 'general' way, not directing the energy to a particular area.

But since our 'connection' to the person is a state of mind, we could maintain that 'distant' connection for a prolonged period if we wanted, and we could direct the energy with our intention to different specific parts of the recipient's body, in the same way that when we treat someone we direct the energy with our hands to specific areas of the body.

And since with Reiki the energy follows our thoughts, it follows our focus; we can direct the energy using visualisation, which is a convenient shortcut to focus our intent.

Remote treatments: what to do

So we can if we like carry out a "remote treatment", where we maintain our connection to the recipient for maybe 30-40 minutes and direct the energy into the recipient's body by using imaginary hand positions.

The energy will enter the recipient's body in the areas we imagine/intend.

What hand positions should we use? Well we could go through a set of 'standard' hand positions, but we should learn to move beyond that as soon as we can.

Working intuitively

Far better to use our intuition, and a good way of working out where our hands should go is to use the Japanese intuitive 'technique' called "Reiji Ho"...

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