



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Which Bits Of Me Need Treating?

**[\(view all archives\)](#)**

# Liberate your Reiki!

The eZine for Open-minded Reiki people

---

9th June 2022

## Which Bits Of Me Need Treating?

Hi, Taggart here, from Reiki Evolution. So we're into the second week of me answering various students' questions and today I am going to be talking about how to work out which bits of you need treating. Now, of course, we have standard hands-on or hands-off self-treatment sequences to use, and that's fine, but if you want to gear a self-treatment to your individual needs, rather than following a standard scheme, how would you do that?

Well, there are various ways of approaching it.

You can read my thoughts by clicking the link below:

### **[Which Bits Of Me Need Treating?](#)**

I hope you find this article interesting and helpful.

Best wishes,

Taggart :)

---

The "Liberate Your Reiki!" eZine is produced by Reiki Evolution [www.reiki-evolution.co.uk](http://www.reiki-evolution.co.uk)