



Reiki eZine by Taggart King

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

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Liberate your Reiki!

The eZine for Open-minded Reiki people

28th February 2024

THE EZINE FOR OPEN-MINDED REIKI PEOPLE

Liberate Your Reiki!

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It's Wednesday, so that means "Reiki Article Day" Mondays and Wednesdays: take 5 minutes to read a Reiki article

Reiki articles for you to read on Mondays and Wednesdays. Each one will take about 5 minutes or so to read, and hopefully you will find something interesting, informative, helpful or thought-provoking, maybe even challenging.

So without further ado, here's....

Today's Article "Which Bits Of Me Need Treating?"



Hiya,

Most people in the world of Reiki tend to self-treat in a 'standard' fashion, either resting their hands on themselves in a set sequence of positions or, if they are following Mikao Usui's original practices, carrying out a [Reiki self-treatment meditation](#) where they focus their attention on a number of specific locations, and allow the energy to flow.

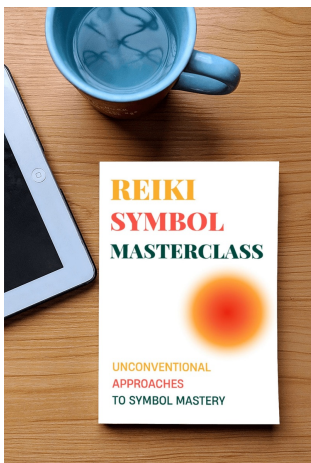
But someone asked me the other day, "how do I know which bits of me I need to treat" so I thought I would put together a reply that may be helpful in some way, because there are few different ways that you can answer that question. Let's go...

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So, that's all from me for today.

Take care,

Taggart



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the use of symbols within Reiki and you will have learned things that are not taught on the vast majority of Reiki courses. What you have here is a complete and unique approach, a powerful, freeing and inspiring system for using, creating and experiencing the energies.

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