



**Reiki eZine** by **Taggart King**

[Liberate Your Reiki!] I Can't Feel Anything Happening!

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## Liberate your Reiki!

The eZine for Open-minded Reiki people

4th March 2024

THE EZINE FOR OPEN-MINDED REIKI PEOPLE

# Liberate Your Reiki!

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**It's Monday, 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 "I Can't Feel Anything Happening!"**



Hiya,

### **It's just not working for me**

When you go on a Reiki course and start to practise Reiki, you have a lot of expectations. There are all these sensations that you've heard about, that other people, or some other people, experience, and you're not sure whether you're feeling them, or noticing them, or noticing them enough or often enough or strongly enough.

You can doubt yourself and think that although, yes, I know that "Reiki works for everyone"... maybe it actually isn't working for me.

What should I be feeling?

Is what I'm feeling the right thing?

Am I doing something wrong, and if I was doing it properly I'd feel more?

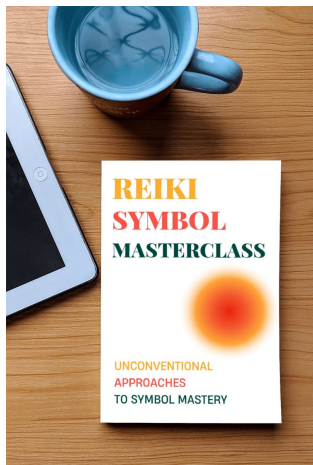
All these thoughts can whirl round our heads in the early stages. So what I'd like to talk about in this blog are the sort of sensations that people might experience when using Reiki and how people can end up disregarding the Reiki sensations that they actually are feeling, and I'd also like to touch on situations where people can't really feel much, or anything, happening as the energy flows, what you can do about that and whether you can become more sensitive over time.

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So, that's all from me for today.

Take care,

Taggart



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