



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

[Liberate Your Reiki!] Enhance Your Energy Sensitivity...

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## Liberate your Reiki!

The eZine for Open-minded Reiki people

23rd March 2024

### Use a Special MP3 to Open To Your Intuition



**Intuitive Working**, together with developing energy sensitivity and being mindful, are the basis for a powerful and fulfilling Reiki practice, but these things don't necessarily come easily to everyone, and some people need a bit of help to fully embrace these essential aspects of a fulfilling Reiki practice.

And I have a solution for that!

I discovered that using a combination of a Reiki-style meditation with gentle quasi-hypnotic suggestion patterns had a tremendous effect on people in just a few weeks of listening to a 10 minute audio track most days.

As well as being a Reiki teacher I am also a qualified Cognitive Hypnotherapist and NLP Master Practitioner. I trained at Regent's College in London with the internationally respected [Quest Institute](#) and a lot of the course involved perfecting the art of making hypnotic suggestions, a series of elegant and subtle suggestion patterns that can help guide people's subconscious minds so that a person lets go of whatever is holding them back in their life, and enhances their potential.

So what I have done is to create three 10-minute MP3 meditations that blend the power of Reiki with a set of gentle hypnotic suggestion patterns that will, over time, move you into an easier mindful state and help to open up your sensitivity to the energy and free up your intuitive potential.

A lot of Reiki people have been working with these meditations, and I thought you would be interested to read about how they have been getting on with the three tracks...

Firstly, here is a comment from Wanda, who worked with these meditations:

### **"My confidence has grown immensely"**

"In all I'm delighted with the results. This has helped me more than I believed imaginable. My confidence has grown immensely and I'm raring to take my second degree and start working as a practitioner."

- Wanda

### **Today I am focusing on Opening To Intuition**

Developing intuition is a fundamental aspect of becoming a proficient Reiki practitioner. This intuitive sense guides practitioners in their treatment process, particularly in terms of where to place their hands and how long to maintain each hand position. The energy flow during a Reiki session is dynamic and unique to each individual, and thus, a practitioner's intuition plays a key role in responding to these unique energy patterns.

When a practitioner is attuned to their intuition, they can better sense the subtle shifts in energy that indicate where healing is needed. They might be guided to rest their hands over a particular area longer, or move to a different position sooner, based on the intuitive feedback they receive. This ability to intuitively respond to the energy flow enhances the effectiveness of the treatment, as it allows the practitioner to tailor the session to the specific needs of the individual at that moment.

Practising Reiki is usually enough to allow a person to open themselves to their intuitive side, such that their hands drift to the right places to treat, but this ability does not always come quickly.

If you are feeling a bit anxious about this, don't worry: fortunately, we can do something about this.

This is what happened when Carol used this MP3:

*"My Reiki sessions have definitely altered for the better. I do tend to be more flexible in my approach... I am being 'drawn' to lay my hands on areas that I might not have been before....and it is certainly a whole lot easier and less structured than before. I have 'let go' of all my former expectations of how the Reiki session ought to proceed...and the results are quite eye opening at times. It is as if I have been 'attuned' to Reiki in a new way ....all over again. I can't quite explain it really!"*

- Carol Leslie

Intuitive working is essential to a fulfilling Reiki practice.

Do you need a bit of help easing into this fundamental Reiki state?

If so, download this gentle and powerful meditation and see where it takes you.

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