



Reiki eZine by **Taggart King**

[Liberate Your Reiki!] Why Don't I Feel So Much When I Self-Treat?

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Liberate your Reiki!

The eZine for Open-minded Reiki people

25th 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 "Why Don't I Feel So Much When I Self-Treat?"



Hiya,

Something that a few Reiki people have mentioned to me is that they never seem to feel too much happening when they are self-treating, certainly not compared to the stronger sensations that they might experience when treating other people.

They might feel something happening in their hands when they use a hands-on self-treatment method, but it's all a bit gentle and unremarkable.

So what is going on here? Are Reiki self-treatments weak and ineffective, a thin and weedy version of the powerhouse of treating someone else, or is there something else happening here?

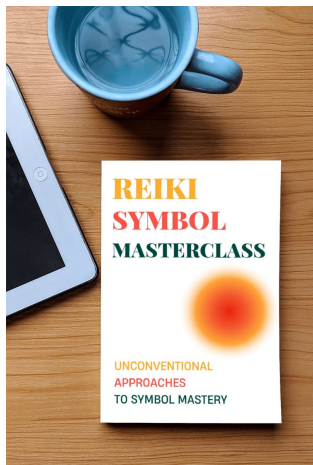
Here's my take on this...

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So, that's all from me for today.

Take care,

Taggart



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