



Reiki eZine by **Taggart King**

[Liberate Your Reiki!] Can I Do Hatsurei if I Can't Visualise?

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

Liberate your Reiki!

The eZine for Open-minded Reiki people

1st April 2024

THE EZINE FOR OPEN-MINDED REIKI PEOPLE

Liberate Your Reiki!

Subscribe now at:
www.reiki-evolution.co.uk



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 "Can I Do Hatsurei if I Can't Visualise?"



Hiya,

Hatsurei ho is one of the basic energy exercises found in Japanese-style Reiki, an extension or elaboration of the original two exercises that Usui Sensei has his students perform at First Degree: Kenyoku and Joshin Kokkyu ho. Part of what you do when you practise Hatsurei ho is to draw energy to your Tanden, which is an energy centre found two fingerbreadths below your tummy button and 1/3rd of the way into your body; it is the centre of your personal energetic universe, the place where your creativity and intuition lie.

Someone contacted me recently wanting to know whether they would be able to do Hatsurei properly because “they couldn’t visualise”, so I thought I would talk about the whole issue of visualising and controlling or directing energy.

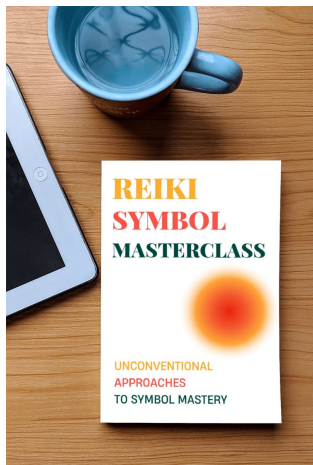
The answer is “yes” by the way: you can do Hatsurei ho effectively even though you can’t visualise.

[Click HERE To Read More](#)

So, that's all from me for today.

Take care,

Taggart



The Reiki Symbol Masterclass: Unconventional Approaches to Symbol Mastery

This is a small book but if you work through the exercises and meditations contained within it, you will gain a deep, deep understanding of 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.

[Order Your Copy Now](#)

The "Liberate Your Reiki!" eZine is produced by Reiki Evolution www.reiki-evolution.co.uk

[EZine Company Terms of Service Privacy Policy](#)