



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

[Liberate Your Reiki!] How to Send Distant Healing (Part 1)

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## Liberate your Reiki!

The eZine for Open-minded Reiki people

13th May 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 "How to Send Distant Healing (Part 1)"**



Hiya,

**Lets' explore Reiki distant healing**

What I would like to do in a series of articles is to suggest some different DH approaches. Some may be familiar to you; some may be new.

If you discover a new approach then try it for yourself and see how it feels, and come to your own conclusion about what seems the best way for you, the most comfortable 'fit'.

Distant healing is a very important part of Reiki practice, of course, and is something that is not unique to Reiki. Distant healing (DH for short) is carried out in different Reiki lineages in different ways and there is no one 'right' way to perform this process.

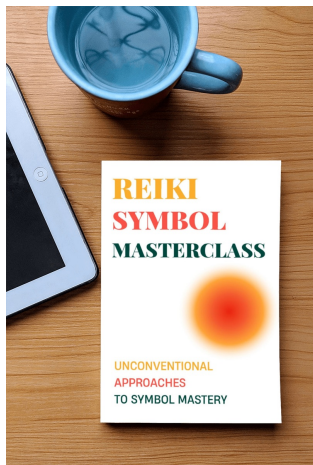
The important thing when carrying out DH is your underlying intent, and the details of the ritual that you use are unimportant.

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So, that's all from me for today.

Take care,

Taggart



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