



Reiki eZine by **Taggart King**

[Liberate Your Reiki!] How to send Distant Healing (Part 3)

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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THE EZINE FOR OPEN-MINDED REIKI PEOPLE

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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 3)"



Hiya,

Reiki distant healing with a bit more ritual attached to it

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.

How to do distance healing with Reiki

The important thing when carrying out DH is your underlying intent, and the details of the ritual that you use are unimportant. What I would like to share with you today is a more complex version of DH.

Some people like more of an 'event' when they send distant healing, with the details of the ritual helping people to maintain their focus. The details aren't really so important, but if you like your rituals more 'High Church' than 'Low Church' then perhaps you'll like this version.

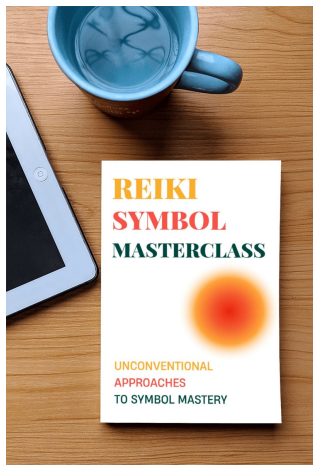
Remember that the bare bones of distant healing are to know where you are sending the energy - to set a definite intent - and to allow the energy to flow, and anything beyond that is personal preference.

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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.

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