



Reiki eZine by Taggart King

[Liberate Your Reiki!] How long should I spend in each hand position?

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Liberate your Reiki!

The eZine for Open-minded Reiki people

24th June 2024

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 long should I spend in each hand position?"



Hiya,

Treat like clockwork?

In some Reiki lineages, students are taught to spend a set amount of time treating each hand position, no matter who they are working on, and some practitioners use audio CDs with little 'bells' that sound out every three minutes, say.

But isn't this a bit mechanical, and everyone's different, so why would we give essentially the same treatment to everyone that we work on?...

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So, that's all from me for today.

Take care,

Taggart ;)

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