



Reiki eZine by **Taggart King**

[Liberate Your Reiki!] Explore Reiki Self-Treatment Methods (Part 3)

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Liberate your Reiki!

The eZine for Open-minded Reiki people

12th August 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 "Explore Reiki Self-Treatment Methods (Part 3)"



Hiya,

How were you taught to Self-Treat?

Most people who are taught Reiki will have been taught **how to heal yourself using Reiki**, a way of focusing the energy on yourself, for your own benefit, and the most common form of self-treatment is what I would refer to as a “Standard Western hands-on” self-treatment method. This is where you rest your hands in a series of positions covering the head and torso and maybe beyond, and let the energy flow out of your hands into your body.

It works well, though some of the positions can often be uncomfortable to get to, or hold for any amount of time, and that can sometimes detract from the blissfulness of the experience.

So what I’m going to talk about in a series of articles are a number of different ways that you could self-treat, perhaps different from what you have been taught.

This is article #3. Last time I described my “intuitive Reiki self-healing meditation” where you followed the flow of energy and focused your attention on the areas where the energy wanted to go. This was a beneficial practice because resting your attention somewhere helps to boost the flow of Reiki, making the treatment more intense and focused in the areas that your attention is dwelling on.

So now we can build on the idea of the energy focusing itself where your attention is dwelling, by carrying out a meditation where you allow your attention to rest on five different areas of the head, spending a few minutes focusing on each position. This is a self-treatment method taught by Reiki’s founder, Mikao Usui...

The Usui self-treatment meditation

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So, that's all from me for today.

Take care,

Taggart ;)

Taggart can help you to *reclaim your authentic self*, letting go of any anxiety, low self esteem, excess weight, to emerge again as the person you used to be.

“These sessions have been truly life changing and I find I now have so much more energy to devote to work and creative projects. I can more easily embody the essence of my true self now and after years of struggling with anxiety, I cannot get over just how remarkable this actually is.”

- CM

Make the decision to explore a more positive future, and click here: www.taggartking.co.uk

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