



Reiki eZine by Taggart King

[Liberate Your Reiki!] Tune In To Our Weekly Distant Reiju Empowerments

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Liberate your Reiki!

The eZine for Open-minded Reiki people
27th May 2021

Tune In To Our Weekly Distant Reiju Empowerments



Bliss out on our distant Reiju every week

For the benefit of Reiki people who are not able to get along to a Reiki share to receive a regular Reiju empowerment, or for people who simply do not even know anyone who can carry out Reiju empowerments on them, I have decided to provide Reiju at a distance.

In the original Japanese form of Reiki, empowerments would have been received week in, week out, throughout a student's life with Reiki, at First Degree, Second Degree and beyond.

And some people are making Reiju empowerments available at their Reiki Shares by way of echoing this tradition, but not all students can attend evening get-togethers.

Many people within the Reiki world do not have access to empowerments at all: maybe their Reiki Master has not learned the technique yet, or maybe they have lost contact with their teacher.

Distant attunements or empowerments work incredibly well: they provide you with a lovely 'boost'. They are not essential, but a lovely way to 're-set' and help you on your journey with Reiki

What to do to receive your distant Reiju

Each week I will perform a distant Reiju empowerment, done with the intention that it will be received by **any** Reiki person

who wants to 'tune themselves in' to the 'broadcast'. The empowerment can be received any time on a Monday, whenever that is, local time.

This is what you can do to receive the empowerment:

- If you know about Hatsu Rei Ho, the basic energy exercises of Japanese 'Gakkai' Reiki, then go through the sequence as normal. When you have performed Seishin Toitsu for a few minutes, stay with your hands in Gassho and say to yourself 'I will receive my empowerment from Taggart now'.
- If you are not familiar with Hatsu Rei Ho, simply get yourself comfortable in a chair, with your eyes closed and your hands in the prayer position. Take a few deep breaths to calm yourself, and then say to yourself 'I will receive my empowerment from Taggart now'.

You may notice a lot happening; you may notice very little.

What you notice may continue for less than minute, or you might be experiencing things for 5-10 minutes.

What might you experience?

You might notice a lot happening, you might notice something happening, you might notice very little, you might notice nothing!

It varies.

To give you an idea of the sort of things that you might experience when on the receiving end of Reiju, here are some recent comments from some of my students who were on the receiving end of a Distant Reiju 'Experiment':

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