



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] How To Do A Reiki Self-Treatment (Part V)

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## Liberate your Reiki!

The eZine for Open-minded Reiki people  
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### How To Do A Reiki Self-Treatment (Part V)



#### How were you taught to Self-Treat?

Most people who are taught Reiki will have been taught some form of self-treatment, 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've been talking 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 #5. In previous articles I have been talking about various approaches to self-treatment, mostly meditative, where you either:

- Meditate with the intention to heal... and just let it happen
- Follow the flow of energy during meditation and focus your attention on where the energy is focusing itself
- Direct the flow of energy during meditation by resting your attention on different areas of the body
- Rest your hands on your body, but do this intuitively, different for each session as your energy needs vary

This is the final article in the series, so I thought I would finish by a very simple hands-on method...

Here's what to do...

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