



Reiki eZine by **Taggart King**

[Liberate Your Reiki!] How to do a Self Treatment (Part Three)

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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How to do Reiki Self-Treatment (Part III)



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.

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