



Reiki eZine by Taggart King

[Liberate Your Reiki!] Are you Restricting your Reiki?

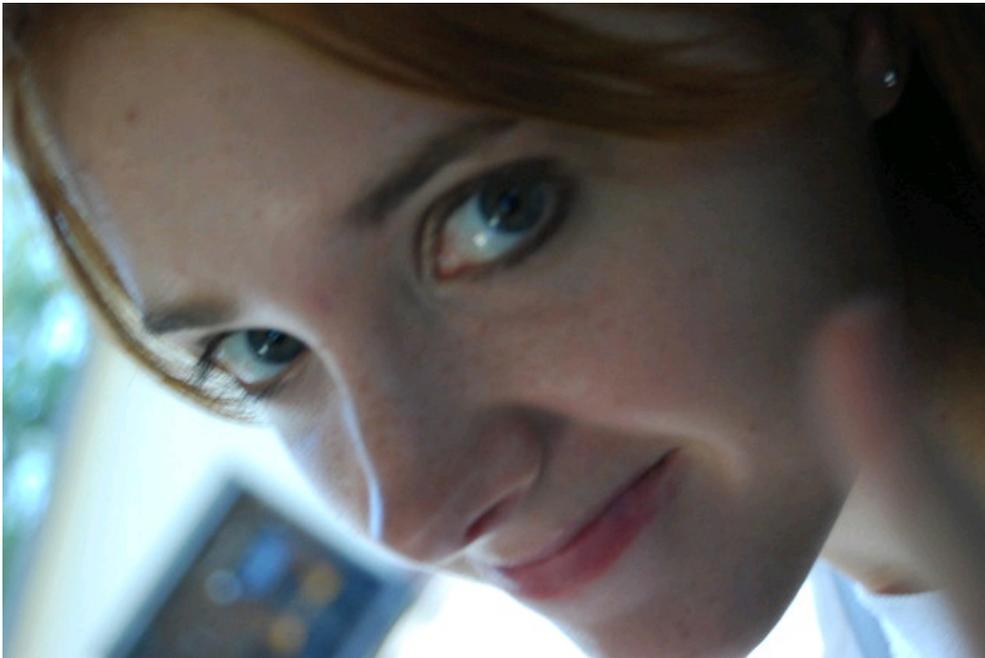
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Liberate your Reiki!

The eZine for Open-minded Reiki people

26th December 2019

Are you Restricting your Reiki?



Tut tut, you shouldn't do that

Depending on whom you trained with, you may have been given quite a long list of 'situations where you should not use Reiki'.

It seems that the only restriction that Mrs Takata taught was that you should not treat a broken bone with Reiki, but many other restrictions have been added in later on in Reiki's Western history.

I thought I would spend a little time talking about these 'Reiki contraindications'.

Broken bones setting like quick-drying cement

Firstly, I would like to talk about the 'broken bone' restriction, which is made on the basis that Reiki accelerates the healing process, so you do not want Reiki to set the bone before it has been put back in the right position.

Now while Reiki is an amazing energy, and has done some wonderful and breathtaking things, I think most people's experience is that Reiki gently supports the body's natural healing ability, and that while it may accelerate the healing process, the effects of Reiki generally build up cumulatively.

I do not believe that Reiki will set someone's bone like fast-acting Polyfilla, so that they will have to have the bone re-broken and re-set when they get to Casualty a few hours later.

Breaking a bone is a shocking and painful experience (I know this from first hand experience!) and Reiki could make a real difference to someone, so I would not hold back from giving it, and I would not hold back from treating the area where the bone is broken.

Suggesting that you could Reiki someone, but keep well away from the broken bone, does not stop Reiki from rushing to where it is needed (the bone), and why would we imagine that what many people see as a spiritually-guided life-force energy would mess things up for a person.

Reiki is supposed to be intelligent.

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