



Reiki eZine by Taggart King

[Liberate Your Reiki!] Reiki Advice: GET OUT OF THE WAY!!

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Liberate your Reiki!

The eZine for Open-minded Reiki people
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Reiki Advice: GET OUT OF THE WAY!!



In this article I want to talk about the best way to approach working on other people, whether giving treatments or carrying out distant healing.

I want to talk about our state of mind and our intent when channelling the energy.

The first thing I want to say is that we are just a channel for the energy, not the source of the energy. This seems an obvious thing to say, but we need to remember that we are not healers.

We do not heal: we do not have that power

What we do when we treat someone is simply to create a 'healing space' that the recipient can use to move more into a state of balance. The recipient is responsible for their own healing, for what they experience or don't experience; they are responsible for how they react to the treatment.

They are healing themselves.

We are just necessary bystanders in the process: we do not direct the energy and we do not determine the outcome.

So I am not so happy with the title "Reiki Healer" because it suggests that the Reiki practitioner has the power to heal; they do not. I don't think that the title "Reiki Necessary Bystander" is going to catch on, so I prefer to use the title "Reiki Practitioner". It describes what we do: we practise Reiki and it does not imply that we have the power to heal others.

Stand aside

This article is called “**Get out of the way**” because I believe that this is the best thing we can do when treating someone or when sending distant healing. We are not the source of the healing; we are not the source of the energy, so we do not need to be there, directing and controlling.

We can stand aside and if we do so then the energy can flow strongly and clearly, without interference from us.

When we treat someone we are not ‘cheerleading’ for a particular end result: we do not give Reiki to get rid of someone’s head ache, or back ache, or to resolve their Gall Bladder problem, though of course these things may result from channelling Reiki. End results are out of our hands and to focus strongly on a particular purpose for the treatment is not helpful.

Reiki will not be controlled by us in terms of end results and attempts to control the energy in this way just puts up barriers that prevent the energy from doing what it needs to do. Rather like the well-meaning amateur who gets in the way and prevents the professional from doing their job properly, our attempts to focus the energy to produce a particular end result will hinder the process for the recipient.

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