



Reiki eZine by Taggart King

[Liberate Your Reiki!] Beginner's mind

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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Beginner's mind

Hiya,

The above image turned up on my Facebook timeline this morning and I thought it was worth sharing, and pondering how we can incorporate this principle into our Reiki...

The concept of "beginner's mind" is about approaching your Reiki practice with openness and eagerness to learn, no matter your level of expertise. The idea that "True humility is staying teachable, no matter how much you already know" underlines the importance of never assuming you've learned all there is to know.

This mindset is crucial because it keeps you open to new techniques, understandings, and ways to connect with Reiki energy, ensuring your practice continues to grow and evolve.

For Reiki practitioners, adopting a beginner's mind means treating every session as a new opportunity to learn and improve. It might be as simple as paying closer attention to the feedback your body gives you during a healing session or trying out a different way of working you've learned from a peer, even if you've been practising for years.... though we should also strive to have a simple, intuitive, clutter-free practice.

It also means being open to learning from others, regardless of their experience level. For example, a more seasoned practitioner might learn a new perspective or technique from someone who has just started their Reiki journey, keeping their practice fresh and dynamic.

Incorporating a beginner's mind into Reiki practice is also about humility and acknowledging that there's always room for improvement. This could involve seeking out workshops or courses to learn new aspects of Reiki, even if you're already considered an expert. It might mean starting a practice journal to reflect on each session and identify areas for growth or changes in perception.

By staying curious and embracing the principle of lifelong learning, Reiki practitioners can deepen their connection to Reiki energy and enhance the healing they offer to others.

Taggart ;)

The "Liberate Your Reiki!" eZine is produced by Reiki Evolution www.reiki-evolution.co.uk

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