



Reiki eZine by **Taggart King**

[Liberate Your Reiki!] Explore Reiki Self-Treatment Methods (Part 5)

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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THE EZINE FOR OPEN-MINDED REIKI PEOPLE

Liberate Your Reiki!

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It's Monday, so that means "Reiki Article Day" Mondays and Wednesdays: take 5 minutes to read a Reiki article

Reiki articles for you to read on Mondays and Wednesdays. Each one will take about 5 minutes or so to read, and hopefully you will find something interesting, informative, helpful or thought-provoking, maybe even challenging.

So without further ado, here's....

Today's Article "Explore Reiki Self-Treatment Methods (Part 5)"



Hiya,

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...

[Click HERE To Read More](#)

So, that's all from me for today.

Take care,

Taggart ;)

Taggart can help you to *reclaim your authentic self*, letting go of any anxiety, low self esteem, excess weight, to emerge again as the person you used to be.

"These sessions have been truly life changing and I find I now have so much more energy to devote to work and creative projects. I can more easily embody the essence of my true self now and after years of struggling with anxiety, I cannot get over just how remarkable this actually is."

- CM

Make the decision to explore a more positive future, and click here: www.taggartking.co.uk

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