



**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

27th November 2024

THE EZINE FOR OPEN-MINDED REIKI PEOPLE

# Liberate Your Reiki!

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**It's Wednesday, 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 ["Are you Restricting your Reiki?"](#)**



Hiya,

### **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'.

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So, that's all from me for today.

Take care,

Taggart ;)

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"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

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