



**Reiki eZine** by **Taggart King**

[Liberate Your Reiki!] Intelligent Energy?

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## Liberate your Reiki!

The eZine for Open-minded Reiki people

2nd December 2024

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 "Intelligent Energy?"**



Hiya,

### **Many different views about the energy**

It is well established within Reiki that the energy we channel is 'intelligent'.

Some people believe that the energy is innately intelligent, perhaps because of its divine origins, and some believe that the intelligence of the energy is accounted for by the presence of spirit guides who direct the energy as we treat someone.

Others believe that it is the body that is intelligent, drawing the energy to where it needs to go. Most of us will have noticed that the energy will move from where our hands are resting to other parts of the recipient's body, drawn according to the recipient's need to areas of need, so it is clear that it doesn't always restrict itself to where we place it.

Some people take the line that Reiki will work perfectly well no matter what hand positions you use, irrespective of the knowledge and experience of the practitioner and whether or not the practitioner can work intuitively. The implication of this is that you could quite happily carry out a Reiki treatment by simply holding someone's hands for an hour and the energy would be drawn to the areas of need, and that there is nothing that you could do to help make the treatment more effective.

What should we think about all this?...

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So, that's all from me for today.

Take care,

Taggart ;)

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**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

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