

## Using Reiki

After receiving the Reiki attunement, all that is necessary to start Reiki flowing is to request it to do so. This can be done simply by saying the word “REIKI” at the start of a healing session and placing your hands on someone with the intention of giving a treatment. This is enough to start it flowing. It is not necessary to meditate, concentrate or go into an altered state. Reiki energy will always be ready to flow and it will do so whenever you want it to.

You can never give too much or too little Reiki. If all you have is a few minutes, it will always help. Reiki will not only treat the area where your hands are placed, but will travel to any area of the body where it is needed. Always trust your intuition and move your hands where you are directed. Trust your intuition, even if you think it is not logical, or if you think it is just your imagination.

The hand positions illustrated are meant as a general guide. Use your intuition – start with staying in each position about three minutes to a maximum of ten minutes. When giving a treatment, it is important to keep your fingers together. This will concentrate the energy and create a stronger flow. Many times you will feel your hands getting warm, but this is not always the case.

Always remember that healing is first and foremost a healing of our inner self or spiritual self, and, when you send healing energy to another, you are healing yourself as well.