



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Going To Ground With Reiki

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# Liberate your Reiki!

The eZine for Open-minded Reiki people

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## Going To Ground With Reiki

Hi, Taggart here, from Reiki Evolution. In recent weeks I have been talking about teaching Reiki and offering some new Reiki meditations for you to try out. As I said on Thursday, what I'd like to do now is to move on to talking about various concerns and questions that students have about Reiki and Reiki practice. I have a collection of about a dozen articles to share with you, dealing with everything from "Do you have to believe in Reiki for it to work for you?" to "How to work out which bits of you need treating?".

Today I'm going to be talking about "grounding" and Reiki. People differ in terms of how much importance they attach to the need to ground yourself, and indeed it is true to say that some people seem to believe that almost all human maladies that might affect Reiki people are caused by not grounding yourself properly or frequently enough.

What do I think about all this? You can read my thoughts by clicking the link below:

### **[Going To Ground With Reiki](#)**

I hope you find this article interesting and helpful.

Best wishes,

Taggart :)

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The "Liberate Your Reiki!" eZine is produced by Reiki Evolution [www.reiki-evolution.co.uk](http://www.reiki-evolution.co.uk)