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[Liberate Your Reiki!] Five Element Reiki... What You Need To Know

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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!

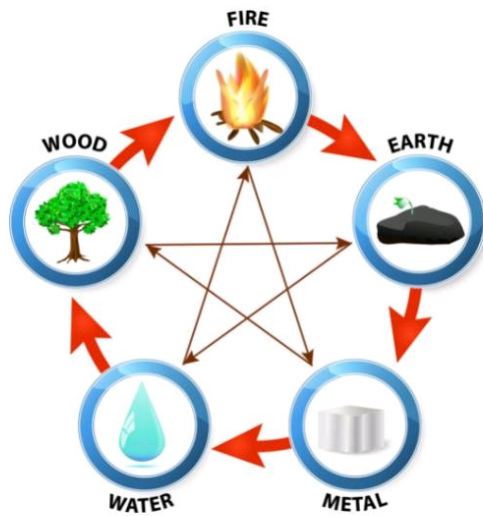
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**"Five Element Reiki" - What You Need To Know**

# Five Element Reiki

## Home Study Course



Hey,

As the launch of my "Five Element Reiki" home study course draws near, I wanted to take some time to talk about the Five Elements system and what makes it a special and powerful way of working with energy.

As you know, The **Five Element Reiki** system is a unique approach to healing that blends the principles of Reiki with Traditional Chinese Medicine (TCM). I created this system and one of the things that I did was to simplify the complex concept of TCM into a simple and accessible format for Reiki practitioners, so that you can work with the elements, work with the energies that are coursing through your meridians, but without having to study endless acupuncture points or meridian maps.

So today what I thought I would do was to include a summary of the many reviews that my "Five Element Reiki" book has received, on Amazon, from people who have been working with the system by themselves, and explain how the home study course actually works.

### Amazon Reviews of the Five Element Reiki book

These are the things that the reviewers were saying:

The book is well-organized and easy to understand, with clear explanations of the 5 elements (Wood, Fire, Earth, Metal, Water) and how they can be used to restore balance to the body. Taggart also provides symbols and meditations for each element, as well as suggestions for intuition-based techniques such as dowsing and visualization.

One of the standout features of this book is its presentation of a wide range of healing methods that use the five elements. Whether you're looking for simple or more advanced treatment protocols, this book is packed with tips and ideas that can help you deepen your Reiki practice.

Book reviewers are impressed with Taggart's approach to the subject matter. They find his writing style conversational and easy to follow, and appreciate the fact that he never limits or judges but instead encourages self-discovery.

Some reviewers are also impressed with the dowsing charts included in the book, which provide a way to track your ever-changing energetic patterns. Whether you're an experienced Reiki practitioner or just starting out, the Five Element Reiki system can offer a wealth of opportunities for exploration and growth.

In conclusion, if you're looking to take your Reiki practice to the next level, the Five Element Reiki system is definitely worth checking out. With its simple, heart-centered approach and endless possibilities for exploration, this system is sure to bring joy and healing to you and your clients.

### How your Five Element Reiki course works

The home study course takes you through four distinct phases, each one lasting for a few weeks, which flow into each other in a logical order:

First you do background reading about the five elements of traditional Chinese medicine, learning how the elements represent themselves at different levels of our bodymind, whether that means physical organs, emotions, states of mind, or in other ways. While you are take a leisurely stroll through the background theory, you will also be learning and meditating on the energies of five new symbols, one for each element,, familiarizing yourself with these energies and making them part of who you are, ready for the next step...

Stage two is all about exploring your intuitive powers, using a whole variety of different approaches to see what you are capable of and what works best for you. So, you get to play, play with your intuition, play with physical props and mental constructs, deepening your ability to just know how someone's energies are, within moments.

And then, now that you know the theory, know the energies, and have a deep appreciation of your intuitive powers, you start to treat people, simply to begin with, nudging their elements into a state of balance, enhancing and restraining the energies to help them to lock together in more of a state of balance. You will use specific hand positions, work intuitively, and use the power of intent to go into a lovely dance with the energies, guiding, adjusting, bringing things into line.

And having done that, you learn to go deeper, narrowing your focus, making the treatment more intense, focusing on just the aspects of your client's energies that require the most help to recover.

And having reached that crescendo, your final stage is all about focusing inward, working on yourself, using all the methods and approaches that you have already put into practice and become comfortable with, to gently and powerfully resolve your own imbalances, noticing the changes in your elements in real time.

### **A real masterclass in energy work, intent and intuition.**

So, I hope this brief overview has given you a taste of what you can expect in my "Five Element Reiki" home study course. Stay tuned for more emails leading up to the launch, where I'll be sharing more about this fascinating system. When you hear from me next, I will be opening the pre-launch enrolment so you can obtain your £50.00 price reduction and free "Your Reiki Workout" eBook.

Thank you for your interest, and I can't wait to share my knowledge with you.

Best regards,

Take care,

Taggart



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