



Reiki eZine by Taggart King

[Liberate Your Reiki!] Back To Basics: REIKI FIRST DEGREE

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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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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 "[Back To Basics: REIKI FIRST DEGREE](#)"



Hiya,

There are so many different ways of doing Reiki

People end up on **Reiki First Degree courses** for many reasons and come from an amazing variety of backgrounds, all attending for their own personal reasons.

Reiki courses in the UK present a whole variety of approaches, some “traditional” Western-style, some more Japanese in content, some wildly different and almost unrecognisable, some free and intuitive, others dogmatic and based on rules about what you should always do and not do.

Reiki is taught in so many ways, and students will tend to imagine that the way that they were taught is the way that Reiki is taught and practised by most other Reiki people.

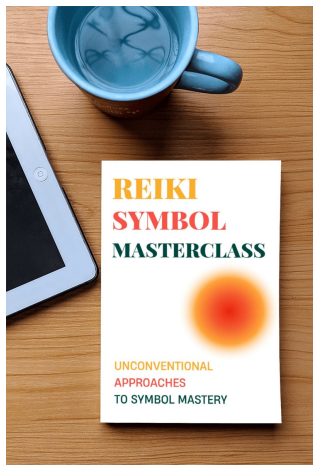
What I have tried to do in this article is to present a simple guide to the essence of First Degree: what it’s all about and what we should be doing and thinking about to get the most out of our experience of Reiki at this level. My words are addressed to anyone at **Reiki 1** level, or anyone who would like to review the essence of First Degree.

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So, that's all from me for today.

Take care,

Taggart



The Reiki Symbol Masterclass: Unconventional Approaches to Symbol Mastery

This is a small book but if you work through the exercises and meditations contained within it, you will gain a deep, deep understanding of the use of symbols within Reiki and you will have learned things that are not taught on the vast majority of Reiki courses. What you have here is a complete and unique approach, a powerful, freeing and inspiring system for using, creating and experiencing the energies.

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