



Reiki eZine by Taggart King

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[Liberate Your Reiki!] Off Topic: Special one-to-one help with weight loss, confidence, stress & anxiety

Liberate your Reiki!

The eZine for Open-minded Reiki people

8th June 2024

Off Topic: Special one-to-one help with weight loss, confidence, stress & anxiety

Dear Reiki Family,

I am thrilled to share a new chapter in my healing journey with you all.

As many of you know, my passion lies in helping you achieve peace, balance, and overall wellness. To deepen this mission, some years ago I qualified as and practised as a Quest Cognitive Hypnotherapist, and I am now re-starting my practice, taking on a few Reiki clients first, before opening up bookings to the general public.

All sessions will be conducted via Zoom.

Cognitive Hypnotherapy is a powerful tool that can tackle various issues such as:

- Stress & Anxiety
- Panic Attacks
- Phobias
- Confidence Issues
- Weight Loss
- Feeling Stuck

This way of working is evidence-based, potent, tailor-made, and the possibilities for your personal growth and healing are endless.

If you are curious to learn more, or want to see how Cognitive Hypnotherapy can help you, do feel free to comment below, send me a message, or visit my website to explore whether we would be a good fit.

www.taggartking.co.uk

Let's continue this journey of healing and self-discovery together. And thank you for your ongoing support and trust.

With love and light,

Taggart

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