



Reiki eZine by **Taggart King**

[Liberate Your Reiki!] Your 10 Day Reiki Challenge: the “Releasing Exercise”

[\(view all archives\)](#)

Liberate your Reiki!

The eZine for Open-minded Reiki people

1st July 2024

THE EZINE FOR OPEN-MINDED REIKI PEOPLE

Liberate Your Reiki!

Subscribe now at:
www.reiki-evolution.co.uk



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 "Your 10 Day Reiki Challenge: the “Releasing Exercise”"



Hiya,

What is the Releasing Exercise?

I love the way that the Reiki precepts, and the effects of learning Reiki, blend and merge with each other. So if you could encapsulate in words the effects of Reiki on a person, you would probably say that they were largely free from anger and worry and that they were more mindful.

And at the same time we have a set of precepts that encourage us to be mindful, and to let go of worry and anger.

Mikao Usui's precepts are such an important part of the original system and something that can sometimes become overlooked during the head-long rush to get to all the cool energy stuff! But they are really the foundation of Reiki, there to guide us and also to represent and give form to the many changes that Reiki can bring us.

And that got me thinking about whether there was a way of actually using the energy of Reiki to directly experience a precept.

[Click HERE To Read More](#)

So, that's all from me for today.

Take care,

Taggart ;)

Taggart can help you to *reclaim your authentic self*, letting go of any anxiety, low self esteem, excess weight, to emerge again as the person you used to be.

"These sessions have been truly life changing and I find I now have so much more energy to devote to work and creative projects. I can more easily embody the essence of my true self now and after years of struggling with anxiety, I cannot get over just how remarkable this actually is."

- CM

Make the decision to explore a more positive future, and click here: www.taggartking.co.uk

The "Liberate Your Reiki!" eZine is produced by Reiki Evolution www.reiki-evolution.co.uk

Photo credit: [Marina Boyarkina](#)

[EZezine Company Terms of Service Privacy Policy](#)