



Reiki eZine by **Taggart King**

[Liberate Your Reiki!] Simple Reiki energy exercises get the energy flowing

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

Liberate your Reiki!

The eZine for Open-minded Reiki people

7th October 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 ["Simple Reiki energy exercises get the energy flowing"](#)



Hiya,

In this post I'd like to share a couple of simple Reiki energy exercises that you can use to clear and cleanse, and balance your energy system. These exercises come from Original Japanese Reiki, were taught by Mikao Usui, and can be used every day.

They would be a lovely way to start your day, in fact.

Here's what to do:

[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

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