



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] The Breath of Earth and Heaven

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## Liberate your Reiki!

The eZine for Open-minded Reiki people

18th November 2024

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 "The Breath of Earth and Heaven"**



Hiya,

In this article I would like to talk about the energy that we work with when we practise Reiki: when we work on ourselves and when we share Reiki with others.

The energy that we channel is described in various ways: we are said to be working with universal energy, we are passing on unconditional love, or chi, or prana. But there are aspects of the energy that are not being explained through this use of words, and in this article I want to talk about the essence of Reiki energy. In doing this we will touch on Taoism, QiGong, Shintoism, meditation, breathing, chanting and the use of the Reiki symbols.

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So, that's all from me for today.

Take care,

Taggart ;)

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- CM

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