



Reiki eZine by Taggart King

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[Liberate Your Reiki!] Read reviews of Taggart's new book...

Liberate your Reiki!

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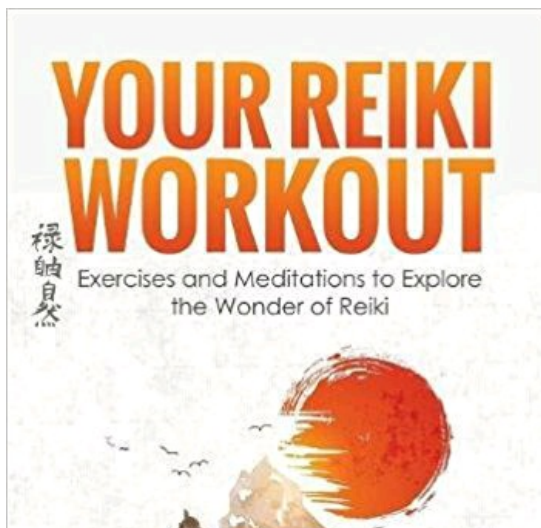
The eZine for Open-minded Reiki people



Your Reiki Workout:

Exercises and Meditations to Explore the Wonder of Reiki

by Taggart King





A couple of days ago I let you know that my new book was available to order or download, and I thought I would send you a couple of reviews that I received, so you could see what other people are saying about the book.

So, this is what Sonya had to say:

Perfect for new learners and advanced practitioners alike

"Fantastic book for anyone interested in Reiki no matter what level or stage you are at. This book is perfect for learners and advanced practitioners alike. The detailed descriptions and illustrations for the various exercises are great for the beginner looking for more information. The exercises also remind the more advanced practitioners that all individuals experience the energies differently. There is plenty of variety for everyone to delve into and have a try on something new or to look at an old practice in a new light."

While this is what Holly thought of it:

Just what I needed...

"Being quite new to Reiki, this book was incredibly useful and informative. Taggart expands and provides further detail on some of the Reiki practices I was already familiar with, which provided me with more understanding, and confidence in the practice of these. Also the various different energy exercises and meditations described in the book are unique and wonderful to use time and again, to further develop energy sensitivity and intuition. I think this book is a must for all; those new to reiki -to help develop and build on their reiki practice and also for those who have years of experience, as a handy guide to further strengthen their reiki work. Just wonderful!"

About the book

This book started its life as a collection of 'self-help guides' that focused on: getting started with Reiki, becoming more sensitive to the energy, developing your intuitive side and exploring the use of intent. What I have done is to take these guides and re-write and expand upon them, so that you have here a practical workbook that you can use over time to explore the potentials that Reiki has to offer.

I have also included all the work that I have done in developing "Reiki synthesis": a way of using questions, language forms and a breathing technique to create bespoke symbols for yourself and others, and to deal with unhelpful emotions or beliefs. Reiki synthesis focuses specific energies on freeing you from what is holding you back in your life, releases negative emotions and beliefs and creates specific energies to move you forward in the most powerful and positive way.

This book will be of interest to anyone who is interested in exploring and experimenting with the energy and who wants to learn a unique and powerful system for self-transformation.

How to order your copy

For printed copies, use these links:

UK: <https://www.reiki-evolution.co.uk/reiki-manuals-books/>

USA: <https://www.amazon.com/Your-Reiki-Workout-Meditations-Experience/dp/1999885228/>

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