



Reiki eZine by Taggart King

[Liberate Your Reiki!] Using Reiki for Anxiety

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Liberate your Reiki!

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The eZine for Open-minded Reiki people



Using Reiki for Anxiety A Reiki blog by Taggart King



Does Reiki work for Anxiety?

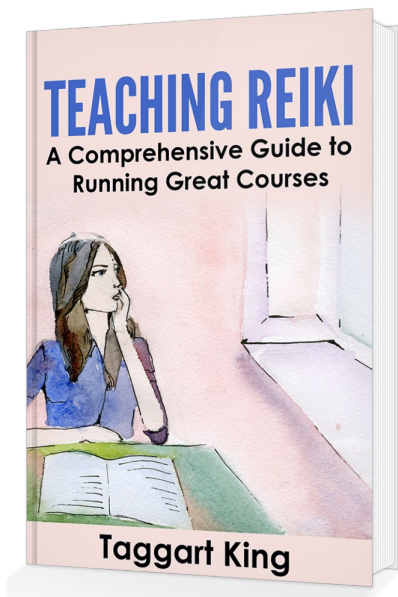
I think a lot of people come to Reiki wondering if it can help ease their anxiety, and I think that there is a general sense that Reiki can help you to become more calm and chilled. So is Reiki good for anxiety? Will it help you to let go of those worries?

Well in my experience, yes, Reiki does really work to help reduce anxiety and there are three ways that it does this, I think.

1. Through mindfulness
2. Through the use of the Reiki precepts
3. Through meditating on and using the Reiki energy

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Today's Featured Book: "Teaching Reiki" A Comprehensive Guide to Running Great Courses



This is one of my latest books about Reiki, along with "Your Reiki Workout" and "Liberate Your Reiki!", and I thought I would just quote one Amazon review here so you can see what people are saying, and why you might want to dip into this treasure trove of advice about the planning and teaching of Reiki courses, creating brilliant course materials and supporting your students long-term.

"Star" said,

"This is the book that I wish had been available when I first started running Reiki courses..." Taggart King

The very first sentence of the book grabbed my attention and I haven't been disappointed as I read through the whole of the book!

There are many books on the market about Reiki but very few that give any advice or help to Reiki teachers. This is one of the best and most comprehensive that I have had the pleasure to read. If you are reviewing what you have already learned or are trying to get your own classes prepared then this book is the one you need.

It is written in an easy to follow style, as if your own Reiki master teacher is speaking to you. It covers everything, and more besides, that will help you successfully teach current, up to date, classes to your students. The book lays out in a clear style, all the information you need to be the best teacher of Reiki that you can possibly be!

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