



Reiki eZine by Taggart King

[Liberate Your Reiki!] NEW: Japanese Reiki Meditations

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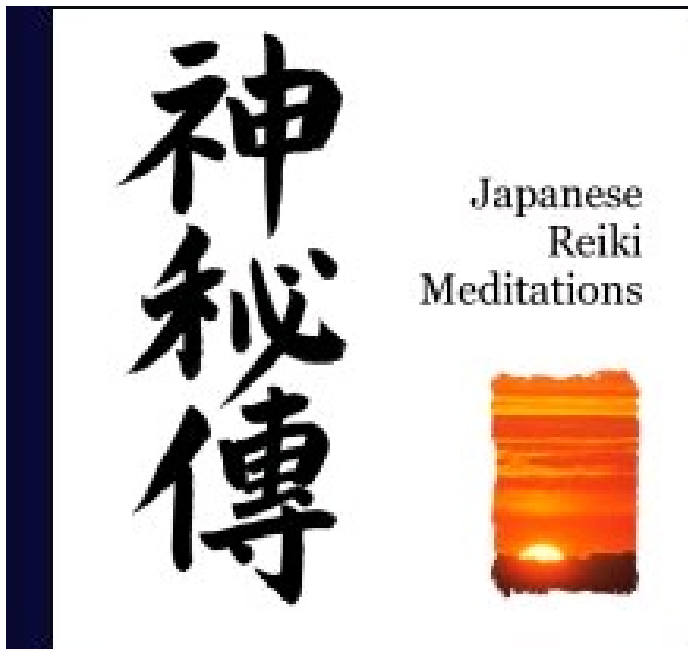
Liberate your Reiki!

November 8th 2018

The eZine for Open-minded Reiki people



New Japanese Reiki Meditations... includes a powerful self-healing method not usually taught on Reiki courses



Japanese Reiki Meditations

We are now only *two days away* from the launch of my new "Japanese Reiki meditations" as an MP3 collection and I thought I'd let you know a little more about its contents.

You already know that the collection contains earth ki and heavenly ki meditations, and a meditation to experience oneness.

Well, an important part of the original system was to spend time developing your hara/tanden and Usui taught a specific exercise to help with that. Though it's not the easiest of meditations to get to grips with, I have put together a meditation that talks you through all the necessary stages, and this meditation can be used by Reiki people at all levels.

More info tomorrow.

Taggart