



**Reiki eZine by Taggart King**

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[Liberate Your Reiki!] What happened when Tracy used our "Ditch Anxiety" MP3...

## Liberate your Reiki!

November 30th 2018

The eZine for Open-minded Reiki people



**Tracy used our "Ditch Anxiety" MP3 meditation for 28 days  
And this is what happened**



You might recall that last month I released some new "nentatsu ho" meditations, focusing on weight loss, anxiety and confidence. Well, feedback from people has started to come in and here you can read what happened with Tracy when she listened to my "Anxiety" MP3 for a month:

"The anxiety download is going very well, I have had very positive results from it and it has already made a difference in my life to the point other people have noticed and have commented that I seem calmer and happier.

From my point of view the download has helped me take control of my anxiety and although I can't say it's completely gone it is different. It doesn't prevent me doing things and it keeps my thoughts and worries in perspective. I might feel a little unease when for example I have to go out but it no longer stops me. I feel a bit braver than I did which is huge to me.

With regards to other areas of my life I hadn't given it much thought till I read your email but when I think about it I'm not comfort eating like I used to and I have a little more confidence, for example, usually my husband drives my son to and from his friends because I just couldn't but the other day I did it myself which was brilliant so it is definitely helping.

I am going to continue to use it as my life is so much improved with it. Thank you for such a wonderful meditation. "

## You can download your "Ditch Anxiety" MP3 right now

Your MP3 should be listened to once a day, at whatever time of day is convenient, for at least 28 days. It gently and powerfully adjusts your "default setting" so that you embed positive changes and create a powerful momentum in a new direction in your life.

Click the button below to download your MP3 now and start listening straight away:

[I want to ditch my anxiety now](#)