



Reiki eZine by Taggart King

[Liberate Your Reiki!] What happened when Jenny used our

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Liberate your Reiki!

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The eZine for Open-minded Reiki people



Jenny used our "Weight Loss" 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 Jenny when she listened to my "Weight Loss" MP3 for a month:

"Hmm, Well where to start. I love the weight loss meditation (WLM). The first difference I noticed was that I ate more slowly and thought in greater depth about the food and how full up I felt and how sustaining it was going to be.

Then, after a few days I realised that I had stopped 'snacking' between meals. In fact my chocolate and biscuit consumption is down 99.9% and remains that way even if I can't listen to the meditation for a few days.

Basically I have added lots of extra nutritional foods to my diet and am on the edge of actually enjoying broccoli and spinach even though cauliflower may be a step too far at the moment. I am certainly eating a more healthy diet and am feeling more comfortable inside my clothes and expect that eventually this will improve even though right now, I am still basically the same dress size. Of course the slower the progress the better as I am no stranger to 'crash diets' which of course don't work because of that denial that works against the desire for chocolate. This, slower more healthy way I can eat chocolate, cake and biscuits if I want to, however for the most part I just don't want to any more. This in itself is a revelation and something I never envisioned!

I will continue with the WLM as I want to keep the momentum going. Who knows where it will lead."

You can download your "Weight Loss" 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 lose some weight now](#)