



## Reiki eZine by Taggart King

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[Liberate Your Reiki!] What happened when Sylvia used our "Build Confidence" MP3 for 28 days...

# Liberate your Reiki!

December 2nd 2018

The eZine for Open-minded Reiki people



Sylvia used our "Build Confidence" 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 Sylvia when she listened to my "Build Confidence" MP3 for a month:

"I have to be honest & say that I was a little sceptical, however after listening to the confidence meditation for the last 28 days it has had a very beneficial effect on my levels of confidence, the way in which I am able to relate to other people, & my behaviour patterns.

I am not the same person I was 28 days ago, I now know that I am good enough, something I found very hard to believe. So thank you Taggart."

## You can download your "Build Confidence" 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 build my confidence now](#)