



Reiki eZine by Taggart King

[Liberate Your Reiki!] "Your Reiki Workout", by Taggart King

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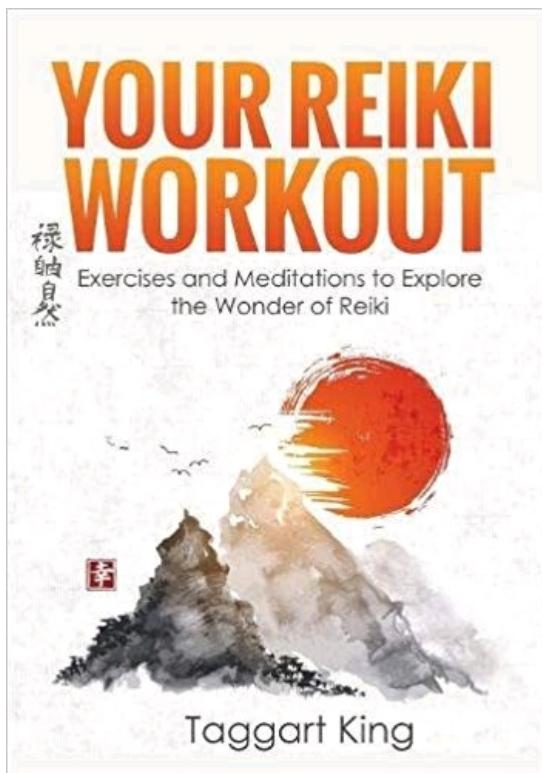
Liberate your Reiki!

February 9th 2019

The eZine for Open-minded Reiki people



"Your Reiki Workout" Exercises and meditations to explore the wonder of Reiki



About the book

This book started its life as a collection of 'self-help guides' that focused on: getting started with Reiki, becoming more sensitive to the energy, developing your intuitive side and exploring the use of intent. What I have done is to take these guides and re-write and expand upon them, so that you have here a practical workbook that you can use over time to explore the potentials that Reiki has to offer.

I have also included all the work that I have done in developing "Reiki synthesis": a way of using questions, language forms and a breathing technique to create bespoke symbols for yourself and others, and to deal with unhelpful emotions or beliefs. Reiki synthesis focuses specific energies on freeing you from what is holding you back in your life, releases negative emotions and beliefs and creates specific energies to move you forward in the most powerful and positive way.

This book will be of interest to anyone who is interested in exploring and experimenting with the energy and who wants to learn a unique and powerful system for self-transformation.

What people are saying

"In this comprehensive, informative and fun book, Taggart provides assurance that those who chose to follow a spiritual path experience Reiki differently, and that sensitivity to the unique healing energy can be increased with practice.

This easy to follow book provides a multitude of detailed, practical exercises and guidance on strengthening sensitivity and intuition. Additionally, and seldom found in other publications, Taggart explores more advanced techniques on how to work with Reiki, and intent, on a deeper level for the benefit of both you and clients.

I highly recommend this book to those who have undergone Reiki training and wish to obtain practical answers to deeper questions that may not have been covered in their tuition courses, and to explore their experiences of Reiki at a higher level."

The Gordons

"Your Reiki Workout" is written in a very positive and supportive way and is easy to understand. I always feel that Taggart's energy is surrounding me when I'm going through the exercises and meditations. Throughout the book there are various illustrations and diagrams, which are a nice addition and avoids

pages of lengthy chapters.

As this book is broken up into easy to follow bite sized paragraphs, you don't have to read it from start to finish, you can dip in and out whenever you feel or use your intuition and open up a page at random. This will be a book you will want to use regularly for reference and it's packed full of invaluable insight and wisdom.

Reiki newbies and the more experienced will both benefit from it's wealth of information and simple to follow practical exercises. I'm finding this book has hugely enhanced my daily practice and encouraged me to try new techniques and stay motivated.

This book compliments Taggart's previous book "Liberate Your Reiki" perfectly. I highly recommend this fabulous inspiring book!!"

Tanya

How to order your copy

For printed copies, use these links:

UK: <https://www.reiki-evolution.co.uk/reiki-manuals-books/>

USA: <https://www.amazon.com/Your-Reiki-Workout-Meditations-Experience/dp/1999885228/>

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