



Reiki eZine by Taggart King

[Liberate Your Reiki!] Explore authentic Japanese Reiki meditations

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Liberate your Reiki!

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The eZine for Open-minded Reiki people



A Unique Collection of Japanese Reiki Meditations Available

for immediate download as MP3, or as an Audio CD



As far as I can see, these Japanese Reiki meditations are not available to order anywhere else in the world of Reiki, and date back to the system that Mikao Usui was teaching in Japan a century ago.

Read on to find out what I have included...

Experience earth ki and heavenly ki

The first two tracks focus on experiencing earth ki and heavenly ki, those two basic energies that we need to fully experience in order to bring things into balance. And instead of using a symbol, or chanting a mantra, to experience these two aspects of ourselves, we use two simple meditations: elegant and powerful.

I have quite a restful voice, I think, and I have chosen some nice music to flow in the background, so I think you'll like them.

Develop your Hara

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.

For Reiki Masters: empower yourself every day

I have included one track that is suitable for Reiki Master level and it is a method that you can use to, in effect, give yourself a Reiki Master empowerment, by yourself, something that you can do every day, and something that can produce quite powerful effects, as you might imagine!

Includes a PDF guide to all the meditations

Whether you use the MP3s or order the audio CD, we will send you a detailed PDF guide to all the meditations.

Order your MP3 collection and start listening straight away

Visit this page to download your set now:

<https://www.reiki-evolution.co.uk/reiki-mp3-downloads/>

Prefer an Audio CD instead?

If you're in the UK, you can order an audio CD version, which comes with a couple of MP3 bonus tracks (I had too many tracks to fit on one CD!)

Click here to order your CD:

<https://www.reiki-evolution.co.uk/reiki-music-audio-cd-cds/>