



Reiki eZine by Taggart King

[Liberate Your Reiki!] Taggart's Reiki Starter Bundle

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Liberate your Reiki!

The eZine for Open-minded Reiki people

20th February 2021

A few weeks ago, I mentioned that I had been planning on making a lot of my Reiki materials are resources available to you at greatly reduced prices, and we started last week with my "Take Your Reiki To The Next Level" bundle.

This week I am turning my attention to Reiki beginners, or those who are returning to Reiki after a time away from it, and I have put together a really comprehensive set of resources for you that cover everything that you need to know, and have help with, at First Degree.

You can read all about these resources below, and they provide a really solid foundation for your Reiki, with a huge Reiki manual, audio commentary, guided meditations and other help.

I really hope that you find these materials helpful in your journey.



Taggart

The Reiki Starter Bundle For Beginners or people returning to Reiki

Reiki Evolution training courses have always been backed up by extensive training materials because the last thing you want on a live Reiki course is to have to try and remember everything you were told on the day, desperately scribble notes as you go along and discover how bad your handwriting is, or try and concentrate when you are zonked out on all the new energy you are working with!

Everything you were told on your course – and more – should be there in a course book or manual for you to take home with you (or ideally, given to you to look through before you attend the day of your live course) and it would also be useful if you could get to listen to your Reiki teacher again. If you could do that, you could check on what they said about a particular topic, and sometimes you learn something different when you listen again weeks or months later.

And it would be really handy to be guided by them when you start to work with Reiki meditations and Self-treatments.

So that's what we did: I created a 170-page A4 manual for First Degree, an audio CD's worth of commentary tracks, just like sitting in on a course run by me and listening to what I said, and a collection of guided meditations.

... to give you the best possible start with your Reiki.

And that is what I am sharing with you now, in my Reiki Starter Bundle, containing an extensive manual, Reiki audio commentary, and guided meditations. Just like you would receive if you were to train with Reiki Evolution at First Degree.

**** Plus extra bonus items – see below ***

Reiki First Degree "Shoden" manual



When you start to learn Reiki you need clear, comprehensive information about what Reiki is, where it comes from, and how you can use it for your own benefit and to help other people.

Any information needs to be easy to understand, preferably with diagrams or images so you can see what they are describing, and it's really helpful to hear about other people's experiences of doing the things that you are going to be doing, so you can compare notes and so you can start to realise that everyone is different and that you are not doing it wrong or feeling the wrong thing.

The person writing the manual should be familiar with the most common questions that people have about Reiki and using it in practice, and should put all those answers in the manual so that students aren't left with big unanswered questions.

That's what I have done with the Reiki Evolution First Degree manual: it's a big, comprehensive guide to "everything you need to know about Reiki and how to use it".

First Degree audio commentary



The trouble with live Reiki courses is that you get told a lot of things by your Reiki teacher but you only get to hear these things once, and some of the time you are so zonked out on the empowerments/attunements and using energy on yourself and other people that it's very difficult to concentrate all day and take in, and remember, everything that was said.

If only there was some way in the 21st century where you could get to hear again what your teacher said, so you could go back to it and replay it, and come back to it as a useful resource the next week or the next month, to recap.

And of course there is: I have an audio CD's worth of commentary tracks where I worked out the essential things that I always said to my students on live Reiki courses, and recorded them all, with more stuff besides.

So you can get to sit in on one of my Reiki First Degree courses and listen as many times as you need to.

Reiki meditations

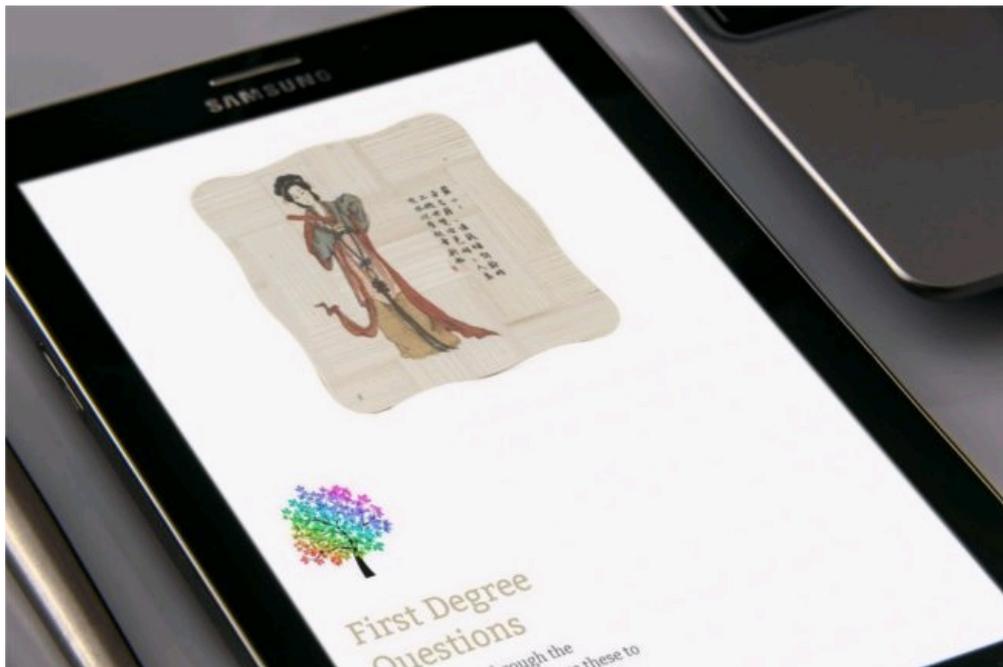


And Reiki is a practical skill, isn't it? It's not so much about knowing lots of stuff as it is about doing things and becoming experienced at doing those things.

And while it is of course helpful having detailed descriptions of meditations in a manual, with diagrams or images to help, you can still forget bits when you're just starting out, so it would be helpful if you could have someone talk you through your meditations and energy exercises, so you can get to grips with them without the hassle or anxiety.

And that is what I have done, creating guided meditations for First Degree, talking you through "Hatsurei ho" (daily energy exercises) and a Self-treatment meditation that Usui taught.

BONUS #1 Reiki Questions and Answers



Something that I do when someone enrolls on a Reiki Evolution First Degree course is to give them a "Reiki Questions" sheet, containing 20 questions about the basics of Reiki. They read through the questions and keep an eye out for the answers as they work through the course manual and listen to the audio tracks.

They write down their answers and then compare them with a "Reiki Answers" sheet that I also provide.

It's a good way to focus on the important points and make sure that you have a good grounding in the basics.

I am sharing these questions and answers sheets with you.

BONUS #2 Talking You Through A Reiki Treatment



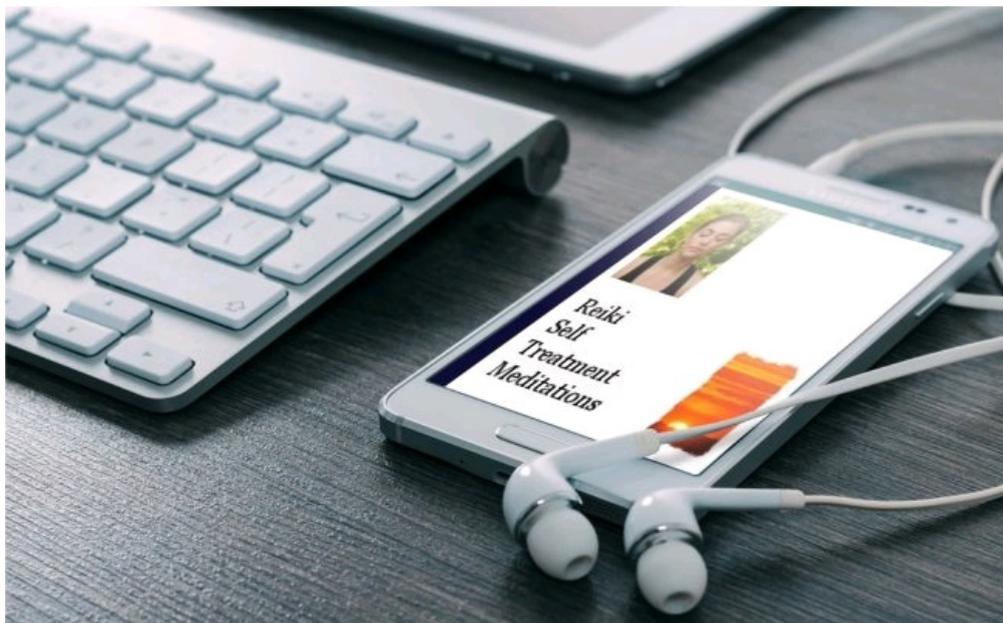
Treating another person is probably the most daunting thing that you do when you learn Reiki for the first time. You can worry about whether you are doing it right, whether you are going to remember everything, whether you are doing the hand positions in the right order (hint: there is no correct order!).

Wouldn't it be great if you could repeat what you did on your live course, where your teacher talked you through a full treatment in real time? Just to build your confidence.

Well, you can do that, because I created a "Talking You Through A Reiki treatment" audio series that does just that: a full, hour-long treatment session where I talk you through all the stages, all the hand positions from head to feet, from start to finish.

So you can build your confidence, and when you feel ready to move on and give your treatments freestyle, well that's great too.

BONUS #3 Self-treatment meditations



At Reiki Evolution, we try not to be dogmatic. We like to provide our students with different ways of doing things so they can experiment and find out for themselves what works best for them, and for the sake of variety, and to explore the energy to see what's possible.

And a good example of this is in the area of self-treatment. There is no "one true way" when it comes to treating yourself and it's useful to have some talk you through a variety of hands-on and "all-in-your-head-through-meditation" methods, so you can experiment for yourself.

This collection contains five different self-treatment approaches that you can try out.

BONUS #4 Taggart's "Ten Rules of Reiki"



The "Ten Rules of Reiki" are a set of guiding principles which, if you embrace them, give you a good, solid foundation for your Reiki and your development with the energy.

In this audio collection, you can listen to Taggart as he talks you through these important Reiki principles. Take them to heart and put them into practice and you'll get so much out of your Reiki.

Comprehensive Guides Giving You The Best Reiki Foundation

So, what you will receive when you invest in these materials is as follows:

A 170 page eBook: "Shoden" (Reiki first Degree)

A comprehensive and detailed manual explaining about what Reiki is, where it comes from, and how you can use it for your own benefit and to help other people. Explains about original Japanese Reiki, with text and images and clear instructions about daily energy exercises, self-treatments and treating other people. Shows you exactly what to do, and how, to get the very best out of your Reiki.

MP3 commentary: First Degree

Listen to these MP3s and it will be just like you were sitting in on a Beginner's Reiki course with Taggart King. Find out all about Reiki: what it is, where it comes from and what it can do for you. Hear about the Reiki precepts and Mindfulness, and discover how to use Reiki for yourself and to help the people around you. The Collection lasts for over an hour and complements the First Degree manual perfectly.

MP3 meditations: First Degree

These two essential meditations are taken from our most popular audio MP3, "Reiki Meditations", used by Reiki people, Practitioners and Masters all over the world. Taggart King talks you through "Hatsurei ho" and Mikao Usui's "Self-Treatment Meditation", two daily energy practices that will make such a difference to you at this level.

Bonus #1: Reiki Questions and Answers

A set of twenty questions for you, to focus your attention on the important issues and practices, as you work through the course manual and audio commentary. Plus twenty answers that you can compare yours with!

Bonus #2: MP3 audio: Talking You Through A Reiki Treatment

Does exactly what it says on the tin, talking you all the way through a full Reiki treatment, gently nudging you to change hand positions, starting at the head and shoulders, treating the head and then moving to the end of the body, where you bring your treatment to a close.

Bonus #3: MP3 audio: Self-Treatment Meditations

Self-treatments are one of the foundations of your Reiki practice and it's useful to have some choices here, different ways of doing things that you can experiment with to find what works best for you. One-size-fits-all isn't always the best approach, so try out these approaches and see what fits you best!

Bonus #4: MP3 audio: The Ten Rules Of Reiki

These ten important principles will give you a solid foundation to move on from. Listen to Taggart talking you through the ten rules, and how to use them in your journey with Reiki.

Let's Do This A Solid Foundation For Your Reiki

So, this is where you can choose to invest in your Reiki development, guided step-by-step through a whole series of exercises and activities that will move things on for you in important ways.

No more doubts, no more uncertainty, just clarity.

If you were ordering all these resources they would cost over £72.00 so I have reduced the price to £47.00 for a while. Click the link below and in a few minutes you'll have access to a DropBox containing everything you need.

[Download Now](#)

My Guarantee A full refund in the next 30 days

I want to make sure that you feel completely comfortable in engaging with these materials, so my guarantee to you is that if you are unhappy with what you see, for any reason at all, in the next 30 days, you can contact me on taggart@reiki-evolution.co.uk and I will arrange for you to receive a full refund of what you paid.

So, that's a no-quibble 100% guarantee.



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