



Reiki eZine by Taggart King

[Liberate Your Reiki!] The "Precepts Rehearsal" Meditation...

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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The "Precepts Rehearsal" Meditation

Hi, Taggart here, from Reiki Evolution. As promised, I have another interesting and deceptively powerful meditation for you, again focused on the Reiki precepts, but I think it will be something that you will not have come across before.

My "Precepts Rehearsal" meditation is, as far as I am aware, unique in the world of Reiki, and is based on embedding the principles contained in the Reiki precepts in such a way that your unconscious mind is set up to embody them in your daily activities and routines, without having to think about them, a way of pre-programming yourself to obtain the benefits that the precepts bring into our lives.

You can find out what that means in practice by reading my article about it!

So, it's time to start your new Reiki meditations by clicking here:

The "Precepts Rehearsal" Meditation

I hope you find this article interesting and helpful.

Best wishes,

Taggart :)

The "Liberate Your Reiki!" eZine is produced by Reiki Evolution www.reiki-evolution.co.uk