



Reiki eZine by **Taggart King**

[Liberate Your Reiki!] A Reiki Chakra Meditation For You...

[\(view all archives\)](#)

Liberate your Reiki!

The eZine for Open-minded Reiki people

26th May 2022

A Reiki "Chakra" Meditation For You

Hi, Taggart here, from Reiki Evolution. Reiki meditations are spilling over into a second week now, with my "Reiki Chakra Meditation". Now, Chakras don't really feature in Mikao Usui's original Reiki and they are more of a New-Age add-on into Reiki, something that infiltrated into Western Reiki courses, along with spirit guides and Angels, as Reiki merged with the New Age movement for a time.

So I don't really focus on Chakras as a general rule, though I thought it would be a good exercise to create a Reiki meditation based on the Chakras, but given quite a 'twist'. You can find out what that means in practice by experiencing the meditation for yourself!

I have received a lot of very positive feedback from people who have used this meditation and, as far as I am aware, it is unique in the world of Reiki.

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

[Taggart's Reiki Chakra 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