



Reiki eZine by Taggart King

[Liberate Your Reiki!] Reiki For Stress

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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Reiki For Stress

Hi, Taggart here, from Reiki Evolution. So, this is "stress and anxiety" week on "Liberate Your Reiki!", where I am talking about the use of Reiki to deal with these common experiences, both for people who are, and are not, connected to Reiki. Today I am going to talk about stress, how it differs from anxiety, and how we can use Reiki to deal with it.

Click this link now to find out more:

Reiki For Stress

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