



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Simple Daily Energy Exercises For You

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# Liberate your Reiki!

The eZine for Open-minded Reiki people

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## Simple Daily Energy Exercises For You

Hi, Taggart here, from Reiki Evolution.

Today I'd like to share a couple of simple Reiki energy exercises that you can use to clear and cleanse, and balance your energy system. These exercises come from Original Japanese Reiki, were taught by Mikao Usui, and can be used every day. They would be a lovely way to start your day, in fact.

The exercises are referred to as **kenyoku**, which means "dry bathing" and **joshin kokkyu ho**, which means something like "soul cleansing breathing method". You carry out the exercises in order, starting with a quick kenyoku and then moving on to a blissful experience when carrying out joshin kokkyu ho for several minutes.

Click this link now to find out more:

**[Simple Daily Energy Exercises For You](#)**

I hope you find this article interesting and helpful.

Best wishes,

Taggart :)

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The "Liberate Your Reiki!" eZine is produced by Reiki Evolution [www.reiki-evolution.co.uk](http://www.reiki-evolution.co.uk)