



Reiki eZine by Taggart King

[Liberate Your Reiki!] Mindfulness & Compassion

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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Mindfulness & Compassion

Hi, Taggart here, from Reiki Evolution.

[The essence of Reiki practice?](#)

In this article I want to talk about Mindfulness and Compassion, which I believe are two essential components of Reiki practice.

Whether we are treating others, working on ourselves, empowering others or living our lives with Reiki, we should grow to embody those two states, the essence of the Reiki precepts.

Let me explain...

Click this link now to find out more:

Mindfulness & Compassion

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