



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] whoops: I sent you a broken link :(

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## **Liberate your Reiki!**

**The eZine for Open-minded Reiki people**

**21st February 2023**

THE EZINE FOR OPEN-MINDED REIKI PEOPLE

# Liberate Your Reiki!

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Whoops. Sorry. When I sent out my ezine on Sunday, I inadvertently used a broken link, thus preventing many of you from being able to download my special weight loss Reiki/Self-hypnosis MP3. Here the ezine is again, but this time with the correct link...

**[Reiki Weight Loss Meditation: Overcoming the Challenges of Unhealthy Eating Habits](#)**

# Lose Weight



Hey,

Final message this weekend and I'm sharing some more info about the special Reiki and self-hypnosis meditations that I created and which seem to work so powerfully, and now I'm talking about weight loss.

So, are you someone who constantly battles with unhealthy eating habits and can't seem to shake those cravings for junk food? It's understandable to feel fed up and frustrated, especially when you've tried different diets and exercise routines with little to no success. If this sounds like you, I want to introduce you to an alternative approach that might just do the trick - have you ever considered trying Reiki Weight Loss Meditation? It's a unique approach that could help you achieve your weight loss goals in a more holistic way.

This innovative programme leverages the power of Reiki energy and guided meditation to help you overcome the challenges of unhealthy eating habits and achieve your weight loss goals in a natural and holistic way. With this programme, you will learn to slow down your eating, fully savour the flavors of your food, and feel more satisfied with smaller portions. You will also develop a greater appreciation for nutritious foods, reduce your cravings for junk food, and feel better about your body and your health.

For instance, Jenny reported that the Reiki Weight Loss Meditation helped her to eat more mindfully, think more deeply about her food, and reduce her cravings for chocolate and biscuits by 99.9%. Sue found the meditation to be relaxing and effective, helping her eat smaller portions and lose weight. Sylvia, who was initially sceptical, found that the meditation helped her slow down her eating and savour the flavors of her food, leading to healthier and more mindful eating habits.

With the Reiki Weight Loss Meditation, you can finally overcome the challenges of unhealthy eating habits and reach your weight loss goals in a gentle, natural, and sustainable way. Say goodbye to crash diets, deprivation, and yo-yo dieting, and say hello to a happier, healthier you.

Start your journey to healthier eating habits and a more confident, fulfilled life today with Reiki Weight Loss Meditation. You can access your meditation and start using it straight away by clicking on the link below.

Immediate MP3 Download: £15.58 (Approx. \$18.80 USD)

[Bring Me My Meditation](#)

Take care,

Taggart



Take Your Reiki Practice to the Next Level with these Comprehensive E-Books

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