



Reiki eZine by Taggart King

[Liberate Your Reiki!] Simple Reiki energy exercises get the energy flowing

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Liberate your Reiki!

The eZine for Open-minded Reiki people

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THE EZINE FOR OPEN-MINDED REIKI PEOPLE

Liberate Your Reiki!

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Today's Article ["Simple Reiki energy exercises get the energy flowing"](#) Recharge Your Energy with Simple Reiki Exercises

Ever wondered how to kickstart your day on a positive note? Discover these straightforward Reiki energy exercises straight from the teachings of Mikao Usui himself.

Learn about "kenyoku," a refreshing technique to rid yourself of negativity, and "joshin kokkyu ho," a soul-cleansing breathing method that unlocks your inner tranquility. These exercises are your secret to balance and harmony.

Dive into the full article to uncover the revitalizing routine.

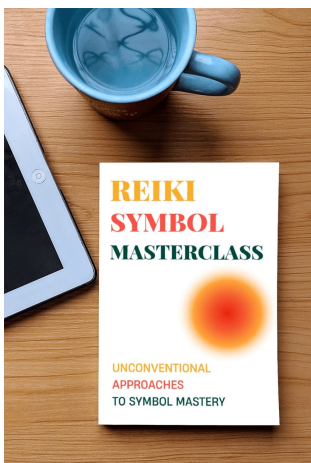


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So, that's all from me for today.

Take care,

Taggart



The Reiki Symbol Masterclass: Unconventional Approaches to Symbol Mastery

This is a small book but if you work through the exercises and meditations contained within it, you will gain a deep, deep understanding of the use of symbols within Reiki and you will have learned things that are not taught on the vast majority of Reiki courses. What you have here is a complete and unique approach, a powerful, freeing and inspiring system for using, creating and experiencing the energies.

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