



Reiki eZine by Taggart King

[Liberate Your Reiki!] NEW BOOK: The Ten Rules Of Reiki

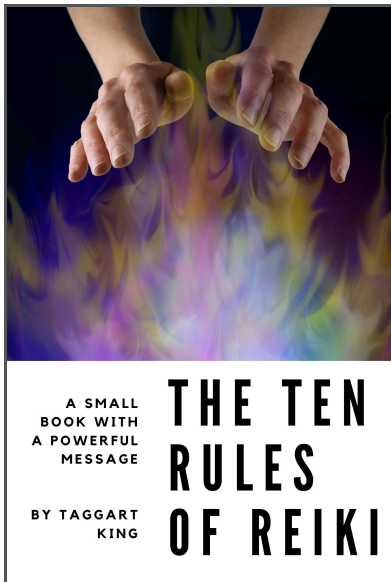
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Liberate your Reiki!

The eZine for Open-minded Reiki people

10th September 2023

NEW BOOK: The Ten Rules Of Reiki



**HOT OFF THE PRESSES!
NOW AVAILABLE ON AMAZON!**

"The Ten Rules of Reiki: A Small Book With A Powerful Message"

Here's the book blurb...

Rediscover the Authentic Essence of Reiki

For over two decades, Reiki Master Teacher Taggart King (founder of Reiki Evolution) has immersed himself in the profound wisdom of traditional Japanese Reiki. Now, he crystallizes his extensive experience into ten transformative principles, taking you to the heart of this ancient spiritual and healing system.

"The Ten Rules of Reiki" is a guide that stresses the power of daily commitment to oneself, the significance of incorporating energy exercises and mindfulness into everyday routines, and the vital importance of self-treatment. But at its core, it champions simplicity and kindness towards oneself.

Reiki, in its truest form, isn't about striving for perfection or complicating the journey with endless thoughts and doubts. It's about approaching life and healing with a light heart, devoid of rigid expectations. Being content, keeping things simple, and maintaining a serene mental space are central to unlocking Reiki's potent energy.

Whether you're embarking on your Reiki journey or seeking to rejuvenate your existing practice, let these ten rules guide you towards a more profound, fulfilling connection with this timeless spiritual path.

Take Me To My Book!

Best wishes,

Taggart :)

The "Liberate Your Reiki!" eZine is produced by Reiki Evolution www.reiki-evolution.co.uk

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