



**Reiki eZine** by **Taggart King**

[Liberate Your Reiki!] NEW BOOK: The First Degree Companion

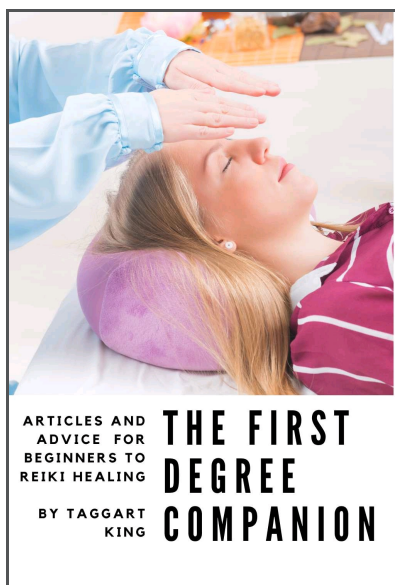
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# Liberate your Reiki!

The eZine for Open-minded Reiki people

17th September 2023

## NEW BOOK: The First Degree Companion



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

**"The First Degree Companion: Articles and Advice for Beginners to Reiki Healing"**

Here's the book blurb...

### **The First Degree Companion: Traditional Japanese Reiki Unveiled**

With 25 years of experience in teaching original Japanese Reiki, Reiki Master Teacher Taggart King presents a clear and focused guide tailored for first-degree students. "The First Degree Companion" compiles 29 select articles from over a hundred writings, providing an essential foundation to this spiritual and healing system. Dive into practical insights, learn about core principles, and enhance your Reiki practice. This book is a must-have for beginners and those wanting a refresher on traditional Reiki's true essence.

This is a a lucid and focused guide to the foundational practices of this spiritual and healing system.

Inside "The First Degree Companion", you'll find answers and insights to a wide range of pertinent questions and topics, including:

The foundational practices and principles in "Back to Basics: Reiki First Degree" and "The Precepts".

Delving into the nuances of treatment with articles such as "How to Start a Reiki Treatment", "Reiki Sensations", and "Declutter Your Treatment Rituals".

Engaging with personal self-treatment through "Intuitive Self-Healing Meditation" and "The Simplest Hands-On Self-Treatment Method Ever".

Approaching Reiki with a fresh perspective through pieces like "Reiki Advice from Bruce Lee: Be Like Water" and "Reiki is Not All Fluffy Bunnies!".

Addressing common queries with "Can You Send Distant Healing at Reiki First Degree?" and "Restrictions on Reiki".

Whether a beginner seeking a comprehensive introduction or a practitioner looking to revisit Reiki's foundational teachings, this book offers a breadth of knowledge, grounded in decades of experience and dedication to the traditional practice.

[Take Me To My Book!](#)

(Oh, if you already have a copy of "Liberate Your Reiki!", you do not need this book!)

Best wishes,

Taggart :)

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