



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

[Liberate Your Reiki!] Time To Embrace Mindfulness...

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## Liberate your Reiki!

The eZine for Open-minded Reiki people

22nd March 2024

### Use a Special MP3 to Enhance Your Mindfulness



**Mindfulness**, together with developing energy sensitivity and opening to intuition, are the basis for a powerful and fulfilling Reiki practice, but these things don't necessarily come easily to everyone, and some people need a bit of help to fully embrace these essential aspects of a fulfilling Reiki practice.

And I have a solution for that!

I discovered that using a combination of a Reiki-style meditation with gentle quasi-hypnotic suggestion patterns had a tremendous effect on people in just a few weeks of listening to a 10 minute audio track most days.

As well as being a Reiki teacher I am also a qualified Cognitive Hypnotherapist and NLP Master Practitioner. I trained at Regent's College in London with the internationally respected [Quest Institute](#) and a lot of the course involved perfecting the art of making hypnotic suggestions, a series of elegant and subtle suggestion patterns that can help guide people's subconscious minds so that a person lets go of whatever is holding them back in their life, and enhances their potential.

So what I have done is to create three 10-minute MP3 meditations that blend the power of Reiki with a set of gentle hypnotic suggestion patterns that will, over time, move you into an easier mindful state and help to open up your sensitivity to the energy and free up your intuitive potential.

A lot of Reiki people have been working with these meditations, and I thought you would be interested to read about how they have been getting on with the three tracks...

Firstly, here is a comment from Wanda, who worked with these meditations:

### **"My confidence has grown immensely"**

"In all I'm delighted with the results. This has helped me more than I believed imaginable. My confidence has grown immensely and I'm raring to take my second degree and start working as a practitioner."

- Wanda

### **Today I am focusing on Mindfulness**

Mindfulness is a valuable practice for Reiki practitioners for several reasons. Firstly, mindfulness helps practitioners to stay present and focused during their healing sessions. By being mindful, practitioners can ensure that they are fully engaged in the process, blissing out on the energy, and not distracted by external factors or internal thoughts.

Secondly, mindfulness can enhance the connection between the practitioner and the recipient. By being fully present, the practitioner can better perceive the energy flow and the needs of the recipient. This can lead to more effective healing sessions.

When you are working intuitively... you are in a mindful state. When you are sending distant healing... you are in a mindful state. When you are performing a Reiju empowerment... you are in a mindful state.

But if you are feeling a bit anxious about this, don't worry: fortunately, we can do something about this.

This is what happened when Pauline and Jim used this MP3:

*"The constant activity in my mind feels to have calmed down. I still have random thoughts, but I now have the ability to let them pass, without grabbing hold of them and picking the bones clean."*

- Anne MacKenzie

*"Certainly, without any question, the MP3 has been a huge benefit to me. I have often wanted to learn meditation but never found the medium or created the opportunity. Your track has changed things to such an extent I would like to learn more and develop my meditation skills."*

- Jim Furze

Being able to drift into a gentle meditative state, to be mindful when going for a walk, or when doing the washing up, say, is a wonderful way of being in this world.

Mindfulness is essential to Reiki practice.

Do you need a bit of help easing into this fundamental Reiki state?

If so, download this gentle and powerful meditation and see where it takes you.

£7.99. Immediate download.

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