



Reiki eZine by **Taggart King**

[Liberate Your Reiki!] A Powerful Meditation for you: "Precepts Rehearsal"

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Liberate your Reiki!

The eZine for Open-minded Reiki people

15th July 2024

THE EZINE FOR OPEN-MINDED REIKI PEOPLE

Liberate Your Reiki!

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It's Monday, so that means "Reiki Article Day" Mondays and Wednesdays: take 5 minutes to read a Reiki article

Reiki articles for you to read on Mondays and Wednesdays. Each one will take about 5 minutes or so to read, and hopefully you will find something interesting, informative, helpful or thought-provoking, maybe even challenging.

So without further ado, here's....

Today's Article "A Powerful Meditation for you: "Precepts Rehearsal""



Hiya,

A powerful new way to experience the Reiki precepts

I thought I would share with you a technique that I created, something that allows you to really embrace one of the Reiki precepts, in fact any of the precepts that you feel would benefit you more if it could become more fully a part of how you are.

I call this method “Precepts Rehearsal” and it is a form of meditation based on a powerful hypnotherapy technique called ‘future pacing’.

Future pacing is all about getting yourself into a meditative state (or a trance state: they are the same thing) and spending some time imagining yourself behaving in a way that shows your subconscious mind how you want to be... you are rehearsing being the person that you wish to be, the person that you are becoming.

[Click HERE To Read More](#)

So, that's all from me for today.

Take care,

Taggart ;)

Taggart can help you to *reclaim your authentic self*, letting go of any anxiety, low self esteem, excess weight, to emerge again as the person you used to be.

“These sessions have been truly life changing and I find I now have so much more energy to devote to work and creative projects. I can more easily embody the essence of my true self now and after years of struggling with anxiety, I cannot get over just how remarkable this actually is.”

- CM

Make the decision to explore a more positive future, and click here: www.taggartking.co.uk

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

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