



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

[Liberate Your Reiki!] Reiki for Anxiety

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## Liberate your Reiki!

The eZine for Open-minded Reiki people

2nd September 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 "Reiki for Anxiety"**



Hiya,

### Does Reiki work for Anxiety?

I think a lot of people come to Reiki wondering if it can help ease their anxiety, and I think that there is a general sense that Reiki can help you to become more calm and chilled. So is Reiki good for anxiety? Will it help you to let go of those worries?

Well in my experience, yes, Reiki does really work to help reduce anxiety and there are three ways that it does this, I think.

1. Through mindfulness
2. Through the use of the Reiki precepts
3. Through meditating on and using the Reiki energy

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So, that's all from me for today.

Take care,

Taggart ;)

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**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](http://www.taggartking.co.uk)

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