



Reiki eZine by Taggart King

[Liberate Your Reiki!] Reiki for Stress

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Liberate your Reiki!

The eZine for Open-minded Reiki people

4th September 2024

THE EZINE FOR OPEN-MINDED REIKI PEOPLE

Liberate Your Reiki!

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It's Wednesday, 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 Stress"



Hiya,

Can Reiki help with Stress?

In my last article I was talking about how [Reiki can help with Anxiety](#) and while stress and anxiety are often lumped together as if they were the same things, there is quite a difference between these two experiences in terms of what's going on.

Where anxiety is a fear of an imagined future, where you feel frightened about things that are yet to happen and may not actually happen, with stress you are reflecting on how you believe you're going to be able to cope with different tasks or events. Stress is all about "I can't do this", "I'm not going to be able to do this".

So stress is all about how competent you believe you are and becoming frightened about letting yourself down, or letting other people down. Stress is about losing face, not succeeding in a particular task or goal, it's about fear of showing that you're not good enough.

[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

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