



Reiki eZine by **Taggart King**

[Liberate Your Reiki!] Develop your Reiki Intuition (Part I)

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Liberate your Reiki!

The eZine for Open-minded Reiki people

14th October 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 ["Develop your Reiki Intuition \(Part I\)"](#)



Hiya,

Start by getting the energy flowing

The Reiki attunements give everyone a baseline ability, so you all start off on the same footing.

However, how effective or how 'clear' a channel you are depends on what you do with the energy. It is important to get regular practice, and a good way of getting into a beneficial routine is to spend some time each day carrying out some energy exercises used in Japanese Reiki.

Mikao Usui taught a couple simple Reiki energy exercises to his students when they first started their training with him. The exercises cleanse and purify, start to balance your energy system, and develop the strength of your Reiki channel. They will help to develop your sensitivity to the energy too.

I wrote about these energy exercises a few weeks ago, so click this link to practise [Simple Reiki energy exercises](#).

Practising these energy exercises daily will put you in a very good position, energetically-speaking, to practise intuitive working.

Cultivate the right state of mind for Reiki intuition

Here is a solo exercise for you. You can do this by yourself anytime.

[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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