



**Reiki eZine by Taggart King**

[Liberate Your Reiki!] Attunements, Empowerments and Contact Lenses

**[\(view all archives\)](#)**

## Liberate your Reiki!

The eZine for Open-minded Reiki people

11th November 2024

THE EZINE FOR OPEN-MINDED REIKI PEOPLE

# Liberate Your Reiki!

Subscribe now at:  
[www.reiki-evolution.co.uk](http://www.reiki-evolution.co.uk)



**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 "[Attunements, Empowerments and Contact Lenses](#)"**



Hiya,

### **Some people have weird ideas, even for Reiki!**

In this article I would like to talk a bit about **attunements and empowerments** used in Reiki, explaining the similarities and differences between these rituals.

I was prompted to write this article after reading a message posted to an Internet discussion group a while ago, on the subject of **Reiju empowerments**. The message contained such a lot of misinformation and distortions that one could have concluded that it was posted mischievously, or maliciously, for 'political' reasons.

Just the other day I smiled broadly because I came across an item on a web page which was trying to argue that the empowerments used by Mikao Usui were ineffective in connecting people to Reiki!

Very strange.

In any case, hopefully I can clear up some confusion or misunderstandings that people might have about attunements and empowerments, and this article should be of interest to people at all Reiki levels.

As for the contact lenses, you can find out about them towards the end of this article!

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

---

The "Liberate Your Reiki!" eZine is produced by Reiki Evolution [www.reiki-evolution.co.uk](http://www.reiki-evolution.co.uk)

Picture Credit: [Andy Simmons](#)

[EZezine Company Terms of Service Privacy Policy](#)