



Reiki eZine by Taggart King

[Liberate Your Reiki!] Mindfulness and Compassion

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Liberate your Reiki!

The eZine for Open-minded Reiki people

20th November 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 "Mindfulness and Compassion"



Hiya,

The essence of Reiki practice?

In this article I want to talk about Mindfulness and Compassion, which I believe are two essential components of Reiki practice.

Whether we are treating others, working on ourselves, empowering others or living our lives with Reiki, we should grow to embody those two states, the essence of the Reiki precepts.

Let me explain...

[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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