



Reiki eZine by Taggart King

[Liberate Your Reiki!] Simplicity & Reiki Sandwiches

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Liberate your Reiki!

The eZine for Open-minded Reiki people

18th December 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 "Simplicity & Reiki Sandwiches"



Hiya,

In the West, there seems to be this insidious tendency to make things unnecessarily complicated, almost on the basis that if it's more complicated, it is better. We have to take things and make them bigger and better; we have to add stuff.

In Japan, of course, they seem to go in the opposite direction, paring things down to the bone, getting rid of any unnecessary frills and flourishes, leaving us with the pure essence of a thing, simple and elegant. Think of Japanese garden design, flower arranging, the tea ceremony, and you will see what I mean.

This contrast can be seen in the practices of Western Reiki and original Japanese Reiki, for example in fiddly Western-style attunements and simple Japanese-style empowerments.

Let's talk about this some more...

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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."

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