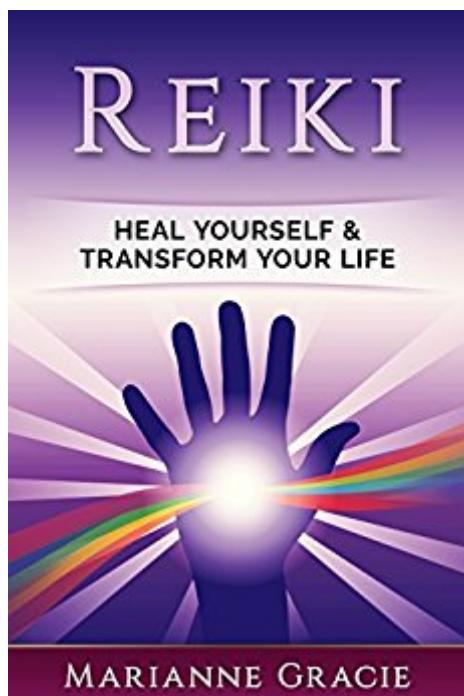


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# Reiki: Heal Yourself & Transform Your Life - Reiki For Beginners, A Complete Guide To The Holistic Reiki Healing, Chakras Healing, Increase Your Energy With Reiki (Spirituality Book 4)



## Synopsis

Reiki â€“ Heal Yourself & Transform Your Life. Have you ever felt drawn to something strange and mysterious? With a feeling that it held some real meaning for you? Well, this is how many people feel about Reiki. They usually just stumble across it but once they begin to learn about this powerful art and its principles, they begin to feel that healing is a natural part of who they are. Reiki is a form of touch therapy which taps into Universal Energy. This energy is invisible to the human eye, but science has proven it really exists and has done so since the beginning of time. As humans are evolving, we are beginning to get more in-tune with our natural abilities, such as, being able to heal ourselves and others. The residue of our pasts can stay with us in the form of old energies and negative emotions. These are the main elements which keep us stuck from moving forward. By using the treatments and step-by-step techniques in this book, you can begin to move the old energy along and out of yourself which will make room for newer and healthier energies. By harnessing the power of this ancient art and learning these Reiki techniques, we can begin to enjoy the type of life that we not only desire but also deserve. Here you will learn how to gain these incredible insights. The wealth of knowledge in this title includes -ReikiThe History of ReikiHow to self-heal with ReikiWhat is the best diet promote your Reiki powersWhat is ReikiHow Reiki WorksThe Five Reiki PrinciplesHow to Treat Yourself and Others with Reiki...And much much more!

## Book Information

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## Customer Reviews

It is about healing with the help of Ki. Ki is another name for Chi, or Prana, or energy. Seven chakras are main energy centers in a human body. Here is a complete guide on how Reiki works and how to open and close your chakras. "Just for today" is a wise formula as part of every of 5 Reiki principles. It's similar to well known "live now and here" principle for me.

The book is exactly what I had ordered. It literally is the essentials of Reiki and teaches one techniques that one can use. This book also tells the History of Reiki, teaching the symbols and what they represent and mean. Also the different variations of the symbols and how to draw them. This Essential Reiki book is more like a student learning manual. As a Reiki practitioner I would require Reiki levels 1-3 to have this book. Literally has everything one would need to know about Reiki and is well organized.

Good explanation how reiki works. Useful information about the chakras, and the healing hand positions. This book made Reiki much more clear for me.

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