



Reiki for Dummies (Paperback)

By Nina L. Paul

John Wiley Sons Inc, United States, 2005. Paperback. Condition: New. 1. Auflage. Language: English . Brand New Book. Millions of people seek ways to relax, promote healing, or connect with their soul. Reiki (pronounced ray-key) is a simple but profound healing system that was originally developed in Japan. Reiki means spiritual energy or universal life-force energy. The Reiki system is universal because it can be used by people of any background or religion. Reiki For Dummies explains how you can harness this energy for yourself. Reiki For Dummies is a plain-English Reiki guidebook. Discover what Reiki is, where it came from, and how to: find and get the most from a Reiki treatment; use Reiki to boost your physical and emotional health; and, locate a Reiki class and become a Reiki practitioner. Reiki For Dummies is amply illustrated and full of useful information on: Reiki symbols (plus nontraditional symbols); Reiki hand positions (for giving Reiki to yourself or others); Reiki for pets and animals; Reiki for children and adults; Reiki and surgery or medicines; Reiki at birth or end-of-life; and, Reiki in the house, in the car, or at work. When you re ready to go further, Reiki For Dummies...



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