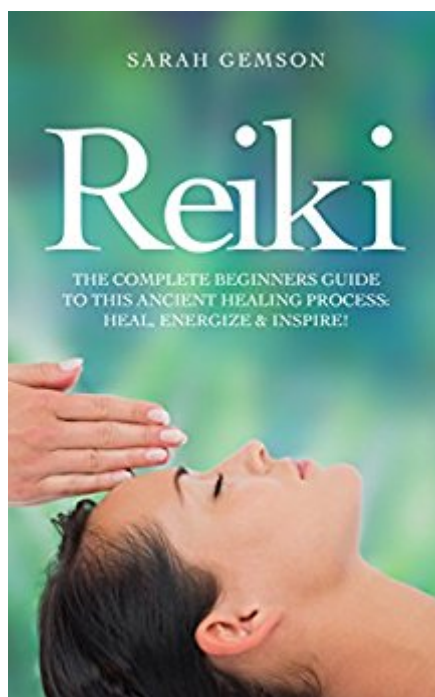


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Reiki: The Complete Beginners Guide To This Ancient Healing Process: Heal, Energize And Inspire!



Synopsis

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Customer Reviews

This book explained how Reiki benefits us physically, mentally and spiritually. This book will be very useful for anyone who would like to become a Reiki practitioner and anybody who wants to practice natural healing. It is also written in this book the concepts and principles as well as the benefits we can get for healing our body, mind and spirit. If you are looking for an integrative explanation of how and why Reiki healing works, then this is the best book your money can buy.

I'm glad that I did download this book, as I found this book to be excellent compared to many reiki books that I read so far. Extremely thorough and detailed, and you can tell the author's positive intention all throughout the book, for you to become a better practitioner. This book is really a wonderful resource, filled with information that helps you understand Reiki, understand the attainments, and gives you lots of information about practicing Reiki.

I recently started to read about some eastern practices in healing and living like Yoga and Feng Shui and Reiki came along naturally. I am still learning about all of that and this book did a good job in explaining some basic things about Reiki, the principles of it, uses and benefits and so on. I tried to follow the advice and techniques in the book and it isn't easy for me, but I'm still a beginner. I actually felt good after doing some of it, I don't know if it really works or is that just a placebo, I'm still skeptical. If nothing else, the five principles of Reiki is something that everyone should follow in their lives and I will too. The life philosophy it offers is something that is really valuable and needed in our everyday living. I recommend this guidebook to anyone interested in Reiki. You will get better understanding of it and a clearer picture about it so you can decide if it is something you can implement in your life.

Reiki was fully unknown to me until I read this book. It's a science of universal energy originated from ancient healing process. I found a similarity with other religious teaching . Anyone can practice it for a new path to self discovery and healing. It can help me stay healthier physically, mentally and emotionally. Reiki can be used in addition to conventional medical treatment to help alleviate symptoms and get at the root cause of illness and diseases. The author narrated the basics of Reiki and the procedures of opening Reiki clearly. Tips and techniques included here are applicable for the beginners like me.

Reiki is a wonderful method to have access to the unlimited energy that flows all around us. This supports a healthy lifestyle and a more balanced life. This book has explained how we can monitor our chakras and make our energy centers balanced. This book is very informative and one must try Reiki for a healthy life.

Enjoyed this book. Helped me gain a deeper understanding of Reiki/Energy principals. The book discusses the connection between Reiki and Energy. It delves into the various Reiki principals, the process of healing with Reiki, the different training levels of Reiki. Useful guide and interesting read.

Reiki healing is one of the most efficient and flexible healing system because it can be incorporated with traditional and modern medical treatments. To alleviate one's emotions along with the mind, body and spirit through relaxation and revitalization. The significant purpose of Reiki healing is to bring the highest good or the subtle energy to an individual during a treatment session, particularly in the areas where healing is most needed. It also help in the fast treatment and recovery process of various types of diseases and illness. This system is applicable to individuals of any age with physical, mental, emotional, or even spiritual problems. This book contains proven steps and strategies on how to apply Reiki healing to have a happier, healthier, and better life. I would like to recommend this book to others.

Stabilize the spiritual, emotional , mental and physical peace is not to be easy, but the Japanese know what they do , if practice is for something, I like to try new things , this is something as interesting mystical, I feel that I have a good level of concentration, but must be very empowering , explain the points and the subject of chakras I saw him before more complicated and now I understand better, this great good, I love that does not discriminate nor does it matter who I am to to implement it, it does not go against anything that I think , great. Disclosure: I bought this ebook in a promotion at a discounted price that I got in exchange for giving my unbiased opinion about it in a review

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