

Reiki is a Japanese word which means life energy. This book describes the ancient healing system, which is taught through initiation. It is one of the most popular alternative healing systems today, using the universal life energy to heal oneself and others. Using hands-on healing and distance treatment, it works at both a physical and spiritual/emotional level. The usual effects of a treatment include not just alleviation of a particular ailment/problem but also relaxation and inner peace. The book covers all levels of Reiki, with detailed treatment diagrams. This is the first instruction book to cover all three levels of Reiki, containing step-by-step instructions for practicing and teaching Reiki. Also, it is the only book on Reiki to have all the guidelines and contra indications for using Reiki, making Reiki completely safe for both practitioner and recipient. Workshop programmes are included for all three levels, ensuring efficient and comprehensive workshops. Reiki at Hand contains detailed information on how Reiki impacts on the spiritual, mental, emotional and physical aspects of life.

Reiki at Hand has 4 ratings and 0 reviews. Reiki, a Japanese word which means life energy is an ancient healing system using the universal life energy. Reiki hand positions while lying down The first five positions are done with the practitioner sitting at the head of the client with the client lying on his/her back.

The first book on Reiki written and published in Ireland, Reiki at Hand is also the first instruction book to cover the three levels of Reiki. Laid out in a. thepepesplace.com: Reiki at Hand () by Teresa Collins and a great selection of similar New, Used and Collectible Books available now at great. Reiki is rich with a variety of techniques. The energy can be send via hands on or distantly using a number of different methodologies. Each of these methods.

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