



The Basics of Reiki: A Step-by-Step Guide to Healing with Reiki

Penelope Quest

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The Basics of Reiki offers a clear and accessible introduction to an increasingly popular and powerful healing art. Best known as a gentle hand healing technique for physical ailments, Reiki is also a holistic system that can be used for healing body, mind, spirit, and even emotions, through energy healing and hand positions over the body. In this helpful and easy-to-follow book, you will discover everything you need to know, including:—The origins and development of Reiki as a healing system

—What to expect when receiving a Reiki treatment

—How Reiki energy treats both the symptoms and the causes of illness, easing physical pain and helping to clear emotional blockages

—How easily Reiki attunement can happen for you, and what to expect at each level of training

—How to use Reiki for self-healing and for healing other people, animals, plants, and the environment

—Practical exercises and visualizations to encourage relaxation and develop insight and energy awareness

This is the perfect choice for those who want to find out more about Reiki and the benefits it can offer, from a highly qualified and experienced Reiki Master.

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