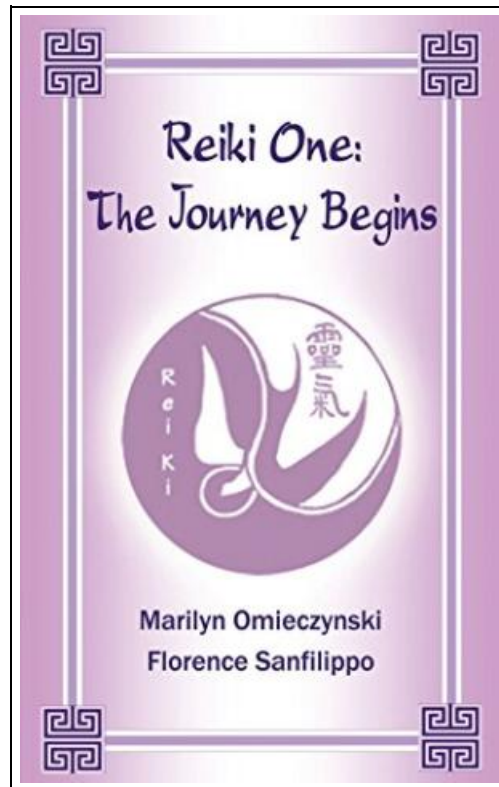


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AUTHORHOUSE, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Reiki One: The Journey Begins is offered as a support to all Level One students as they embark on their personal journey of Reiki. It contains well-researched, up-to-date information about the foundation of Reiki in the tradition of Dr. Mikao Usui. Well-organized and simply written, this book is not limited to use by beginning students. It would be a welcome addition to the resource library of any Reiki teacher, practitioner, or more advanced student. The book begins by defining Reiki as Universal Life Force Energy and guides the reader through a comprehensive description of the Reiki healing system, the origin of Reiki and its history, the Five Reiki Ideals, and the Seven Chakras, augmented by the authors personal experiences, stories, and comments throughout. The step-by-step instructions for giving Reiki treatments to oneself and to others are presented using easy-to-follow photo images. There is a special section titled Christians and Reiki, where the authors reflect on their own journey with Reiki as practicing Christians. Bringing oneself to a place of inner peace is one of the many benefits of Reiki, thus the inclusion of an energy exercise, guided imagery walk through the Chakras, and a listing of suggested Reiki music CDs. Understanding the meaning of Reiki and its usefulness is a lifelong adventure. Let the journey begin!.



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