

Reiki The Healing Touch William Lee Rand

The Basics of Reiki by Penelope Quest offers a clear and accessible introduction to an increasingly popular and powerful healing art. Best known as a gentle hands-on-healing technique for physical ailments, Reiki is also a holistic system which can be used for healing body, mind, emotions and spirit. 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 treats both the symptoms and the causes of illness, easing physical pain and helping to clear emotional blockages; how easily you can be attuned to Reiki, 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 visualisations 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.

Reiki Systems of the World provides an overview of the development of the Reiki system of healing and the path it has taken in the course of its dissemination and continuous development throughout the world. It is an authentic work, woven

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together through personal encounters and mutual experiences with the leading Reiki Masters of the world including contributions by Don Alexander, Phyllis Lei Furumoto, Walter Luebeck, Paul David Mitchell, Frank Arjava Petter, William Lee Rand and others.

The ultimate guide to harnessing the body's energy for health and wellness Our bodies are surrounded by and filled with powerful streams of energy that can be used to improve our mental, physical, and spiritual wellbeing. Ultimate Energy: Using Your Natural Energies to Balance Body, Mind, and Spirit is a collection of three books—Chakras, Auras, and Energy Healing by Tori Hartman, Eliza Swann, and Kris Ferraro—that will give readers the tools to tap into their own unique energy using a variety of modalities and practices. Chakras explains the associations and strengths of each of the seven chakras along with how to harness their power in your own life. Auras explores the many-layered energy field that is the human aura and will teach you to sense and work with your own aura and those of others. Energy Healing offers an exploration of a range of energy healing techniques from Reiki to EFT, and will help you find a practice that suits your needs and interests. Written by experts in the field, each book is designed with beginners in mind and includes exercises to kick-start your practice along with a comprehensive resources section to help you continue your

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exploration of the power of energy. Ultimate Energy is the definitive beginner's guide to using energy as part of your health and wellness practice.

Reiki literally means universal energy. This energy is all around us the only thing is we do not know how to use it. Now you can use this energy for healing yourself and others around you at all levels mentally, physically and spiritually. This energy not only heals but also helps in enlightening a person who is touched by it. Reiki Guide: Usui Tibetan and Modern Techniques is a valuable resource in our quest to understand this energy and transform your life. Learn Reiki history and symbols. How to heal past traumas. Reiki Programming methods using Reiki Box and crystal grid. Money multiplier grid for a prosperous life. Various meditation techniques for your spiritual path.

Offers a practical guide to the practice of Meditation and Reiki. This book provides the reader with the practical 'know how' and teaches the basics of meditation practice combined with an introduction to Reiki. It is divided into three sections: an introduction to Reiki, an introduction to Meditation practice and includes 25 Reiki Meditations.

This book is an experiential analysis of over twenty modern religious/spiritual groups. The book is divided into two generic segments, inclusive of a tri-perspective experiential analysis using a variety of cult danger rating scales, and

a more personal experiential description of the author's involvement in these groups, written in stream of consciousness essay form. The groups explored include controversial religious organizations such as Scientology and The Unification Church, as well as lesser known religious groups such as Conversations with God and Avatar, and also new age retreat centers such as Omega Institute for Holistic Studies and Kripalu Center for Yoga and Health. The author describes both the dangers and benefits of various groups, and based upon his own experiences is able to rate these groups on a cult danger vs. spiritual benefits scale on a gradient from "high cult danger" to "favorable spiritual group."

Ma'heo'o translated means Great Spirit, Great One or God. The word Ma'heo'o is Cheyenne, A Native American language. This system of energy work will combine the elements of Earth, Air, Water and Fire with the Great Spirit to effectively activate and promote healing in the human condition. This system is simple yet powerful and can be used by anyone. There are seven symbols that are incorporated into this Healing system. The first 4 represent the elements and enables us to connect with and channel Mother Earth's energy. Combined with and activated by Great Spirit this becomes a very powerful system; promoting great energy channeling ability, utilizing healing, light and color, higher intellect,

grounded-ness, and promotes calming, peace and relaxation. This system combines the gentleness of Reiki with the raw power of the Earth elements. Ma'heo'o Reiki can bring you into contact with your spirit totems, give you your sacred name and balance your body with the elements of Earth.

Reiki is a technique for stress reduction which is also claimed to promote healing. It is said to create many beneficial effects including relaxation and feelings of peace, security and well-being. The technique is thought to have originated in Tibet, but was rediscovered by a Japanese Buddhist early in the 20th century. This revised edition includes the history of Reiki, and describes several successful approaches to integrate Reiki into patient care. Also included are pictures of the Usui memorial in Tokyo and of Mount Kurama where Reiki was discovered.

Quantum-touch is een belangrijke doorbraak in de kunst van genezen met de handen. Of je nu chiropractor, fysiotherapeut, energetisch genezer bent, aan lichaamswerk doet of in een ander medisch beroep werkzaam bent, met quantum-touch kun je een dimensie aan je werk toevoegen die tot nu toe onmogelijk leek. In dit boek maak je kennis met speciale adem- en lichaamsconcentratietechnieken, waarmee je je energie op een zodanig niveau kunt brengen dat een lichte aanraking al voldoende is om houdingscorrecties te

bewerkstelligen. Botten vallen na aanraking spontaan in hun juiste positie terug. Pijn en ontstekingen verminderen en genezingsprocessen verlopen sneller. Kinderen kunnen het zich spelenderwijs eigen maken, zo simpel is de techniek, maar toegepast door artsen, acupuncturisten en in de chiropraxie heeft het een enorm effect.

The lies told in the Garden, you shall not die and you will become wise like God, (become a god), are the foundational pillars of paganism/nature worship. From these religions many proclaimed healing methods which are not based on known science have evolved. They are a component of pagan spirituality, not some healing modality accidentally discovered. Such healing practices are the right arm for evangelism in the Neo-PaganNew Age movement. The devil, by deception, offers his counterfeit system of healing to entice man to give him the honor and worship due only to Jesus Christ the Divine Son of God. Many are deceived into believing that there is no spiritual danger in partaking of these proclaimed healing practices This book exposes the terrible spiritual dangers posed by the New Age holistic health movement, which combines valid healing remedies with various mystical healing arts. Valuable insights are given herein into the traps of the paranormal from a Christian perspective. Today there many who are more interested in health at any cost than Gods will at any price.

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Imagine healing through balancing your energies by your own hands! While others have written of Reiki, *Reiki and You*, *Awakening the Healer Within* is unique for its Judaic-Christian perspective. Author Lyles traces the history of laying-on of hands and shares the “how-to” information about this healing modality in twelve easy-reading chapters. Reiki (Ray-Key) is now considered by many medical experts to be an important component of (w)holistic healing. It is currently used in over one hundred hospitals in the United States, including Sloan Kettering in New York. Its gentle, non-invasive ways, which help balance the endocrine system, help you feel and heal better. It is the subtle energy system that is the essence of life. Readers’ Comments about *Reiki & You* “... I encourage all health practitioners to learn to utilize the principles involved in Reiki in conjunction with conventional medical care. I believe the results would amaze them. Those interested in assuming some responsibility for their own health, as well as improving the lives and health of those around them, should read this book as their first step in their journey towards better health and enlightenment.” —Kent C. Kyzar, M.D., Yazoo, MS “The historic religious roots found in chapter two were comforting and assuring to someone who looks for validation with God and science. As I learned more about the strength from within to heal, I found I was on a new threshold of ancient origin, one that feels and sounds exciting and

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divine in its sense of vocation and of empowerment.” —Connie Biagioli, Dental Assistant, Baltimore, MD “I have read other books about Reiki and found none more clear than this one. Marge makes it easy with her simple, down-to-earth approach.” —Lino Stanchich, Macrobiotic International Lecturer, N.C.. “Reiki & You is an excellent tool to be used when teaching Reiki. The book lends itself to thorough reading and understanding by even the busiest.” —Reiki Master, Patricia D. Conroy, M.S., L.M.T., Miami, FL

Reiki, a technique for stress reduction and relaxation allows everyone to tap into an unlimited supply of life force energy to improve health and enhance the quality of life.

This is a handbook that reports on all of the major aspects of Reiki in a concentrated and extensive manner, including the latest information, developments and traditional knowledge. Beginning with definitions of Reiki associations, traditions, and representatives like Usui, Hayashi, Takata, and many others, and teaching methods, application techniques, and symbols like the Reiki Kanji, it covers a large variety of themes-even the latest rediscovery of Japanese healing techniques.

Goddess Healing Light is intended to help other practitioners of Reiki - particularly Usui Reiki or other alternative healing practices - to use the Goddess

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as an added dimension in their healing of others. Written by a master practitioner of Reiki and Cognitive Hypnotherapy, this book reveals how to channel Goddess energies for specific emotional or mental problems. Each Goddess is channeled individually, then collectively, to understand how to use their light to heal clients using Reiki. Nature, crystals, sound and water are some of the elements the Goddesses use to heal. This book will show you how to do the same. This is a manual for healers, Reiki practitioners, and anyone who wants to journey with the Goddess towards everyday health.

Reiki is an ancient and profoundly simple system of “laying on of hands” healing derived from Tibetan Buddhism. In the West, Reiki has been kept highly secret for many years. ESSENTIAL REIKI presents full information on all three degrees of this healing system, most of it in print for the first time. Teaching from the perspective that Reiki healing belongs to all people, Diane Stein breaks new ground in her classic guide to this ancient practice. While no book can replace the directly received Reiki “attunements,” ESSENTIAL REIKI provides everything else that the healer, practitioner, and teacher of this system needs.

You may not think anything about IBD or IBS is funny, until you read Elizabeth Roberts' account of her emotional roller-coaster ride as she learned to live successfully with these illnesses. After spending most of her honeymoon on St. Bart's in the bathroom, Roberts returned home determined to find out what had happened to her dream life. After months of tests, her doctors told her she had IBD and IBS and had to learn to live with these debilitating

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diseases. But no one told her how! After she hit bottom, physically and emotionally, Roberts decided that to get her life back she would have to find the way herself. This book recounts her journey-sometimes painfully, sometimes humorously-through the process of learning to live successfully with IBD and IBS. Follow Roberts on her journey as she learns to understand the needs of her body; participates in special diets; engages in support groups; and integrates Reiki, yoga, meditation, and exercise into her daily routine of success. If you, a family member, a lover, or a friend have been diagnosed with Inflammatory Bowel Disease or Irritable Bowel Syndrome, this book is a must read. You too can start to live again!

Inleiding in de drie graden van reiki-beoefening voor beginners.

Healing Your Energy: An Interactive Guidebook to Exploring Your Chakras and Reiki Energy is for everyone who wishes to create change in their lives and become healthier. This introduction to human energy will provide a connection among emotions, illness, and health. Holding on to your past can make you sick in your present. You will learn when you are holding on to other people's energy and how to release their energy. Transform your life by balancing your energy. Containing more than one hundred photographs, exercises, and self-assessment questions, Healing Your Energy provides the readers with an opportunity to evaluate their own way of being and shows a new path to nourish their energy body for optimal health. Allow the exercises and knowledge to open your heart and explore your past in order to change your present.

Richard Gordon tilt zijn Quantum-Touch-methode naar een nieuw level: hij leert ons nu genezen met behulp van hartenergie en door met een andere blik naar onze wereld te kijken. LET OP!: Dit e-book is NIET geschikt voor zwart-wit e-readers. Stond `Quantum-Touch 1.0

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voor `helen met je handen , in `Quantum Touch 2.0 tilt Richard Gordon zijn methode naar een heel nieuw level: hij leert ons nu genezen met behulp van hartenergie en door met een andere blik naar onze wereld te kijken. Bijzonder hierbij is, dat Gordon er hierbij vanuit gaat dat mensen alleen zichzelf kunnen genezen. Degene die Quantum Touch 2.0 aan een ander geeft, helpt diegene zichzelf te genezen. Het is wetenschappelijk bewezen dat wij met echte, diepe, liefdevolle aandacht zaken kunnen beïnvloeden. Richard Gordon laat zien dat het door met liefdevolle aandacht naar iemand te kijken of aan iemand te denken mogelijk is om pijn te verlichten en mensen te verlossen van lichamelijke en geestelijke klachten. Het is mogelijk verschillende gezondheidsklachten en zelfs de houding van verschillende cliënten tegelijk op een veilige en zichtbare manier te corrigeren. Het idee dat wij afzonderlijke individuen zijn en dat onze gedachten de werkelijkheid niet zouden beïnvloeden wordt door dit boek volkomen op losse schroeven gezet Het bijzondere aan de Quantum Touch methode van Richard Gordon is, dat iedereen het kan leren, ongeacht opleidingsniveau of achtergrond. Dit boek geeft alle handvatten om succesvol met Quantum Touch 2.0 te werken.

In *The Nature of Reiki: A Path of Inclusion*, John David Sparks connects the character and core of Reiki's ability to illuminate our own true nature with the beauty and joy inherent in life itself. Using a synthesis of some of the world's most influential teachings, Sparks shows us through his own experience that Reiki is more than a technique of hands-on healing, it is also a path of light and Love. Embracing its nature shows us how to balance our life and work through the problems, illnesses, and issues that keep us from being at peace. For those who already share this understanding, and for those who are ready to begin the healing journey to their own divinity, this book is a valuable resource. It includes:

- a quantum leap in the understanding of

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Reiki • powerful “I AM” affirmations for healing and self-empowerment • fascinating new insights into the Usui symbols • how walking the Path of Inclusion can bring peace into your life

A comprehensive guide to the first and second degrees of Usui Reiki Ryoho as well as Reiki's history and Western evolution • Details hand positions, self-healing exercises, spiritual development meditations, and the Japanese Reiki techniques introduced in the first degree, shoden, and the second degree, okuden • Provides a thorough introduction to the five levels of byosen, the energetic mechanism used to scan an individual's energy field and locate areas of disharmony • Examines the core teachings of Reiki founder Usui Mikao and offers a new comprehensive exploration of Reiki's history and evolution • Explores tools and techniques adapted by Western lineages, such as working with crystals and the chakras Bridging Eastern and Western lineages to reclaim Reiki's roots as both a healing art and a spiritual practice, Nicholas Pearson offers a new comprehensive exploration of Reiki's history and evolution, the foundations of Usui Reiki Ryoho theory and practice, and the original techniques and modern tools of both the first degree, shoden, and second degree, okuden. He explores the etymology of key Reiki terminology and presents a complete discussion of the origins of the symbols used in the second degree, providing new historical, cultural, and spiritual context. He examines the core teachings of Reiki founder Usui Mikao, who taught that Reiki Ryoho enacted healing at the soul level, as well as insights from other important Reiki masters such as Hawayo Takata. Explaining what Reiki is and how it heals, the author outlines the six core characteristics that all varieties of Reiki share, including initiations and the Five Precepts. He details effective hand positions, self-healing exercises, spiritual development meditations, and the Japanese Reiki

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techniques introduced in first degree and second degree practice. He also explores a number of other techniques that have been adapted by Western lineages, such as aura sweeping, chakra tune-ups, and charging and programming crystals with Reiki. He provides a thorough introduction to the five levels of byosen, the energetic mechanism used to scan an individual's energy field and locate areas of disharmony, allowing you to increase your ability to sense centers of toxic imbalance as well as begin dislodging them, thereby increasing the effectiveness of Reiki treatment. Offering Reiki tools to transform your life from the inside out, Pearson shows how Reiki Ryoho is a healing system that focuses on the inner and spiritual aspects of your being first, allowing you to polish the heart so it reflects the shining light of the soul.

Reiki, The Healing Touch First and Second Degree Manual Visions

Publications The Reiki Touch Sounds True

The second book in the Rose Trilogy is *Rose Alchemy—The Reiki/Seichim Integration*. In Atlantis the members of the arcane rose mystery schools understood that the rose is not merely a flower or a symbol—the rose is a living deity and a spiritual being in its own right. The rose energy takes us all beyond our current definitions of metaphysics, mastery, and oneness. It catapults the energy systems of Reiki and Seichim into a new form. Whatever the colour, whatever the meaning, the rose in its many forms speaks a universal language. It moves us beyond individuality. And roses—roses are nature's most perfect potent

and diverse expression of beauty and passion. They symbolise exquisite love, power, and royalty; at the same time they prod us with their thorns and move us to a state of receptivity. The merger of Reiki and Seichim into rose alchemy brings us into a gentle state of being our true selves. Both these rose books are currently available from Amazon.com or via the website www.RoseSeichim.com. They will soon be available from Balboa Press in e-book format. Enjoy the journey of the rose!

This book offers you not only a complete guide for healing through Reiki, but also ensures knowledge about Chakras, Endocrine systems, Auras etc., which are a necessity for Reiki practice. In the book the author has fully explained the definition, meaning, concept and advantages of Reiki.

Learn how to heal your animals with your own two hands. This informative book teaches animal communication and energy healing techniques, meditations and diagrams. "Sandra Cointreau has written a very practical and easy to follow guide to the complex and subtle world of energy healing. Energy healing is something that those of us who love animals will want to learn and employ in our unending quest to make animals' lives better. Energy healing is a powerful tool, and Sandra shows you exactly how to use it." Marta Williams, Author/Animal Communicator, *Learning Their Language and Beyond Words* " There are many

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different approaches and techniques that are collectively called Energy Healing therapies. This book describes approaches used in Energy Healing that may help animals recover from illness and injury and to maintain wellness." Allen M. Schoen, MS, DVM, Author, Kindred Spirits and Complementary and Alternative Veterinary Medicine.

The knowledge that an unseen energy flows through all living things and directly affects the quality of health has been part of the wisdom of many cultures since ancient times.

Most people attending a Reiki workshop are taught the basics of self-treatment with Reiki, but few discover Reiki's real potential for self-healing. It is an amazing tool for healing mind, body, emotions and spirit to create wholeness and harmony, personal peace and a sense of purpose. This book is packed with innovative yet easy-to-use techniques and is aimed at everyone who has worked with Reiki at any level. This book includes: New ways of using Reiki to heal the whole person, from the subtle energies of the aura to the physical body, for a healthier and more balanced life; a 'whole life' approach to self-healing, including psychological, emotional, social and environmental issues; unique methods of using Reiki more creatively for spiritual development and self-understanding; techniques from both Eastern and Western Reiki traditions; exclusive special

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meditations; easy-to-follow diagrams; accessible text, and clear explanations and examples.

Today, more and more people are turning back to natural and holistic forms of healthcare. Reiki is becoming a recognized name, being practiced in both holistic centers and hospitals around the world. Dynamic Healing presents Reiki practitioners with an innovative approach to working with clients as well as a compilation of both new and traditional Reiki applications. It is an educational and instructional book meant to enhance the practice of any Reiki student or master. In this book you will discover a review of basic energy anatomy and the traditional Reiki hand positions; an alternative and highly effective set of hand positions based on Ayurvedic philosophies; instruction in using evaluation tools to assess your clients specific needs; new and traditional protocols for mental and emotional work, acute trauma, standard balancing, and closing a session; and detailed information on how to design a session that is individualized and highly beneficial.

Spirit of Health is a book about the simple things that you can do when the medical system is paralyzed and not able to offer you the best care and attention. This self-help manuscript acts like a memory prodder for natural healing and triggers changes to all inner mind processes such as the negative disruptive

conflicts of emotions, thoughts and words. The aim is to guide you to empower yourself and remove blocks and barriers causing disease that have been obstructing your inner health, peace, harmony and strength.

After seventeen years as a practitioner and teacher of Reiki, Sister Eileen has been astonished by the sheer number of people who have continued to stream through the door. People of all ages and traditions have come seeking their healing and finding it as Eileen did when she first embarked on this foreign road that soon became home to her. Eileen has come to recognize through her many years of practice that there is an inherent healing power within each of us and that the gift of Reiki is able to activate it. In her training manual, Eileen brings with her a core community of Reiki practitioners from different traditions and backgrounds that journey alongside her and recognize, as she does, the simplicity, wonder and beauty of God's universal gift for our time. The healing stories are too numerous to count but she does include specific testimonials within her training manual that speak for the thousands of others who have been healed through the doorway of Reiki. In this way, Eileen's Level I and II training manual, becomes a living testimony as she thoroughly covers all the information required to be a successful and competent Reiki practitioner. Written with inspiration and clarity, Eileen takes the reader on an amazing journey into the

dynamic world of the inner self. Like a fresh current of air, she presents her material in an appealing and easily digestible manner. The uniqueness of Eileen's Reiki training manual lies in her ability to weave the Christ conscious healing dimension into it just as an alchemist would when producing gold. In this way, Eileen shows how the revered eastern practice of Reiki discovered by Dr. Mikao Usui, a Japanese Buddhist, in the early 20th century can blend perfectly with a Christian heritage of healing where the one enhances the other. At the same time, she shows how this simple, profound method of healing transcends cultural and religious boundaries in a way that makes this universal gift of Life Force Energy accessible to anyone. Often people who encounter Reiki for the first time experience an inner bliss and harmony which leads them to explore the gift more fully. Others go away from the treatment or training feeling restored, refreshed and renewed. Reiki, the universal Life Force Energy of God, is not a new invention or modern day fad. Its roots are planted deep in ancient history. In the Old Testament, Life Force Energy was spoken about eloquently and has been pulsating through the whole of creation from the beginning of time. Even science and the world of medicine are looking at this complementary form of healing called "Reiki" with fresh new eyes. Its worldwide impact can no longer go unnoticed. About the Author: Eileen Curteis, a Sister of Saint Ann, is a Reiki

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Master teacher and practitioner, who has taught and treated thousands of people over the last seventeen years at Queenswood, a former retreat and spirituality centre in Victoria, British Columbia. Preceding this, Eileen was a teacher, principal and educator for twenty-seven years. Her greatest passion lies in the literary arts. She has authored ten books to date and through the years has become an accomplished poet, artist, writer, as well as being a producer of six CDs and three films.

If you've felt the power of Reiki and want to broaden your experience, you now have the most extensive resource available for strengthening your practice of this extraordinary healing art. With *The Reiki Touch*, Reiki master William Lee Rand combines the advantages of video, audio, reference cards, and written instruction to provide a comprehensive set of tools for uncovering Reiki's most potent secrets. As one of the premier authorities on Reiki in the West, William Lee Rand has guided thousands of students through every level of Reiki training. Now this renowned teacher invites you to discover your ability to harness Reiki in ways beyond what has traditionally been taught to many advanced students. From mastering the fundamental hand positions for healing, to using the advanced techniques of Byósen scanning and Gyoshi ho (sending Reiki through the eyes), Rand provides the essential keys to Reiki for beginners and advanced

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practitioners alike. Whether you're a long-time Reiki practitioner or you've just received your first attunement, The Reiki Touch will provide the training and understanding you need to excel at this increasingly popular healing art. The first comprehensive training program for Reiki includes: 60-minute DVD, featuring instruction on hand positions, conducting healing sessions, scanning techniques, and advanced use of Reiki to see auras and past lives³ guided meditations on CD to strengthen your Reiki energy, deepen your healing experience, and invite a spiritual guide³⁰ illustrated Reiki cards that can be used as a divination tool to discover which hand positions, symbols, or techniques to use for healing specific conditions¹⁰⁰-page workbook, including advanced practices for creating energetic boundaries for your spiritual protection, enhancing your creativity and problem solving skills, and much more 79 minutes of heartfelt music on CD, ideally suited for treatments>Please note: This program is not related to the Reiki Touch(R) work of Julia Carroll.

Show Me, Teach Me, Heal Me is a much needed reference guide to the alternative and complementary health choices that are available today. In our society we have been raised to believe that our health depends on the quality of the healthcare we receive, and that our doctors always know what is best. The truth is, your health is your responsibility. You are the only person who can make

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the lifestyle decisions that contribute to your well-being and with this book, you have the tools to start making educated decisions. This is your life and there are no dress rehearsals!! Achieving wellness is an on-going series of small steps, taken one day at a time. So "enjoy the journey!" TESTIMONIALS "An absolutely wonderful conglomeration of healing practitioners that explore many different modalities that can blend with Western medicine in your quest to achieve balance and health -- spiritually, mentally and emotionally." "Lucy Throne" "Acaysha and her angels will show you how to open the door to set your soul free simply, easily and completely. I recommend getting Acaysha's positive light into your own life and feel re-energized." "Caryn Suarez Author of "Living Crazy Like Fly"" "The world needs a simple tool like this book to help them find themselves and learn to heal. Using this book will help you find the techniques that best suit your life." "MyLinda Butterworth Award winning author of "For Health's Sake: A Cancer Survivor's Cookbook"" Reviews

Beschrijving van de historische achtergrond van reiki en uitleg over het ontstaan en het gebruik van de vier reikisymbolen.

Anyone with a rudimentary knowledge of either Reiki or shamanism will learn how to heal people, places, and things, whether at hand or from a distance, in this useful guide. Presented by an expert in both traditions, the techniques of

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Reiki and the principles of shamanism are explained in simple, concise terms, then brought together using real-life examples to show how Reiki can be practiced within the shamanic journey. Supported by mastery exercises, references to other books, and internet resources, both novices and experienced practitioners will expand their knowledge and ability to help subjects clear old energies and accelerate their "soul purpose."

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