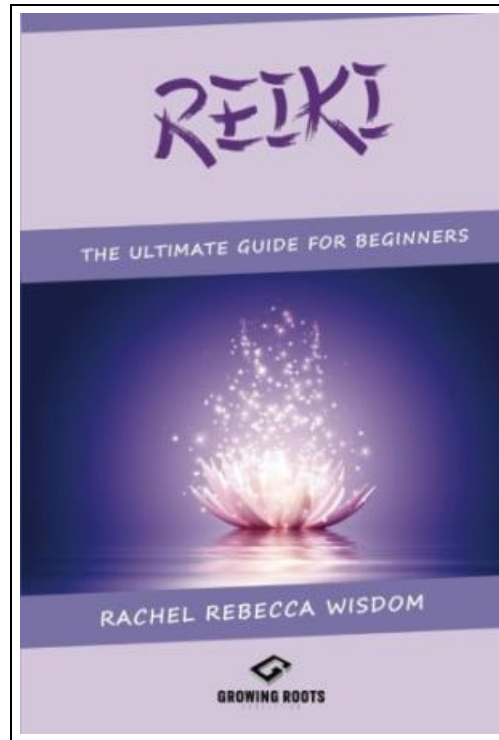


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## REIKI: THE ULTIMATE GUIDE FOR BEGINNERS (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. If you have been yearning to learn more about the popular practice of Reiki, look no further. In our book, Reiki: The Ultimate Guide for Beginners, we will be teaching you everything you need to know about the healing energies of Reiki. Included in the chapters are the basic principles of reiki that you will need to know in order to understand how reiki works. Here are just a few things we include. If you wish to learn more, purchase the book to receive the ultimate beginners guide to reiki. In our first chapter, we go over what reiki is exactly. You will be learning about reiki and its spiritual healing arts. Reiki comes from the Japanese word, Rei. Essentially, this means Universal life. Ki means energy. While this practice isn t tied to any religion, it is something that can be practiced by anyone. Through subtle energy work, your life can be guided by the life force energy. Our chapters also include information on the five basic principles of reiki. You will be learning some of the basic principles taught in the first reiki course. As you will be told in the chapters, there are some variations on the principles. You will be taught on how saying such as Just for today, I will let go of worry, and Just for today, I will let go of anger, can change your whole entire life. Once you understand the basic principles of reiki, you will be taught some basic exercises with reiki. From learning about the chakras, to learning how reiki can control your stress management, there are many amazing benefits from practicing universal energy. Within the pages, we include step...

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