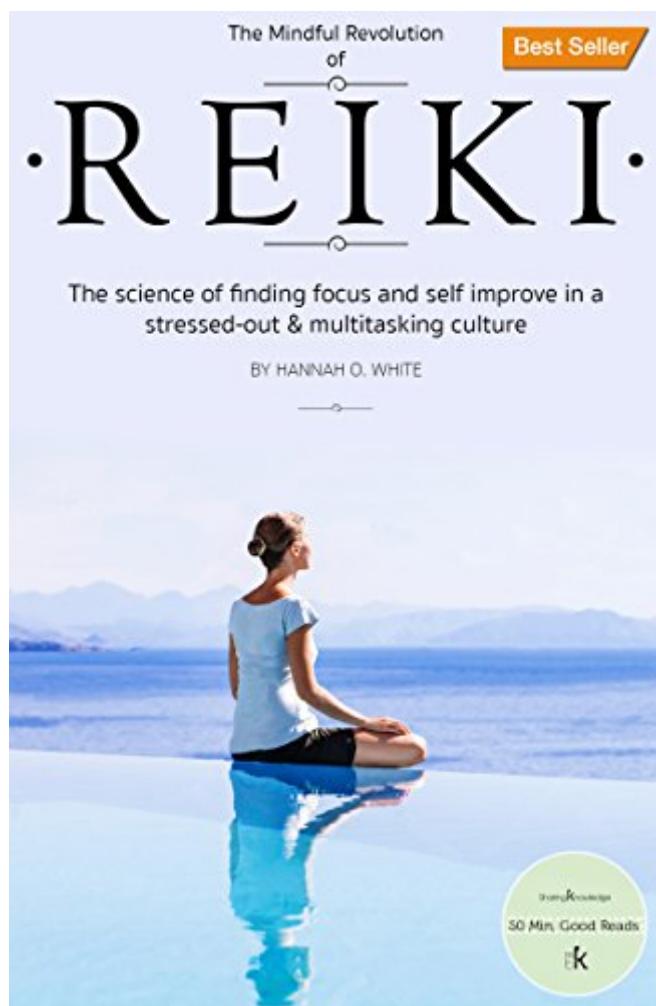


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# Reiki: A Complete Practical Guide To Natural Energy Healing, How To - Awake Your Body And Soul, Restore Your Health And Vitality. (Reiki For Beginners, ... Techniques, Awaken Your Chackras)





## Synopsis

Reiki: The Science Of Finding Focus And Self Improve In A Stressed-out & Multitasking Culture

This book contains proven steps and strategies on how to restore both your body and soul by using Reiki â “ which is the ultimate Japanese spiritual technique that promotes utter healing. Reiki is a method founded on the concept of the live force energy that lies deep within us and encircles our bodies. Did you know that practicing Reiki can bring total restoration to both your soul and body? Reiki can and will change your life â “ you will feel like a reinvigorated person as soon as you start practicing this technique. Free bonus books inside!How to heal animals with Reiki (guide book)Meditation for Beginners (guide book) Get limited time offer, Get your BONUS right NOW! With easy to follow instructions, simple and descriptive guides will help you find peace within you. (Ideal for experienced yogis or newcomers) Whyâ Youâ Should Check Out "Reiki: A Complete Practical Guide to Natural Energy Healing, How To - Awake Your Body And Soul, Restore Your Health And Vitality."! Experience a new form of your inner strength and vitality. Relieve stress and fatigue, find peace and joy. Boost your productivity, enhance focus and precision!If you are looking for a way to relax and get away from the surrounding negative energy, this is a book for you.Discover all the Reiki meditation techniques and attunements which are necessary part of the process. Provides simple, concise and valuable information to readers who are new to Reiki. Benefit from a range of specially designed reiki routines, resolve headache, insomnia, stress and arthritis. And Much, much more!Download your copy today! Take action now! Pick up your copy today by tapping theâ Buy Nowâ button at the top of this page!

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## Customer Reviews

Author Hannah O. White comes to this book of introduction to the concept of Reiki with impressive credentials. Having studied with the experts Fran Brown and Jeanine Sande, she is a nationally recognized Reiki Master/Teacher and energy intuitive who draws on her gifts of clairvoyance, clairaudience and clairsentience to gain insights on what is in her clients' highest alignment. In this wise book Hannah offers insights into the art of Reiki - "Conventional medicine is described as reactive, as it incorporates medications and means that are supposed to fix the problems certain individuals deal with" the spiritual practice of Reiki is by its definition proactive. Reiki is a Japanese spiritual technique that reduces stress, facilitates inner and outer relaxation while contributing to healing the body from the inside out. Reiki encompasses two Japanese words " Rei, which conveys "God's wisdom" and Ki, which stands for "life force energy". Thus, a more exact definition of Reiki is "a spiritually guided life force energy". Reiki is a safe, simple method of self-improvement that is accessible to everyone who wishes to take advantage of its immense benefits. Not only does it aim at healing physical illnesses, but even if you're not suffering from a physical illness, your body can still benefit from Reiki. It has been proven highly effective in combination with various conventional techniques that promote healing as well. And from these words we gain immediate respect for our teacher. Hannah wisely places her steps of introduction of Reiki in the following divisions: Reiki Essentials " understanding Reiki and the way it works, Advantages of Reiki healing and self-care, Learning Reiki " Reiki Attunement, Five Reiki principles, and Reiki Meditation techniques.

This book consists of three e-books in one package, viz., an introduction to Reiki, how to practise Reiki on animals and an introduction to meditation. In addition, the author includes a preview to another of her books, on the chakras of the human energy body. The author introduces the essentials of Reiki, making it clear that Reiki is a non denominational Japanese spiritual technique

that is a safe alternative, or at least complement to conventional medicine. According to the author, âœReiki is a technique that reduces stress, facilitates inner and outer relaxation while contributing to healing the body from the inside out...It not only aims at healing physical illness, but even if you are not suffering from a physical ailment, your body can still benefit from Reikiâ •. The effectiveness of Reiki is attributed to the workings of a postulated âœbiofieldâ • which incorporates the complex vibrational energies that encircle our bodies. âœA balanced biofield lies at the corner of a healthy, balanced lifestyle, a disruption can lead to disharmony and physical illness..After the author spells out the several benefits of Reiki practice at each level of well- being, physical, mental, emotional and spiritual, she points out that Reiki is best practised by learning to be accepting and caring of our shadow selves at all levels of consciousness. The first thing to do before practicing Reiki is to attune oneself to a Reiki master. This âœattunement incorporates a purifying process from the inside outâ •. Once the process has been undergone, one never loses it, but additional attunements can be helpful.

Reiki. What is it and how does it work? Hannah gives a no-nonsense description of what it is, where it comes from, who can learn it and what the benefits are of using it. I found this book quite different than other Reiki books I have read. It is a rather fast read, written in everyday lingo so you do not need any special knowledge on the subject. Second, it gives the five Reiki principles as established by Dr. Mikao Tsui as well as the Reiki symbols. However, it does not include images of the symbols which would be helpful. This is a slight disappointment and I hope a revision to the book is made to include them. Aside from that, I love that the descriptions are concise. I greatly appreciate the writing style of Hannah White and if you also prefer well written text that is straightforward you might enjoy her style as well. Another thing I find interesting is that it focuses on Reiki on the Self; other books I have read seem to focus on using Reiki on others as the main purpose. They mention self-healing but it never seems to be the focus. It is wonderful that this book is pointed to the Healers and their self-care as a primary goal. Chapter 5 is dedicated to personal meditation and you find a clear cut approach to try. This book also explains a meditation technique called Dry Brushing that cleans the chakra blockage. In conclusion, I find this book refreshing and love that it gives direct instructions that encourage the user and supports the practice of Self-Care. This book can also benefit those looking for rituals and other methods of how to use Reiki for others as this may aid you in your quest of knowledge. It is always important that Healers rememberâ | we must practice self-care and remain in a positive light to be most effective.

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