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Essential Reiki: A Complete Guide to an Ancient Healing Art by Diane Stein is a must-have for any Reiki or reiki practitioner.

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Diane's book is the first Reiki book to "break the secrecy" behind the powerful Reiki Symbols, which previously cost the average Reiki Master \$10,000 -- the equivalent of \$56,100 in 2012 -- to learn.

Essential Reiki: A Complete Guide to an Ancient Healing

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Essential Reiki - The Complete Guide to Reiki Healing, Symbols and Attunements Reiki is an ancient Tibetan art that directs the flow of energy around the body to heal, harmonize and create balance. It is a natural relaxation technique, allowing the body to heal itself on many different levels - including the mental, physical and emotional layers.

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Teaching from the perspective that Reiki healing belongs to all people, Diane Stein breaks new ground in her classic guide to this ancient practice.

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Deriving from Tibetan

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Buddhism, Reiki is a method of "laying on hands". Presenting information on all three degrees of this healing system, this book aims to provide everything that the healer, practitioner and teacher needs.

Essential Reiki: A Complete Guide to an Ancient Healing

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This complete manual,
in conjunction with

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traditional training, is an excellent guide to understanding Reiki and its spiritual practices that heal the body and mind.

Revealing for the first time many of the original Reiki secrets, this book sheds new light on such topics as the Reiki attunements, Reiki Symbols, the Chakra System and Distance ...

Reiki Healer: A

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“Reiki is based of
Eastern philosophies of
the chakra system. The
chakra system includes
y main energy centres
that are located down
the centre of the body.
When these points are
open and energy is
allowed to flow
optimally through the
body, this boosts the
immune system,
oxygenates the blood,

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and puts the body in
the ideal state to heal.”

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Reiki (レイキ, / ' r eɪ k iː /) is a form of alternative medicine called energy

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healing. Reiki practitioners use a technique called palm healing or hands-on healing through which a "universal energy" is said to be transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing.. Reiki is a pseudoscience, and is used as an illustrative ...

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In 1995, Crossing Press published Essential Reiki: A Complete Guide to an Ancient Healing Art by Diane Stein and the world of alternative healing changed forever. For the first time in the history of this ancient healing tradition, the secrets were revealed.

**Essential Reiki -
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The Essential Art of Reiki empowers our natural wellness systems & intuition to create greater levels of well-being, growth & evolution. Dawn Hancy, Reiki Master, offers personal Reiki energy healing sessions in person or long-distance. Reiki supports your own natural healing and

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was written as an
invaluable guide
explaining and
teaching this old-world,
noninvasive healing
practice that requires
no drugs or medicine.

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When this book was first published, it was one of only a few accepted Reiki resources known to the Western world.

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