



Reiki: Learn to Harness the Power of Reiki (Paperback)

By Jeannie Lambert

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Experience the Incredible Healing Power of Reiki For the first time, two books, Reiki by Sophia Rocha and Reiki for Beginners by Jeannie Lambert, are being offered in one collection. Discover how reiki can help you physically, mentally, and spiritually. Description from Reiki by Sophia Rocha For too many of us after a hard day, we can feel the stress and tension built up in our bodies. Life often doesn't allow us breaks to relax and release all of this pent-up tension. What we need is an incredibly effective technique that can help promote relaxation. The good news is there is such a method—the wonderful art of Reiki. Reiki is a technique that promotes relaxation and reduces stress. Even better, it promotes healing of the body, mentally, physically, and emotionally. The results are tremendous, leading people to lead happier and more fulfilling lives. Come and uncover these incredible healing methods in Reiki - Exploring the Incredible Healing and Relaxation Benefits of Reiki. In just a few easy steps, you will learn how to melt the stress away and reach a whole new...



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