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REIKI, ORION PLAIN AND SIMPLE (PAPERBACK)

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Orion Publishing Co, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. A practical guide to opening and strengthening your reiki channels. Since originating in Japan in 1922, Reiki has been adapted to cultural traditions across the world. Reiki practitioners use a technique called palm healing or hands-on healing through which a universal energy is transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing. Reiki is used for healing oneself and others and for spiritual development. It works by combining two things: initiations that awaken and open your energy channels and techniques for using your hands, eyes, and intention to direct this energy flow where needed. Anyone who wishes to do this work must prepare by following particular methods and steps, all wonderfully explained in this introductory guide. Discover why Reiki is so unique and learn about its origins, five precepts, attunements, basic hand positions, and special treatments created by Reiki's founder, Mikao Usui. All the spiritual practices here have been specifically chosen to guide readers on a path of love, light, healing, and self-knowledge.

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