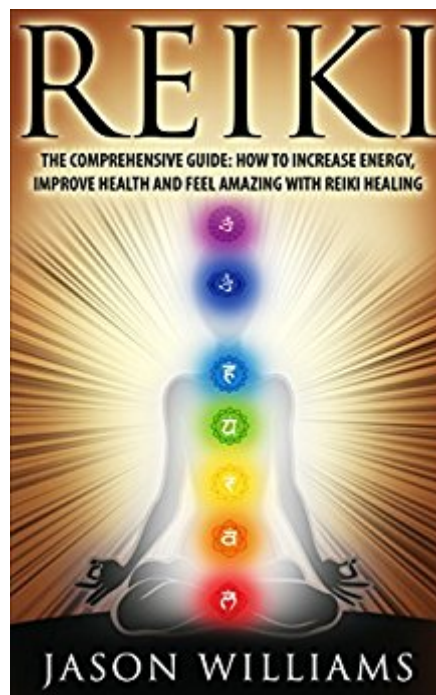


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# Reiki: The Comprehensive Guide - How To Increase Energy, Improve Health, And Feel Amazing With Reiki Healing



## Synopsis

Discover an Amazing World of Energy Healing! - Updated and Expanded 2nd Edition as of December 5th, 2015  
Read this book for FREE on Kindle Unlimited - Download Now!  
What is Reiki Healing?  
How does it work? How can you use it in your life?  
When you purchase this Expanded 2nd Edition  
Reiki: The Comprehensive Guide: How to Increase Energy, Improve Health, and Feel Amazing with Reiki Healing, youâ€™ll learn all about this powerful tradition. Youâ€™ll learn the uses (both common and uncommon) of the Reiki Symbols - and even the Master Symbol (Dai Ko Myo). With a grasp of what Reiki means on a Master Level, youâ€™ll be able to start your energy healing journey with confidence and passion!  
This book introduces you to the 5 Primary Benefits of Reiki Healing:  
Cure and Relief for Various Physical Ailments  
Preventing Future Illness or Disease  
Balance and Tranquility of Body, Mind, Spirit, and Emotions  
Chakra Alignment  
and Reiki Healing is Accessible to People of All Ages!  
Youâ€™ll be amazed by the positive changes you can experience in your life!  
Reiki: The Comprehensive Guide: How to Increase Energy, Improve Health, and Feel Amazing with Reiki Healing teaches you to use chakras and healing hand positions for a healthier and better life - full of positive change!  
Get your copy right away, and start changing your life - TODAY!  
Youâ€™ll be so glad you did!

## Book Information

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## Customer Reviews

I purchased this book to inform myself about Reiki and learn if this system of natural healing is something I can practice personally. I always have believed in The Universal Life Force Energy and learning that Reiki corresponds to it, made it very interesting for me. This book explained how Reiki benefits us physically, mentally and spiritually. I liked that the author shared information about Usui and how he founded this extraordinary method. My favorite part is the section where the author provided the different hand positions for self-treatment using the Reiki method. This book will be very useful for anyone who would like to become a Reiki practitioner and anybody who wants to practice natural healing. Very informative!

Reiki healing is one of the most efficient and flexible healing system because it can be incorporated with traditional and modern medical treatments. To alleviate one's emotions along with the mind, body and spirit through relaxation and revitalization. The significant purpose of Reiki healing is to bring the highest good or the subtle energy to an individual during a treatment session, particularly in the areas where healing is most needed. It also help in the fast treatment and recovery process of various types of diseases and illness. This system is applicable to individuals of any age with physical, mental, emotional, or even spiritual problems. This book contains proven steps and strategies on how to apply Reiki healing to have a happier, healthier, and better life.

When I first heard about Reiki, I thought it had to do with some mystified elements and stuffs. Although I was a bit right because the chakra thing still sound a bit of that to me. I am not very sure though, but I believe the information in this book is a bit basic as it is just a comprehensive guide on how to increase energy and improve one's health. When it comes to chakra, I am pretty sure there is a whole lot that can be done with it (just saying). But on a lighter note, I appreciate the basic information in this book as it helps me digest the new information slowly and easily. It probably would have been more of a piece of junk to me if it contained too much complex information about the whole concept.

This is indeed new for me as another alternative healing process in the form of Reiki, which is the Universal life force energy which aid in healing process. Benefits of Reiki was highlighted on this

book along with how it works and how it can bring positive changes in different aspects of your life. Although this alternative process is not yet that popular it has already been used for along time and has been now integrated with modern science it even became the basis for Usui System. As Reiki works in a holistic approach it is synchronized as such in using the Chakras as well. I even like about this book is that its wordings are well precised and simplified that any reader would be able to grasp its full concept. Well if you want alternative healing rather than the usual medical therapy, this one is for you.

Following the writer's words, the term "Reiki" corresponds to the universal life force energy that is present within and around all living and nonliving entities. The term "Rei" denotes the Universal Divine Spirit while the term "ki" denotes the life energy. In this book, I discovered that the Reiki system of natural healing was founded by Dr. Mikao Usui, a Japanese Buddhist practitioner with an extensive knowledge in various religious teaching and philosophies. Reiki is not considered a religion though it contains spiritual practices. It has nothing to do with any specific belief or doctrine. Therefore, everyone can practice the Reiki system of natural healing regardless of faith, gender, age, race or educational attainment. The practice of Reiki involves seven major Chakras which are; Root, Belly(Sacral), Solar Plexus, Heart, Throat, Brow/Third Eye and Crown.

I am always hungry for new information, I like to know where and why things begin and how it ends. This book tells a story of Reiki healing and where it was first done and whom, its great because it has so much history and confidence of its practice. It talks about how it can be partnered with the modern medicine, but this kind of healing does not only work physically but it also helps mentally, emotionally, spiritually and etc. It focuses on life force energy, it is what does the healing. The theories this book contains is very interesting, it also help improve different parts of the body. This book will surely intrigue you with its information.

For readers like me whose not familiar with Reiki, this book is really helpful to have a better understanding of what Reiki is, its origin, concepts and procedure. Reiki was established since 1922 by a Japanese named Dr. Mikao Usui. Its existence up to now is already enough proof that truly it can help you regain and increase your energy, feel amazing about yourself. Some of us may be skepticâ thinking that this kind of procedure may not worked. But I urge you to read and give it a try. It is very helpful to most of us who always feels exhausted after a long day of work. This is one natural way of relaxing and detoxifying yourself. There is no harm in trying. Besides, it will not take

most of your time. Grab a copy of this book now!

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