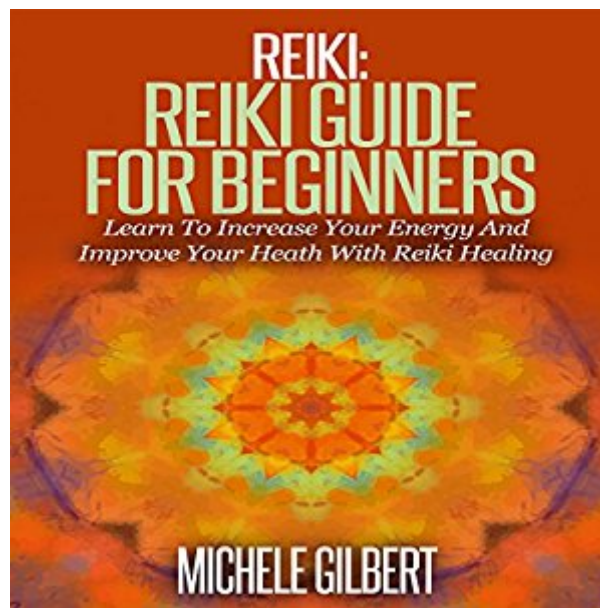


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# Reiki: Reiki Guide For Beginners: Learn To Increase Your Energy And Improve Your Health With Reiki Healing



## Synopsis

Get the Beginners' Guide to Reiki Healing - and Learn About Chakras, Auras, and Energy Flow  
What is Reiki? That's the big question. So what? Big deal. What's all the fuss? Those are the questions that roll around people's minds when I mention Reiki and the art of laying on hands. It is essentially the combination of two Japanese words - rei and ki - that come together to form the meaning: universal life energy. It is an ancient tradition that has been passed down through the history of Japan, and it has spread through many cultures, though through different names. Laying on hands is something that has been prevalent in the Eastern world and has really had an influence in every religion that has been founded upon the belief of a higher power. Even in the Christian Bible, there are passages speaking about the gift of laying on hands. Reiki is simply the formation of that information and the culmination of everything that has been gathered up to this point. Practitioners are dedicated to helping heal and transfer essential energy to those they are working with and those who need help. Here is what you will learn  
Rei and ki  
Traditional vs. Western  
The three pillars of reiki  
Signs and wonders  
Chakras and auras  
The five principles of reiki  
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## Book Information

Audible Audio Edition

Listening Length: 39 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Michele L.

Audible.com Release Date: October 27, 2015

Language: English

ASIN: B0176Z9VZ6

Best Sellers Rank: #56 in Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts > Shintoism #1150 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #1869 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

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