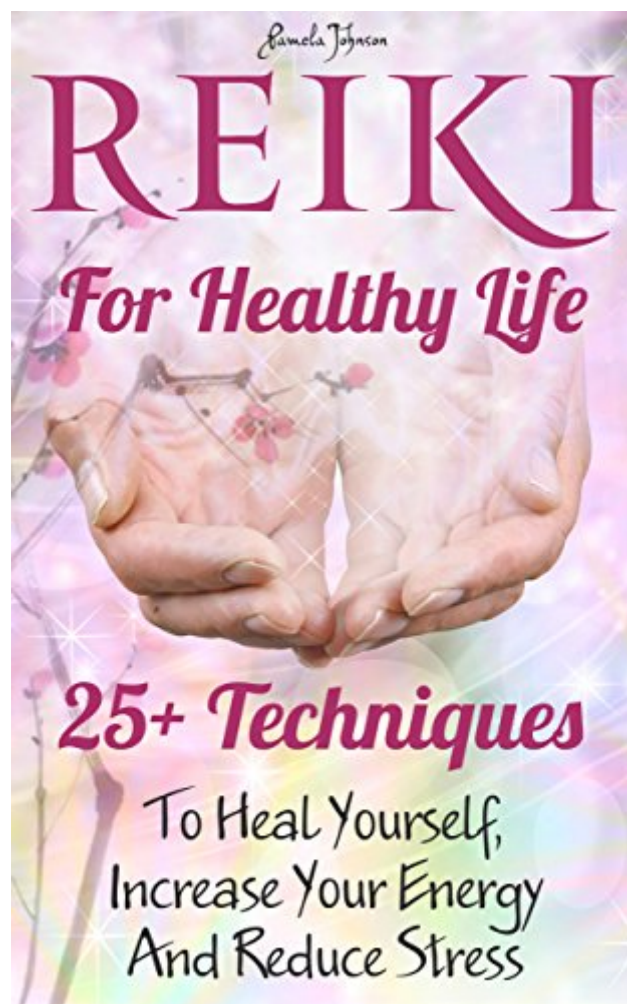


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# **Reiki For Healthy Life: 25+ Techniques To Heal Yourself, Increase Your Energy And Reduce Stress: (Reiki For Beginners, Reiki Healing, Reiki Symbols, Reiki ... And Relaxation, Reiki Techniques Book 1)**





## Synopsis

Reiki For Healthy Life 25+ Techniques To Heal Yourself, Increase Your Energy And Reduce Stress This book will guide you through what is known as "Reiki" • a form of science of healing known to humanity for thousands of years. There have been a number of streams created to transmit the teachings as in the beginnings it was writing and recording were not common practice. Instead people would remember the teachings and then pass them on in the same way, thus many streams of Reiki teachings were developed over time. There are many branches of Reiki teachings today but the two major branches are: Traditional Japanese Reiki, and Western Reiki. You will be introduced into the world of Reiki, learning what it is all about by introducing you to it at a beginners level. It was said that those that first used Reiki were Tibetan Buddhist monks, then it was rediscovered by Japanese Buddhist, Dr. Mikao Usui who offered the world this wonderful scientific art of healing to humanity in the late 1800's. This will certainly be an interesting and positive learning experience for you it will open a door to another option from a scientific angle, beyond any faith or belief it is about re-establishing the lost harmony and balance in the system. Why not open your mind and learn about this ancient art of healing, you will gain new insight that you probably didn't have before reading this book. I myself find it exciting and fun to learn about new things and outlooks in life and Reiki is certainly a unique and interesting topic to research and learn the basics of tapping into this healing energy within our bodies. Through learning Reiki you can learn how to transform your life for the better, you can establish a direct connection with the divine power of healing energy. Reiki is practiced by millions of people all over the world looking for a way to channel divine healing and love. If you are interested in learning more about the practice of Reiki and the benefits of healing that you can gain from it then you should read this guide book that will teach you Reiki at a beginners level. Download your E book "Reiki For Healthy Life: 25+ Techniques To Heal Yourself, Increase Your Energy And Reduce Stress" by scrolling up and clicking "Buy Now with 1-Click" button! Tags: reiki books, reiki for beginners, reiki life, reiki for dummies, reiki techniques, reiki treatment, reiki healing, reiki meditation, reiki seven chakras, reiki the beginner's guide, learn reiki, increase Energy, improve health, reiki secrets, reiki guide, the power of reiki, how to treat yourself, how to heal yourself, how to be healthy, stress reduction, relaxation, Mental and Spiritual Healing, religion, Shintoism, Sikhism,

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## Customer Reviews

I am so glad I got this book. I have always been intrigued on learning the art of Reiki. Some books out there are hard to understand, or they don't have enough substance in the book that your feel cheated. NOT IN THIS BOOK! Pamela Johnson writes in a manner that is completely easy to understand and makes the learning process fun. What is great is that you feel like she is right there in the room with you explaining the process to you. She has a natural talent of explaining the techniques and I felt like she answered all my questions I had. In Chapter 3, just as an example, Pamela explains the process of the "Self Reiki" process which, I didn't know how to do it until she explained it to me. Then she followed it up with a diagram which made it even easier to understand. If your thinking about exploring the wonderful benefits of healing yourself and healing others, this is your book. With the 25 techniques in this book, I now feel very confident that I can do this, and I have to thank her for putting all this information in such a easy format. Great job Pamela, and I will definitely be on the outlook for further works from her. Get this book now, you'll be glad you did!

These techniques to heal yourself are great, there are many tips that can follow, I want to thank the author Pamela Johnson for this great book, apart from being interesting also have very informative content. The human body has a lot of energy, and obviously the logical thing is to avoid the negative

energy, and always attract very good positive energy.

I guess the title of the book made me think there would actually be 25+ techniques, like methods of visualizations or meditations to use with Reiki. It should be called "another reiki primer" as it has the basics of what Reiki is, how to get an attunement, and what the chakras are. I don't see how "25 techniques" is in the title at all.

Enjoyed the way it was shared of how reiki can be used for yourself as well as for others. Definitely a must read.

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