



Reiki For Dummies

Nina L. Paul

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Millions of people seek ways to relax, promote healing, or connect with their soul. Reiki (pronounced *ray-key*) is a simple but profound healing system that was originally developed in Japan. *Reiki* means "spiritual energy" or "universal life-force energy." The Reiki system is universal because it can be used by people of any background or religion. *Reiki For Dummies* explains how you can harness this energy for yourself.

Reiki For Dummies is a plain-English Reiki guidebook. Discover what Reiki is, where it came from, and how to:

- Find and get the most from a Reiki treatment
- Use Reiki to boost your physical and emotional health
- Locate a Reiki class and become a Reiki practitioner

Reiki For Dummies is amply illustrated and full of useful information on:

- Reiki symbols (plus nontraditional symbols)
- Reiki hand positions (for giving Reiki to yourself or others)
- Reiki for pets and animals
- Reiki for children and adults
- Reiki and surgery or medicines
- Reiki at birth or end-of-life
- Reiki in the house, in the car, or at work

When you're ready to go further, *Reiki For Dummies* covers: Western and Japanese Reiki techniques; crystals, long distance Reiki, and setting up a successful Reiki practice.

Reiki For Dummies is for you whether you are just finding out about Reiki or you are a seasoned professional who is looking for a clearly written, up-to-date, inclusive, and comprehensive source of Reiki information.

Nina Paul, PhD (New York, NY), is a Reiki Master who uses Reiki to help herself and others. She has a doctorate in immunology and epidemiology and she believes in a holistic approach to health and wellness . Nina is also the author of the compassionate guide: *Living with Hepatitis C For Dummies* (0-7645-7620-8).

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Charles Grove:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their very own friends. Usually they carrying out activity like watching television, planning to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Can be reading a book could be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the publication untitled Reiki For Dummies can be fine book to read. May be it could be best activity to you.

Dewayne Campbell:

Exactly why? Because this Reiki For Dummies is an unordinary book that the inside of the reserve waiting for you to snap it but latter it will zap you with the secret the item inside. Reading this book beside it was fantastic author who have write the book in such amazing way makes the content inside of easier to understand, entertaining means but still convey the meaning completely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This book will give you a lot of benefits than the other book include such as help improving your talent and your critical thinking method. So , still want to hesitate having that book? If I were you I will go to the book store hurriedly.

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Katherine Khan:

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