



Reiki: 25 Techniques to Heal Yourself, Increase Your Energy and Reduce Stress (Paperback)

By Madeline Gonzalez

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Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Reiki 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...

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