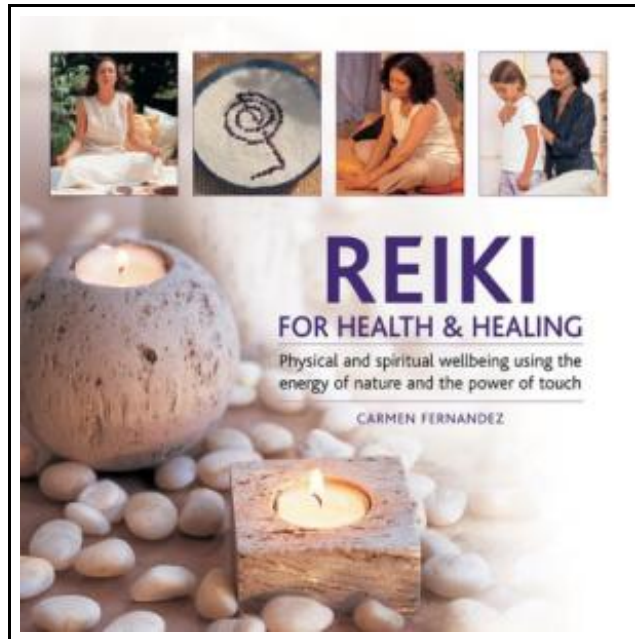


# Reiki for Health & Healing: Physical and Spiritual Wellbeing Using the Energy of Nature and the Power of Touch



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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Reiki for Health & Healing: Physical and Spiritual Wellbeing Using the Energy of Nature and the Power of Touch, Carmen Fernandez, This book deals with the physical and spiritual wellbeing using the energy of nature and the power of touch. You can unlock the power of Reiki with this beautiful and informative guide, illustrated with over 140 photographs. You can learn how to channel universal 'life force' energy to heal yourself and your family, with over 20 different treatments and techniques. It includes special chapters on how to care for children, performing group healing, Reiki in pregnancy, and even how to treat your pets and plants. You can find out how to apply Reiki to your daily life, in practical and spiritual ways, including guidance for common ailments such as headaches, indigestion and menstrual pain. It features easy-to-follow instructions and advice from a renowned Reiki master. Reiki, thought to have existed for thousands of years, teaches the practice of channelling healing energy through touch, by placing the hands on or over a person, animal or plant. This book covers all you need to know to enjoy and share the benefits of this effective treatment. In the first section you will discover the universal healing power of touch and the communication of love, and learn the five spiritual principles that should guide daily life. In the next part of the book, you will learn how to use Reiki effectively through step-by-step photographs and clear instructions to guide you through over 20 different techniques, including how to use Reiki on yourself, on others, in groups, on plants or on animals. With insights on how to use Reiki to enhance your life, this book is the perfect starting point for everyone who is ready to...

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