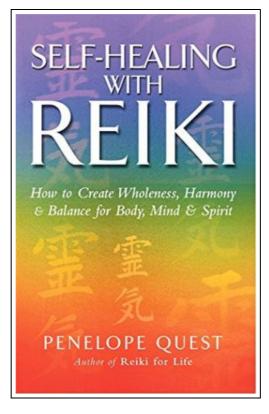
# Self-Healing With Reiki: How to create wholeness, harmony and balance for body, mind and spirit (Paperback)



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# Reviews

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(Derick Brekke)

# SELF-HEALING WITH REIKI: HOW TO CREATE WHOLENESS, HARMONY AND BALANCE FOR BODY, MIND AND SPIRIT (PAPERBACK)



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Little, Brown Book Group, United Kingdom, 2010. Paperback. Condition: New. Digital original. Language: English. Brand New Book. Most people attending a Reiki workshop are taught the basics of self-treatment with Reiki, but few discover Reiki s real potential for self-healing. It is an amazing tool for healing mind, body, emotions and spirit to create wholeness and harmony, personal peace and a sense of purpose. This book is packed with innovative yet easy-to-use techniques and is aimed at everyone who has worked with Reiki at any level. This book includes: New ways of using Reiki to heal the whole person, from the subtle energies of the aura to the physical body, for a healthier and more balanced life; a whole life approach to self-healing, including psychological, emotional, social and environmental issues; unique methods of using Reiki more creatively for spiritual development and self-understanding; techniques from both Eastern and Western Reiki traditions; exclusive special meditations; easy-to-follow diagrams; accessible text, and clear explanations and examples.



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