



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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From reader reviews:

Jonathan Thurman:

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

Caitlin Cruz:

A lot of people always spent their free time to vacation or maybe go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity here is look different you can read any book. It is really fun to suit your needs. If you enjoy the book which you read you can spent 24 hours a day to reading a e-book. The book Reiki For Dummies it is extremely good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. If you did not have enough space bringing this book you can buy typically the e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not too expensive but this book provides high quality.

Dennis Sellers:

Reiki For Dummies can be one of your beginning books that are good idea. We all recommend that straight away because this e-book has good vocabulary that can increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort to put every word into pleasure arrangement in writing Reiki For Dummies although doesn't forget the main position, giving the reader the hottest as well as based confirm resource info that maybe you can be one among it. This great information could drawn you into fresh stage of crucial pondering.

Kelly Mays:

As we know that book is important thing to add our information for everything. By a publication we can know everything we really wish for. A book is a list of written, printed, illustrated or maybe blank sheet. Every year ended up being exactly added. This guide Reiki For Dummies was filled about science. Spend your spare time to add your knowledge about your scientific research competence. Some people has several feel when they reading any book. If you know how big benefit of a book, you can feel enjoy to read a reserve. In the modern era like at this point, many ways to get book that you wanted.

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