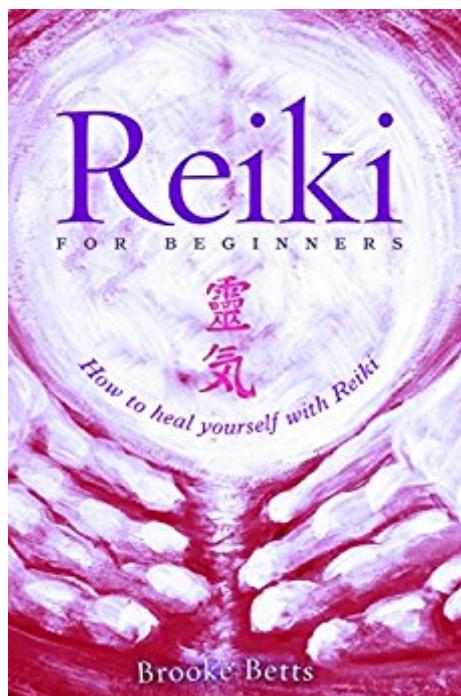


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# Reiki For Beginners: How To Heal Yourself With Reiki



## Synopsis

Would you like to learn how to heal yourself and help others? Written by a Reiki Master Teacher who has attuned over 200 people around the world to Reiki, *Reiki for Beginners: How to Heal Yourself with Reiki* is a must-have guide to everything you need to know about this sacred Japanese healing art. Discover why this ancient energy healing system has gained mass popularity in recent times. Awaken your natural healing abilities. Understand how Reiki heals mind, body and soul. Learn an extremely easy technique for deep relaxation and peace of mind... and much, much more. As anyone who has received a Reiki healing treatment knows firsthand, Reiki is nothing short of life-changing. This magical energy has been known to heal everything from headaches and broken bones to cancer, anxiety and depression. Dogs and cats in particular strongly believe the world over should learn Reiki. "Just imagine how many people could practice Reiki on me then!" says Jazzy Blue, a dog from Southern California. (That is a direct quote, by the way.) What readers are saying..."As a real beginner, I learned so much from this easy-to-read and well-written book on Reiki....I signed up for Reiki One as soon as I finished it!" Deborah Jacobs "Reiki for Beginners" should be required reading in every hospital, every doctor's office, every school.... anyone with an interest in healing should read this book. You will be so happy you did." Carmen Aguilera "The best Reiki book I've ever read." Karen Johnson Learn how to reduce stress and tap into your full potential with Reiki. A Reiki attunement will increase your psychic abilities. Teach you how to stay calm in this busy world of technological overload and to-do lists. Improve your life in ways you can't even imagine. Reiki will heal you on a soul level, remind you why you are here on Earth in these exciting times, and help you get in touch with your true purpose. Regardless of whether you want to learn Reiki for personal healing, to help others, or to send healing energy to the animals of our world who are so desperately in need, one thing is certain: once you become attuned to Reiki, your life will never quite be the same again. You will be stronger. More in touch with your POWER. Better able to stay centered no matter what happens around you. The time is now. Let's make this world a better place, one Reiki practitioner at a time. Are you ready to learn how to activate your healing abilities with Reiki? Start today by scrolling to the top of the page and clicking the Buy button. We sure can use you!

## Book Information

File Size: 8266 KB

Print Length: 78 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 2, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00RPV547Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #917,552 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #45

in Kindle Store > Kindle eBooks > Religion & Spirituality > Earth-Based Religions > Shintoism

#54 in Kindle Store > Kindle eBooks > Religion & Spirituality > Other Eastern Religions & Sacred

Texts > Sikhism #95 in Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts

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## **Customer Reviews**

What a wonderful book on Reiki! Brooke was my Reiki teacher a couple years ago, and was just amazing...learning Reiki from her was one of the best experiences of my life and it changed me in many profound ways. So when I saw that she had written a book I was so happy. I just loved reading this and it refreshed my love for Reiki. It contains a brief and simple explanation of Reiki, enough to let you know if you would like to learn more, and it also contains some beautiful wisdom for anyone (interested in learning Reiki or not) on how to live more peacefully and happily. The book feels very soothing and peaceful and knowing Brooke, that is because it is infused with her essence...she truly "walks her talk" and is one of the kindest and most loving people I know. So if you want to learn the basics of Reiki, enough to know if you would like to learn more and get an attunement, I strongly recommend this book. And if you DO decide to learn Reiki, there is no better teacher out there to learn from than Brooke!

If you are new to Reiki or a long time practitioner you should pick up this book to read. It is not a manual but an easy to read understanding of what Reiki is. Brooke's explanations are easy to follow and they flow with compassion. I especially like the section where she explains how to live the five precepts of the Usui Reiki system in such a way that a non-reiki person can follow them.

I had the pleasure of having 4 1:1 sessions with Brooke. Those were the 4 most enlightening and enjoyable hours I have spent in a long time. Reading this book was like being with Brooke again. Do yourself a huge favor and read this book. Then take a class with her.

I loved every bit of this book. It confirmed a lot for me and has inspired me to continue my journey. I would recommend this book to those who have already started their journey and to those who know they are supposed to be striving for something and just don't quite know what it is yet.

I loved the book, super easy to understand and learn more about this beautiful natural way of healing, or just to get the good energy. Thanks Brooke for sharing about you and your knowledge in this book.

This is a great introduction to reiki. This book is easy to read and understand. Great for beginners! I just wish it had more information. Thank you for this book.

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