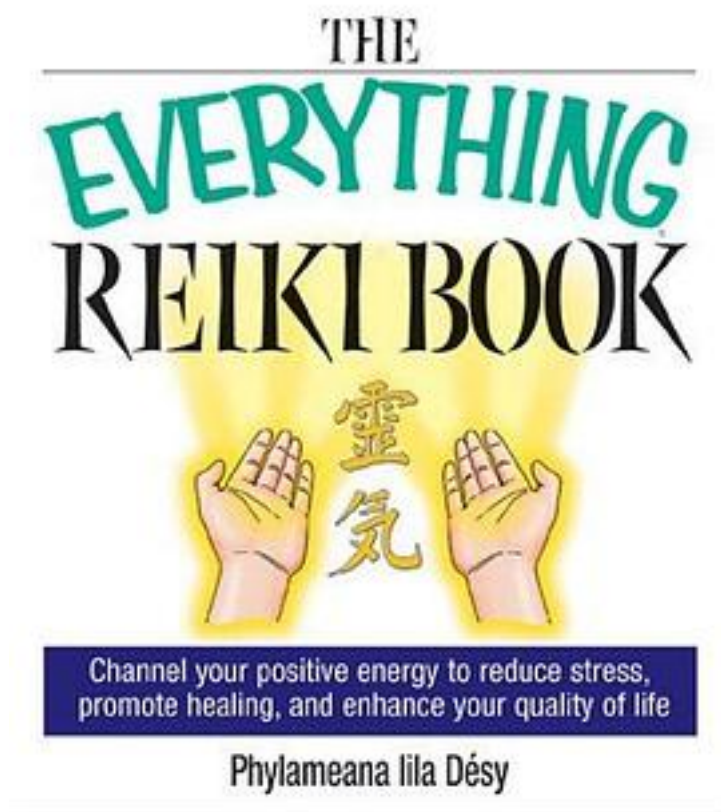


The Everything Reiki Book



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著者:Phylameana lila Desy

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For centuries, reiki has been valued by Eastern cultures as a means for relieving pain and balancing the body's natural energies. This hands-on healing method is now gaining subscribers in the Western world who seek a mind-body approach to overall wellness.

The Everything's Reiki Book introduces readers to basic reiki techniques and

teaches them how they can channel positive energy to reduce stress, enhance vitality, and strengthen the immune system. Packed with easy-to-follow instruction and helpful illustrations, The Everything® Reiki Book is the perfect resource for readers interested in using this effective touch therapy in the comfort of their own homes.

Reiki Master Phylameana lila Désy shows readers how to:

·Identify and tap into "life energy"

·Make use of reiki principles for treating themselves and others

·Channel positive energy through proper hand placement

·Use reiki to alleviate specific ailments, such as indigestion and foot pain

·Integrate reiki into all aspects of daily life

Written with the beginner in mind, The Everything® Reiki Book is a practical approach to all-around wellness for the body, mind, and soul.

作者介绍:

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