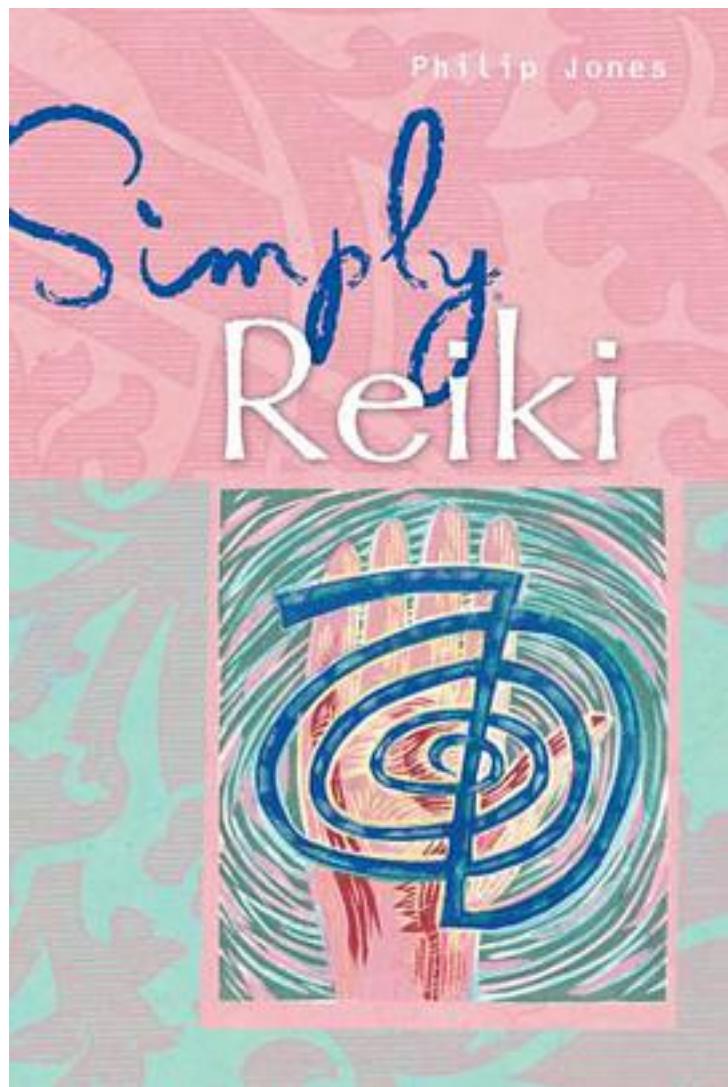


Simply Reiki



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Reiki is a Japanese system drawn from Buddhist principles and used for healing oneself and others, as well as for spiritual development. It works by a combination of two things: initiations that awaken and open your energy channels and techniques for using your hands, eyes, and intention to direct this energy flow where needed. Anyone who wishes to do this work must prepare by following particular methods and steps, all wonderfully explained in this introductory guide. Discover why Reiki is so unique and learn about its origins, the five precepts, finding a teacher, attunements, basic hand positions, and special treatments created by Reiki's founder, Mikao Usui. All the spiritual practices here have been specifically chosen to guide readers on a path of love, light, healing and self-knowledge.

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