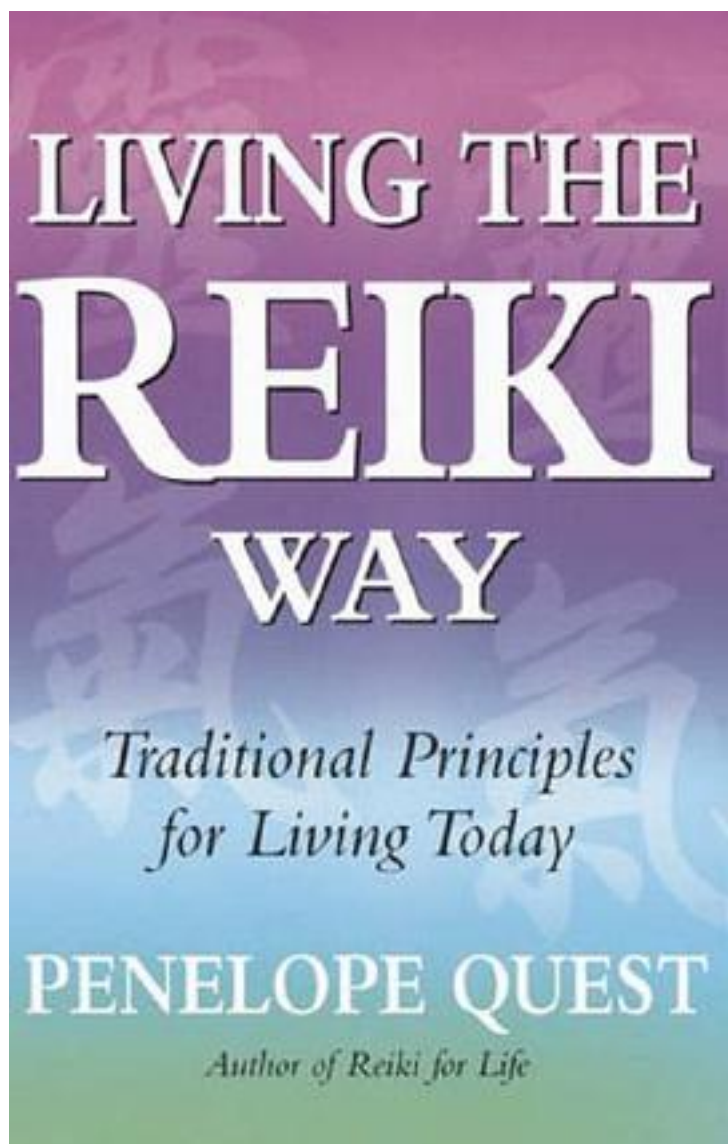


Living the Reiki Way



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出版者:

出版时间:2008-10

装帧:

isbn:9780749928322

Practising Reiki is not simply about healing others - it is also about healing yourself and growing spiritually. In LIVING THE REIKI WAY, Penelope Quest offers practical and spiritual guidance on how you can absorb the six key Reiki principles into your everyday life. They are: * Live in the now * Live without anger * Live without worry * Live with gratitude * Live with kindness * Work honestly and diligently By encouraging us to live by these principles in the present, Penny Quest will help us to achieve long-term happiness and contentment.

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