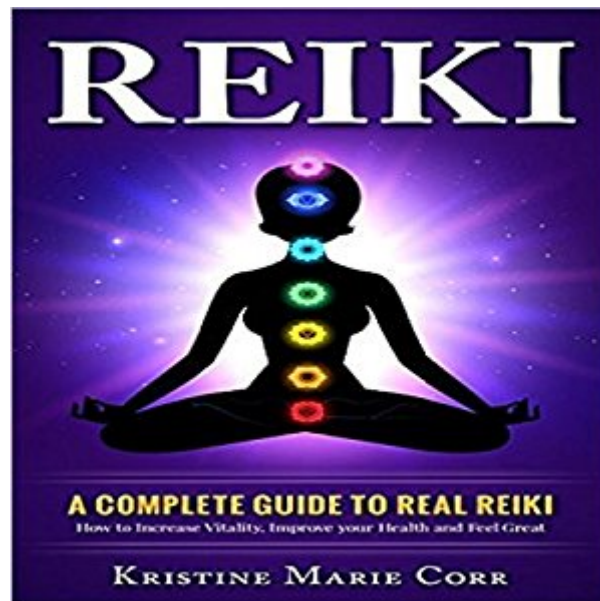


The book was found

# A Complete Guide To Real Reiki: How To Increase Vitality, Improve Your Health And Feel Great



## Synopsis

What is Reiki and how would you be able to apply its principles throughout your life? Learn the basics today with this straightforward book. Are you looking for the immense power to miraculously heal yourself and people around you? Do you find yourself looking for unlimited power that helps you unlock the secrets to happiness and wellbeing? Looking for this complete guide and the power that ensures ample healing energy that runs through your hands and helps you ease physical pain as well as mental stress? This book is intelligently made for you. It contains the specifics and essentials of Reiki, its principles, and advantages for anyone who wants a complete guide to energy and wellbeing, success and healing. This book will give you a clear understanding on how Reiki will provide you with the magical ability to become your own spiritual doctor and hence work your own miracles. This book is all about bringing healing through compassion and unconditional love.

## Book Information

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## Customer Reviews

I quite enjoyed this book. It is well written and content-wise abundant. It is a very nice introduction book to Reiki and its principles. The book guides you through difficult topics like meditation, chakras and hand positions for healing in a slow, understandable manner. My favourite chapter is the one with meditation as I am currently trying my luck in this field; the book provided me with nice insights. There is also a bonus right at the end. Overall, I am happy with this purchase and I can only recommend the book!

I recently read about reiki on a blog and I was curious about its working and its meaning. This book

provides a perfect introduction to the topic. The author has answers many basic questions in the start and then takes deeper dive into advanced topics. Many important topics like The five Principles of Reiki, The three pillars of Reiki and many more topics were covered. All the topics are covered in concise and to-the-point manner. The concept of chakras was new for me and I found it very interesting. At last, I would recommend this book to anyone new reiki or who wants to know more about it.

This is a fantastic book. If you are looking to find out more about Reiki, or to learn Reiki for yourself then I believe this is a must read. You will still need to complete a Reiki course for the attunement, and then you can continue to use the book as a reference guide. The book provides some great guidelines and questions to ask when looking for the appropriate Reiki master to train you. Great stuff.

To many reiki is a mysterious, eastern, unproven technique, while to others it's one of a range of traditional alternative methods of healing in which the focus on healing the whole body and the mind is given wider priority than on simply healing specific illnesses. Very informative book.

I got this book free on kindle so I wasn't really expecting a whole lot from it especially when it said average read time is about an hour. That in mind, it is an excellent book. It's informative without being annoying & I only caught 1 typo. What it really needs though is pictures. There's a section where it describes hand positions & the phrase "hands come together" gets used a lot. Knowing nothing about reiki & not having pictures made it trail easy to get lost there. This was a nice quick start but I'm going to need other books, videos, or classes before I could say I've gotten a complete guide to reiki.

This was the most proficient book pertaining to Reiki, I have ever read. The information is easily understandable, even for beginners, as it gives full details and offers verbiage relative almost any level of education. I give it a full 5 stars and a personal thank you, for a job, very well done.

It's a good book. I learned some things about myself after reading this book, which I didn't know. I have anxiety! It's an interesting concept about "attunement" - where you channel your energy with the help of an instructor. I don't have an instructor, but have decided to give it a try on my own until I do. Meditation and visualization are a key concept with this discipline. After a

little research, I discovered that Reiki is not necessarily attached to any specific religion. I am a christian, and I don't feel that the practices defined in this method go against my spiritual beliefs. I would recommend this book to people struggling with depression, anxiety, or just wanting to find the place of serenity, where they can discover who they truly are and learn to believe in themselves. I'll probably read through it again! Blessings.

This is more of a pamphlet than a book at only 50 or so pages. Print is huge and there is not a lot of information. Buyer beware that this is a very vague overview and certainly not a complete overview. Chock full of typos, misspellings, and formatting errors, it seems the author herself may have forgotten to proofread. Do not recommend.

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