

# The Everything Guide To Reiki - Phylameana lila Desy

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The Everything Guide to Reiki is a comprehensive resource for readers interested in this ancient Japanese hands-on therapy, which has been proven to reduce stress, promote healing, and enhance quality of life. Beyond learning the basics of Reiki's history, readers learn about the placing of hands, how to harness negative energy, promote a healthy immune system, and alleviate specific ailments such as chronic pain, digestive issues, infertility, and depression. Featuring a section on how to get certified and open up your own Reiki practice, The Everything Guide to Reiki is the ideal guide for readers interested in this ancient therapy. Author: lila Desy, Phylameana Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Guide to Reiki Pages: 00304 (Encrypted EPUB) On Sale: 2011-12-15 SKU-13/ISBN: 9781440527876 Category: Body, Mind & Spirit : Healing - Energy (Qigong, Reiki, Polar

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