



The Reiki Bible: The Definitive Guide to Healing with Energy

Eleanor McKenzie

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Reiki practitioners have unlimited access to healing energy—for themselves and others. For this reason, it has quickly spread across the globe as people use it to cure ills, soothe emotions, and live the life they want. *The Reiki Bible* provides a comprehensive, stunningly designed guide to this ancient spiritual system. It covers Reiki's origins and development; the energy and body systems; and the three levels of Reiki. All the hand positions appear in easy-to-follow captioned photographs, and there's advice on using Reiki for friends and family; at all life stages; for health and well-being; for alleviating common conditions; and in tandem with other therapies.

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