

Reiki For Kids

Reiki is an Japanese system of energy healing through the "laying on of hands" that is simple enough for children of all ages to learn. The Children's Reiki Handbook is a guide to energy healing that provides kids with the information they need to prepare for their First, Second and Master Reiki Attunements, and shows them how to use their new skills to heal themselves and others. This guide also includes: healing with Reiki, attunements; how to prepare for them and what to expect, handpositions for healing, chakras and auras.and more Discover energy healing--find more balance and peace. Energy healing is the practice of manipulating the subtle energy flow in your body to improve the way you think and feel. The Little Book of Energy Healing Techniques is your introduction to the basics of energy healing, featuring a series of simple exercises you can do anytime. Heal your mind, body, and spirit, with clear and balanced energy that empowers you to live with greater peace and comfort. The Little Book of Energy Healing Techniques allows you to: Start from scratch--Practice the exercises in this book right away--no prior knowledge required. Try it on for size--From sound healing to crystals, you can test out multiple types of energy healing and find what resonates with you. Learn active healing--Learn 5- to 15-minute daily routines for centering yourself to alleviate pain and inner turmoil. See for yourself what the power of energy healing can do for you.

This book is a complete resource to introduce the benefits of Reiki to children. Reiki is a complete system of natural healing. It is 100% pure, organic, natural and holistic. Reiki works with your whole being on all levels. It is the most primal and basic form of healing available. Everyone has the ability to perform Reiki healing and anyone can learn it. It is ideal for children because in the process of learning Reiki, they learn about their bodies, their inner spirit, their personal power and their connection to the universal life force, which is universal love. In a style which enhances self esteem throughout, Kytka Hilmar-Jezek, ND guides the reader on a journey of self discovery to their inner power and strength. She discusses the importance of practicing loving kindness and how each one of our actions has an effect in the universe. With chapters on charkas, auras, positive thinking, meditation, grounding and spirit guides; this book is much more than a book about Reiki for children. This wonderful book is a long and overdue guide for youth of today. It serves as an instruction manual for living a life where you honor yourself and others. It is a book where you learn about the importance of your thoughts and keeping them positive, where you learn to be in control of your health and your happiness. This is THE book to awaken and reintroduce children to the inherent goodness they all have within. Learning Reiki will enhance and instill in your child a greater sense of generosity, intuition, quietness, compassion, growth, joy, sacred-energy, happiness, love-of-god, self-love, creativity, harmony, loving-kindness, imagination, truth, beauty, goodness, equanimity, inspiration, attachment to nature, understanding, integrity, peace, wisdom and a connection to the Universal Life force, which is universal love. This Universal Love is the hope of a bright future on our planet. Learn more about the Author and Reiki for Children at: www.FamilyHealingSeries.com

My First Reiki BookCreatespace Independent Publishing Platform

Using Spiritual Energy to Heal and Vitalize Man's Best Friend

An Instructional Guide for Reiki Healers

All the Right Questions

Reiki Rae's Wonderful Day

Reiki Kids

A Children's Blank Art and Story Journal

Raise Your Vibes!

This full-color picture book written for school age children shows the famous Upledger Technique's 'Healing Hands' program at work with children. Conducted at schools around the country, the program teaches children—at a young age—the importance of compassion and caring for others. Children have shown remarkable behavioral improvements after participating in this recognized worldwide program.

Have you ever noticed that children have a unique connection to the divine? Want to explore the connection to spirituality with your children or students?Learn the ancient wisdom of the chakra system and its role in the body. What happens when your chakras are imbalanced?Give children tools to recognize their imbalances and mindful practices to heal themselves. So that they learn to heal themselves. A useful resource on energy healing for children for parents, teachers and yogis! Buy Now! Get the ebook for FREE!

After gathering lost seeds during the summer, a kind woman tends and instructs them throughout the fall and winter before sending them out in the spring to find roots of their own.

At school, we believe education should touch the whole child. This includes the physical, emotional, spiritual, social and cognitive aspects of the child's life. We teach children quietness as a skill to reflect and recharge their inner lives. Lorraine Murray helped us on this journey.' -- Sheila Laing, Head Teacher. Stress and behavioural disorders are common in children, who are increasingly bombarded by marketing campaigns, faced with school and peer pressure, and able to sense the stress of adults around them. Mindfulness and meditation can help children recognise and cope with these pressures, releasing bad feelings gently and giving them simple tools to deal with tension and stress throughout their lives. In this practical and inspiring book, Lorraine Murray shows parents, teachers and youth workers how to lead fun and peaceful meditation sessions with children. Lorraine explains a variety of different approaches, from meditations around daily activities for busy families, to ideas for group 'quietness' sessions in schools. She provides fun, tactile rhymes for toddlers to help them calm down before bedtime, and suggests ways to help teenagers reduce anxiety. She goes on to explain how these methods can help children with ADHD and those on the autistic spectrum, giving a range of case studies. This book is suitable for complete beginners, or those with some experience of relaxation and meditation techniques. It offers all the advice needed to lead sessions with children, whilst encouraging the reader to adapt and develop their own ways of helping children to feel calmer, happier and more peaceful.

The Little Book of Energy Healing Techniques

Rituals, Reiki, and Self-Care to Heal Burnout, Anxiety, and Stress

Do I have a Guardian Angel?

Using Energy to Heal the Animals in Your Life

Medical Reiki

Little Healers

The Spiritual Transition of Symbols and Mantras of the Usui System of Natural Healing

From master Reiki teacher Lisa Campion comes **The Art of Psychic Reiki**, a one-of-a-kind, step-by-step guide for learning the sacred art of Reiki while cultivating the psychic and intuitive skills crucial to this healing energy work. Reiki is a gentle yet powerful, hands-on energy healing method from Japan that’s been gaining in popularity over the last century—not only with bodyworkers and massage therapists in the West but also with medical professionals who can attest to its healing power. Born from the author’s decades of experience with Reiki healing and her own methods, **The Art of Psychic Reiki** provides everything you need to know about this healing art, including the critical psychic development and empathy training that prepares healers to go out and do the work they were meant to do. If you’re drawn to the healing art of Reiki, you might be a highly sensitive person, with high levels of empathy, intuition, and latent psychic abilities (a combination of intuition and inner knowing, plus the ability to connect with higher wisdom). And since Reiki is a form of energy healing, many new practitioners may experience what’s called a psychic opening as they learn or practice. For this reason, it’s important that every Reiki practitioner master the ability to navigate their empathic and psychic sensitivities while engaged in this work—and this book can help. Whether you’re new to Reiki or you’re a practitioner seeking to deepen your knowledge and enhance your skills, with this guide you’ll learn how to use Reiki to heal yourself and others, cultivate and trust your natural intuition, develop your empathic and psychic abilities, work with your spirit guides, and ground and protect yourself as a practitioner of this sacred healing art.

Why should we meditate? How can crystals heal the mind and body? Why is visualization so powerful - and so effective? Alternative therapies, healing modalities, and spiritual practices are often referred to as 'woo-woo,' - but many of these approaches are actually supported by compelling scientific evidence. In this dynamic and thought-provoking book, David R. Hamilton PhD dives deeper into the true nature of consciousness and presents the cutting-edge research behind energy healing, crystals, meditation, and more. You'll discover: · The science behind some of today's most popular alternative practices · How your thoughts, emotions, and beliefs have healing power · The benefits of nature and a holistic approach to healing · A fascinating link between consciousness and human connection · The relationship between suppressed emotions and disease The ideas behind some of these holistic therapies have been around for millennia - but now we have scientific evidence demonstrating how they can contribute to physical, emotional, and energetic healing too. It's time to embrace the truth: That woo-woo really does work.

Reiki is an ancient healing practice. It is a soothing and relaxing hands on or hands off form of energy work that promotes healing and balance.This book gives babies and children their first understanding and experience of Reiki. I hope you read this book with your little healer with an open heart and an open mind.For more information please visit:www.littlehealers.net

This blank journal can be used to reflect on your child’s experiences with reiki in any way you would like. Matte cover 102 blank children's story paper with spaces for pictures 8.5x11 in

Animal Reiki

Reiki

Calm Kids

Reiki for Children

Your Essential Guide to the First Level

Miss Maple's Seeds

Reiki Handbook for Kids and All Ages

Selena has opened her heart and shared some of the hardest times in life, to showcase the miracles angles have performed for her. Selena says, “ My wish is that by sharing my life with the world, people will jump on board and spend time communicating to their angels, and have their own angel miracles. ” This book can aid in taking the struggles out of life, to make way for a smooth road ahead.

Reiki is a unique system of healing that allows you to harness and transmit energy through your hands, restoring balance and harmony within the body and bringing relief to a wide range of physical and emotional problems. This book, by renowned Reiki teacher Richard Ellis, illustrates all the hand positions used for the first level of Reiki, but it goes much further and shows them in their relation to the seven chakras. Chakras are the main energy points of the body and provide the anatomy of energy healing. These are different for everyone, and so to practise Reiki effectively you need to understand a person's chakras, which will in turn explain the type of person they are and the health problems they are vulnerable to. For example, one person may have an excessive first chakra, making them prone to obesity or digestive problems, and to pessimism, while another may be deficient, making them vulnerable to anorexia and restlessness. You would therefore approach these two people differently. Reiki and the Seven Chakras captures the feeling of wonder that surrounds Reiki, but it is also an immensely practical guide. So many of the current books on Reiki are very dry, following a formula of detailing the history of Reiki healing and then showing you how to do it. This one breaks the mould and is written from a very personal point of view, which makes it incredibly interesting to read and also very accessible – essential if you are to understand the true nature and potential of Reiki.

Molly Glasgow shows you how to use acupuncture points to soothe some of the most common ailments.

It is with great pleasure that I introduce Reiki to children. My mom's philosophy always was, "teach them young how beautiful, caring, loving and compassionate they are. Teach them to love themselves and to heal themselves the way the universe knows. You just have to help them remember how." Well, this being my second book, I dedicate to all the children in the world, moms, dads, and caregivers. Love begins with us. The earlier kids learn they are not alone and that they have an entourage of universal helpers around, the more they will learn how extremely fortunate they are. Kids learn from watching and observing us and the world around them. What would then happen when the world shifts to compassionate awareness? Reiki is the first step.You, as parents, play a huge role in this universe. Your children picked you, above everyone else available, to help them navigate this lifetime. Give them the tools now so that a flowing future becomes a reality in the present awareness.

Essential Reiki Teaching Manual

Rainbows, Angels and Unicorns

Reiki Level 1 Learning Workbook

A Kid's Guide to Reiki Healing Teaching Companion

A Children's Guide to the Chakras

The Little Book of Reiki

A Type 1 Diabetes Picture Book

A fascinating, simple and practical introduction to the Reiki healing system. Reiki is one of the most popular energy-healing systems, founded in Japan and now used all over the world. It's easy to learn, and everyone can benefit from it. Written by the founder of the Reiki Academy London, Torsten A. Lange, Reiki Made Easy is a comprehensive yet accessible guide to the powerful Reiki healing system, showing how it can be used for physical, emotional, mental and spiritual healing. This book explores: – the history of Reiki, including new information not currently found in any other book – how to connect to Reiki energy to heal ourselves and others – the symbols of Reiki and how to work with them – how to give a distant healing – real-life stories that demonstrate the deep healing this system offers – the steps to becoming a Reiki practitioner For anyone wishing to learn how to apply the benefits of Reiki in their lives, this book is a perfect starting point on their journey.

A fun and super-practical guide to getting healthier and happier by tapping into the incredible power of energy healing. The author is a qualified Reiki Master with a mission to make the healing power of Reiki, and energy healing in general, accessible to all. Fun and easy to use, this book enables everyone to take advantage of the healing and empowering energies gifted to us by the Universe, and to take their wellbeing into their own hands. Reiki Master Athena Bahri has developed an approach to energy self-healing that combines simple Reiki techniques that anyone can use with a range of different healing modalities, from crystals to lunar rituals. The book is aimed at all those people who are looking for ways of improving their lives that aren't too complicated and can be done without spending time and money on expensive courses. It includes a straightforward process of Reiki self-attunement that will enable readers to access the simple Reiki healing powers and combine these with the other techniques described. The emphasis is on empowering readers to use these tools to create a vibration-raising practice of their own, that they can then use in a range of different situations, from dealing with physical pain to ridding themselves of stress and lingering emotional upset to improving the vibes of their surroundings at work and at home.

*TAP INTO THE POWER OF REIKI TO HEAL YOUR DOG Using the most gentle and natural treatment possible, Reiki for Dogs can help you realize a new level of wellbeing for your dog. This powerful book provides everything necessary to help your dog through times of discomfort and to deepen your bond with the canine companions in your life. With a wealth of information based on the author's years of training and personal experience, Reiki for Dogs will guide you with: * Enlightening tips and tricks for getting started * Step-by-step examples of Reiki healings * Real-life case studies of dogs helped by Reiki Meaning “spiritual energy,” Reiki is used worldwide to support physical, emotional and spiritual healing, and is the perfect complement to traditional veterinary medicine.*

"Adults squirm when the big questions come up, especially the big spiritual ones. They don't want their kids to worry, so they give answers that all say one thing: 'Don't worry. It's all okay.' "And yet the big questions still keep coming up. At every age we all need to know what life is really all about. Not just on the surface, but deep down. Teenagers are no exception. They deserve a spiritual life all their own. One that offers the kind of comfort we hope to give our children, but is different at the same time. More full of ideas. More mature. More fitting for the whole wide future that lies ahead. "That's what I've tried to do in this book, as fully and as honestly as possible." -- Deepak Chopra

My First Reiki Book

A Child's First Spiritual Book

A Guide to Energy Healing for Kids

Self-Healing Reiki

A Groundbreaking Approach to Using Energy Medicine for Challenging Treatments

Reiki And The Seven Chakras

An Accupressure Book for Kids! (and Their Grown-Ups)

Jax the Cat likes to play soccer, eat sandwiches, and ride his bike with his friends -- oh, and he also has type 1 diabetes! For Jax, one of the hardest parts of living with type 1 diabetes is noticing how he feels when his blood sugar is low. One day, he goes on a walk to find other kids with type 1 and learns a few new things about low blood sugars along the way!

This teacher's companion volume to Shine Your Light: A Kid's Guide to Reiki Healing provides class and lesson planning advice, activities, and a wide variety of resources to help children blossom in their understanding and practice of Reiki.

Bella the Butterfly Mindfulness Colouring book is based on the children's illustrated book Bella the Butterfly. This is a story about the transformation of a caterpillar to a beautiful butterfly told in such a way that the child imagines they are the butterfly surrounded by love and light.Mindfulness helps children to regulate their emotions, build resilience, create empathy, be more connected with themselves and others. Mindfulness practiced on a regular basis can help increase attention span and awareness and bring calm to children of all ages.Love & Light, Bella the Butterfly xxx

Here is a simple, easy-to-read, delightfully illustrated book for young children! The author presents, in a very easily comprehensible way, the basic Spiritual truths, explaining who we are, where we have come from, why we are here and the part God plays in all our lives. It is our responsibility as adults and particularly as parents, to ensure that our young children come to an understanding of the truths about Spiritual matters at as early an age as possible. This book is meant to develop a child's imagination, awakening tender young minds to the beauty that lies all around us and to connect with that beauty in an inspiring and meaningful way. It also explains, in simple terms, realities about creation and the subtle higher energy vibrational levels, which exist in close proximity all around us. The exercises and experiments will delight and amaze, as well as nurture your child's creativity, introducing, in a fascinating way, the truths that are fundamental to our understanding of our existence here on Planet Earth. Your child will learn that life is meant to be fun and to be enjoyed. But there are rules, as in any game! This book explains these Spiritual Universal Laws, helping your child to see this world as the wonderful, amazing, beautiful place it really is, and to live a life of fulfillment, joy and abundance. What more could you ever hope for?

Reiki Journal For Kids

Reiki Kids - Coloring book

Mindfulness Adventures for Children

Healing for Mind, Body and Soul

Reiki for Beginners

The Art of Psychic Reiki

Simple Practices to Heal Body, Mind, and Spirit

Millions of people worldwide have already benefited from the healing practice of Reiki. With the help of this introductory Reiki book, you can learn the basic principles of this simple, yet profound system for healing and spiritual growth that works on an energetic level. Make the most of Reiki from a practical point of view as you explore its spiritual essence: Heal yourself and others physically, mentally, and emotionally Develop compassion and wisdom Heal plants and animals Resolve relationship issues at work or home Complement and strengthen other therapies Send healing energy to local or world situations such as war, natural disasters, crime, or poverty Be blessed, guided, and protected Winner of the Coalition of Visionary Resources (COVR) Award for Best Alternative Health Book

"Reiki (pronounced Ray-key) is like the warmth of the Rays of the Sun, and the Key to all the Love in your Heart!" Our children understand Reiki as a natural part of them, and this Gentle Energy guides them with Self-Confidence, Inner Peace and Compassion. This child-friendly Reiki coloring and activity book is like a ReikiKids Class! Join Reiki Rickie and Fluffy Puppy as they explain: What is Reiki? All about your Energy The History of Reiki Sharing Reiki with ourselves, others and pets Living with Mindfulness, Kindness and Gratitude Learning to be our TRUE SELVES, and bring more Light to our world! Rickie Meryl Freedman is an International Reiki Master and Practitioner, Mentor, Speaker, Facilitator and Author. She shares Reiki with children of all ages from newborns up, and teaches her ReikiKids class for ages 5-13. She created Harrisburg, Pennsylvania's first Reiki Center-"Reiki By Rickie ReikiSpace & Learning Place"-for adults and children alike. May this book be a guide for both parents and kids to learn about Reiki, Energy and bringing more Peace, Light, Love and Compassion to our world. For more information about Rickie and ReikiKids visit ReikibyRickie.com.

Reiki—channeling energy through the palms—makes an excellent complementary therapy to other techniques. While it is usually administered by an experienced practitioner, we all have the ability to learn the skills needed to heal ourselves and others. Brian Cook, a master of the form, enlightens beginners on how to use the three main Reiki symbols to realize their full potential, physically, mentally, and spiritually.

Lanie learns about the energy healing technique called "Reiki" and how it can help her feel better when she is stressed. My First Reiki Book is part of the Psychic Kids Series, a book for empathic and intuitive children.

Heal Your Body and Your Life with the Power of Universal Energy

Help Children Relax with Mindful Activities

Why Woo-Woo Works

An Introduction to Reiki for Children

When My Tummy Hurts

Kids Reiki Journal

I Am a Rainbow

An illuminating guide to one of the fastest-growing spiritual healing practices in the world and an essential tool for anyone ready to bring healing into his or her life. Perhaps the gentlest healing therapy in the world, Reiki originated in early twentieth-century Japan. In this indispensable guide to Reiki, one of the foremost experts traces the origin and development of the practice, detailing how and why it restores and renews the human body in ways we've only begun to understand. A pioneer in bringing Reiki into mainstream medical practice, Miles draws on her unique background to explain how this therapeutic technique, which involves a gentle laying on of the hands, complements conventional medical treatments and can hasten recovery from invasive surgical procedures, as well as ease the symptoms of cancer, insomnia, depression, anxiety, and other conditions. With compassion, wisdom, and the accumulated experience that comes from nearly twenty years as a Reiki practitioner, Pamela Miles empowers readers by showing how simple it is to take.

An Integrative System of Energy Medicine for Patients Undergoing Intense Medical Procedures Science-based medicine is finally ready to embrace the use of Medical Reiki. This phenomenal book reveals groundbreaking energy practices that can activate the parasympathetic nervous system and accelerate the effectiveness of serious treatments like surgery and chemotherapy. Having worked in operating rooms alongside surgeons for nearly two decades, Reiki Master Raven Keyes is uniquely qualified to share techniques for helping patients feel whole and free of stress that can impede their healing. Raven shares how to request and receive Medical Reiki, how physicians can open their practice to it, and how to use exercises, meditations, and affirmations for further healing. Medical Reiki is essential to the evolution of patient care. Includes a foreword by Dr. Sheldon Marc Feldman, MD, FACS, director of breast cancer services at Montefiore Medical Center

In this book Reiki Rae is telling her story about the wonderful Reiki for kids class she has just attended. I use this book when I teach my Reiki for kids classes. I feel this is book is a great way to open conversations with kids regarding not only Reiki but energy in general.

Understanding Reiki: From Self-Care to Energy Medicine provides information that answers long-standing questions, fills in the blanks where information is lacking, and lends correction where misinformation is accepted as part of the understanding and practice of Reiki today. It provides insights that are easy to understand and explain to others, once Reiki is returned to, and spoken about in the context of Energy Medicine. From this vantage point, the discussion expands, a deeper understanding of what affects human healing emerges, and the role Reiki plays in human health and self-care becomes clear. This comprehensive guide is of value to all humans, whether interested in alternative healthcare or not, because Reiki and Energy Medicine are not " alternative " practices. They are, in simple terms, what is missing in self-care today. This book is an enjoyable read that will engage and surprise the reader as it brings forward lost information that is essential in understanding human health.

Reiki Made Easy

Understanding Reiki: From Self Care to Energy Medicine

Developing Your Intuitive and Empathic Abilities for Energy Healing

Reiki Rickie Shares ReikiKids

Shine Your Light

Children's Reiki Handbook

“Animal Reiki is a great introduction to the growing field of energy medicine. Written in an easy-to-read style, this book will be enjoyed by animal guardians and veterinarians alike.” --SHAWN MESSONNIER, DVM, author of The Natural Health Bible for Dogs & Cats “I learned a lot from Animal Reiki and highly recommend it to a wide audience.” --MARC BEKOFF, University of Colorado, author of Minding Animals and editor of the Encyclopedia of Animal Behavior “Fulton and Prasad have created a much needed guide to a method of helping animals heal that is gentle, intuitive, safe and powerful.” --SUSAN CHERNAK McELROY, author of All My Relations: Living with Animals as Teachers and Healers WHETHER YOU’RE A NEWCOMER TO THE FIELD OF energy medicine, an experienced practitioner or an animal lover committed to learning everything you can about your companion’s health, Animal Reiki will open your eyes to a new level of healing and well-being. From dogs and cats to horses and birds, this book is everything you need to understand and appreciate the power of Reiki to heal and deepen the bond with the animals in your life.

The traditional symbols of the Usui System of Reiki take a key position in this unique tradition. Without them and their mantra's, Reiki is not possible. The dedication rituals necessary for the practice of Reiki as well as the complex healings can only be accomplished on the foundation of Usui symbols with the certainty and effectiveness one expects from Reiki. Written in a remarkably precise and lucid style by two foremost authors on Reiki, this compendium reveals indispensable information of tremendous spiritual value.

A beautifully designed introduction to reiki, the Japanese system of energy healing. Practiced throughout the world, reiki has the phenomenal power to activate your body's natural healing processes, boost your overall wellbeing and bring you closer to a sense of wholeness. Through simple tips and exercises, this Little Book will teach you how to use this practice to improve your life and feel more connected to others, to the world around you and to yourself. CONTENTS INCLUDES: Question - The Power of Touch Action - The Power of Pain Intention - The Power of the Mind Affirmation - The Power of Yes You have a choice. There is a path out of pain, anxiety, burnout, and the feeling of complete overwhelm. This book is your invitation to choose that path. “Patel shares how to tap into subtle energy shifts through simple yet powerful practices that you can do on yourself.”—Goop When Kelsey Patel was struck by searing back pain in her twenties while working on Capitol Hill, she had no idea that repressed emotions could manifest as debilitating anxiety and physical pain. What healed her was empowering herself to choose how she lived her life. In Burning Bright, her first book, Kelsey shares the self-care techniques that helped get her body, health, and emotions back into alignment: Reiki, emotional freedom technique, meditation, yoga, and more. Now a spiritual coach, Reiki master, and wellness expert, Kelsey has helped thousands struggling with burnout and anxiety. This book is filled with stories, hard-won wisdom, profound empathy, and the secrets to reexamining thoughts and breaking negative patterns. You will learn how to: • practice Reiki on yourself, without a master; • interrupt anxiety cycles with tapping, breathwork, and journaling; • perform simple rituals that can boring you peace in any situation; • ground yourself and get back into your physical body; • release emotional and physical blocks so that your energy can flow freely; • establish a solid foundation of self-worth and self-care. As you use these techniques to align with your priorities, you’ll watch your authentic life unfold—a life of harmony, fulfillment, purpose, and joy. Burnout makes you feel like there is always more, more, more to do, but the truth is, you are enough right now without any more doing. Learn how to feel this truth because it’s time for you to start burning bright.

Burning Bright

I Can Show You I Care

Compassionate Touch for Children

Bella the Butterfly Mindfulness Colouring Book

A Comprehensive Guide

Teens Ask Deepak

The Big Book of Reiki Symbols

Reiki master Diane Stein (author of Essential Reiki, 300,000 copies sold) distills more than 25 years of experience as a hands-on healer, guiding readers seeking a deeper level of knowledge through the three degrees of healing. Includes practical information for aspiring professionals on how to set up a reiki practice. Illustrated with black-and-white drawings.

The Surprising Science Behind Meditation, Reiki, Crystals, and Other Alternative Practices

Reiki for Dogs

Reiki for Me

When I Go Low