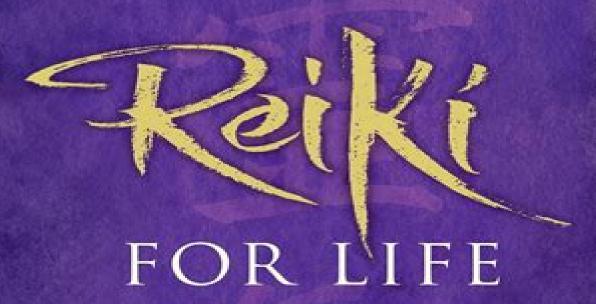
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The Reiki Manual Penelope Quest, Kathy Roberts, 2012-02-02 Reiki is a holistic system for balancing healing and harmonising all aspects of the person body mind emotions and spirit encouraging deep relaxation and the release of stress and tension and promoting awareness and spiritual growth This comprehensive manual provides much needed support for students and teachers who want to ensure best practice It can also be used by people who have taken Reiki courses and want more information or wish to update their skills and work professionally or simply treat themselves family and friends informally The first three sections cover levels Reiki 1 Reiki 2 and Reiki 3 Information is given in an accessible structured and interactive way to increase understanding knowledge and experience The final section of the manual contains reference material specifically for students who wish to become professional practitioners and for Masters who wish to expand the scope of the training they can offer to their students This final section also provides the foundation for additional courses or workshops on topics such as health and safety and managing a successful practice Reiki for Life Penelope Quest, 2019-12-31 Explains what Reiki is how it works and how it can be used to heal yourself and others Reiki Collection Penelope Quest, Kathy Roberts, 2012-01-17 Get these two books on the increasingly popular Reiki healing technique an over 35 value for only 23 99 Penelope Quest is one the most respected and sought after teachers and practitioners of Reiki a powerful energy healing technique Now readers can enjoy and learn from her seminal works Reiki for Life and The Reiki Manual at a special introductory price Reiki for Life An exciting and comprehensive handbook Reiki for Life contains everything readers need to know about the healing art of Reiki This practical guide covers all points basic routines details about the power and potential of each level special techniques for enhancing Reiki practice and helpful direction on the use of Reiki toward spiritual growth Penelope Quest also compares the origins and development of Reiki in the West and the East revealing methods specific to the original Japanese Reiki tradition Suitable for beginners experienced practitioners and teachers alike this book explains what Reiki is and how it works gives detailed instruction in First and Second Degree techniques illustrates how to perform Reiki on yourself as well as others advises on how to become a Reiki Master teacher

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Shamanic Reiki Drumming Fay Johnstone,2023-08-15 A complete guide to shamanic drumming for enhancing Reiki practice Shares Reiki drum techniques and step by step shamanic practices to strengthen the potency of Reiki symbols and treatments and bring empowerment healing connection and clarity to you and your clients Looks at selecting a drum attuning to its unique power and how to use it for self healing and for work with clients Explains the essence of shamanic journeying with a drum including how to set intentions access and navigate the three shamanic worlds meet spirit guides and connect deeply with your intuition Combining the drum with reiki allows a practitioner to deepen their practice by integrating vibrational sound and shamanism In this guide reiki master and shamanic teacher Fay Johnstone explores reiki drum techniques and step by step shamanic practices to bring empowerment healing connection and clarity to you and your clients Exploring the magic of the drum Shamanic Reiki Drumming explains the essence of shamanic journeying including how to access and navigate the three shamanic worlds meet spirit guides and connect deeply with your intuition Outlining different techniques of drumming for yourself and others the author presents a shamanic reiki treatment fl ow protocol for the basic

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