



# Principles of Reiki: What it is, how it works, and what it can do for you (Discovering Holistic Health)

*Kajsa Krishni Boräng*

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## **Principles of Reiki: What it is, how it works, and what it can do for you (Discovering Holistic Health)**

Kajsa Krishni Boräng

Reiki is an ancient Japanese healing system based on channelling spiritual energy through the hands. Taught through initiation, it is extremely effective for treating many health and emotional problems, and brings a profound sense of relaxation and peace.

This concise introduction covers the history and spiritual principles of Reiki, how it is taught and practiced and what to expect from a Reiki treatment. The author explains how Reiki can be used in healing in everyday life and how to find a Reiki teacher. Interesting and informative case vignettes are included throughout.

Written in an engaging style, this book is ideal for anyone considering Reiki treatment, or simply interested in finding out more about this healing system. Students and practitioners of Reiki will also find it to be a useful reference, and a perfect introduction to recommend to clients.

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