



Reiki The Essential Guide to the Ancient Healing Art

By Chris Parkes

Ebury Press. Paperback. Condition: New. 192 pages. Dimensions: 8.3in. x 5.3in. x 0.6in. Reiki is a Japanese word meaning Universal Life Force Energy. Drawing on ancient practices, Reiki balances the energy in the body, renewing vitality and bringing about a powerful feeling of serenity and relaxation through the laying on of hands. Reiki can be used to relieve the problems associated with stress, tension, chronic illness and post-operative pain. In this revised and updated edition, Chris and Penny Parkes explain what to expect from a treatment, how it works and how it can be of benefit and even show how you too can train to practice Reiki. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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