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Sommario/riassunto	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. A Written in an eng