

1. Record Nr.	UNINA9910972474403321
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Titolo	Principles of Reiki : what it is, how it works, and what it can do for you / / Kajsa Krishni Borang ; foreword by Wanja Twan
Pubbl/distr/stampa	London, : Singing Dragon, 2013
ISBN	9780857011091 085701109X 9781299190696 1299190693
Edizione	[Rev. ed.]
Descrizione fisica	1 online resource (130 p.)
Collana	Principles of...
Disciplina	615.8 615.852
Soggetti	Reiki (Healing system)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Principles of Reiki: What it is, how it works, and what it can do for you; Foreword by Wanja Twan; Acknowledgements; Introduction; 1 My Story; 2 What is Reiki?; 3 Initiation and Lineage; 4 History of Reiki - The Lineage; 5 Wanja Twan, my Reiki Master; 6 A Reiki Treatment; 7 First Degree Reiki; 8 Second Degree Reiki; 9 Reiki for Animals and Plants; 10 Living with Reiki; 11 Reiki Combined with OtherMethods of Healing; 12 How to Find a Reiki Master; 13 The Spiritual Principles of Reiki; Afterword; Further Reading; Useful Websites
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