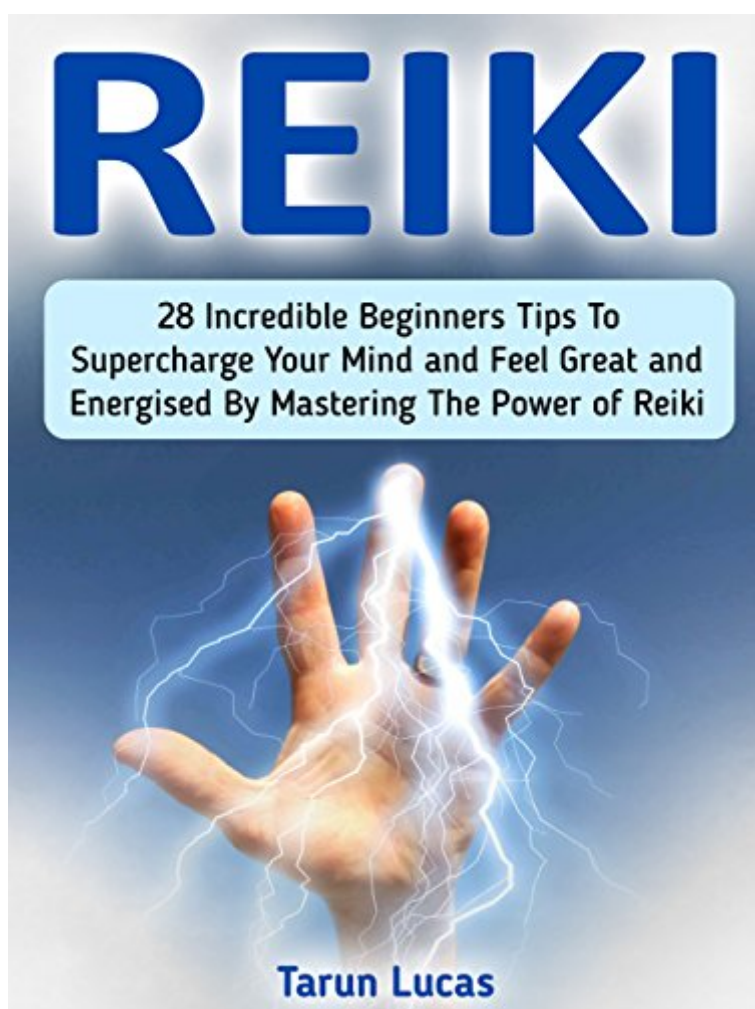


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# **Reiki: 28 Incredible Beginners Tips To Supercharge Your Mind And Feel Great And Energised By Mastering The Power Of Reiki (reiki, Animal Reiki, Karuna Reiki)**



## Synopsis

If you've been searching for a daily practice that can make sharpen your mind and make you feel more energized and renewed physically, mentally and spiritually, then you could benefit from the self-healing techniques of Reiki. This eBook explains what Reiki is, how it developed and how it enables you to channel energies that you didn't know existed and powerful techniques for self-healing. You will learn how to use Reiki to remove toxins from your physical body and toxic thoughts and behaviors from your mind. This eBook uncovers the history of Reiki and unveils how you can practice it for better physical, mental and spiritual health. You will gain a comprehensive overview of this growing and powerful practice and how you can incorporate it into your life. You will learn: What Reiki is. How Reiki works. The seven energy channels essential to Reiki. The names and special roles of these energy channels. The fundamental principles of Reiki. The importance of attunement. How to prepare for attunement and what you should do afterwards. How to prepare your mind, body and spirit for Reiki and a more abundant life thereafter. You will learn how to use Reiki to be present, to let go of old hang ups, bad habits and insecurities. In return, you will live a life filled with gratitude, grace, fulfillment, positive energy and purpose for lifelong tranquility and happiness. This eBook is the start of your journey of self-discovery, revitalization, and a longer, healthier, and more productive life. Getting Your FREE Bonus Download this book, and find "BONUS: Your FREE Gift" chapter right after the introduction or after the conclusion. Download your copy of "Reiki: 28 Incredible Beginners Tips To Supercharge Your Mind and Feel Great and Energised By Mastering The Power of Reiki" by scrolling up and clicking "Buy Now With 1-Click" button.

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## Customer Reviews

Every word I read while reading this book was the truth. I am truly inspired to have started the ways of Reiki in my life and the healing of self has begun. Thank you for such a wonderful book.

I think it was a great overview of what reiki really is!

I thought the book was promising the intro made me think it was going to be good but as I read it I thought.....ok people want the meat and potatoes quite literally so the book is saying you need to become a vegetarian and trust me I know some sickley looking vegetarians.....there are thin skinny pathetic looking....and me I eat meat I look way way way healthier and stronger then the sickley vegetarian.....so no chance I am becoming a vegetarian. Secondly it suggest you need a "rekei master" to complete some ceremony and I read a lot of spiritual stuff and not anyone of them suggest needing a personal consultation with them or anyone else...basically I found the book a real turn off

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