



## Traditional Reiki for Our Times: Practical Methods for Personal and Planetary Healing

By Amy Zaffarano Rowland

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Traditional Reiki for Our Times: Practical Methods for Personal and Planetary Healing, Amy Zaffarano Rowland, A comprehensive training manual for the introductory levels of this popular healing therapy. Takes the reader step-by-step through traditional Reiki level I and II classes, with comprehensive instruction in the basic hand positions. Includes photographs and medical illustrations. Discusses Reiki's origin and purpose, the attunement process, and the many scenarios in which Reiki can provide appropriate healing support. Reiki, a touch therapy used to recharge and rebalance the body's energy, is quickly joining other complementary therapies like acupuncture and massage in such conventional settings as hospitals, hospices and psychotherapy practice. An ancient hands-on healing art with origins in the Tibetan sutras, Reiki is a means for both active self-care and administering to others. This comprehensive book takes the reader step by step through traditional Reiki level I and II classes, discussing Reiki's origins and purpose, describing the attunement process by which a student is imbued with the power to channel life-force energy, and illustrating the many scenarios in which Reiki is an appropriate support for healing. Comprehensive instruction in the basic hand positions and extra...



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