The Reiki Sourcebook - Brownen & Frans Stiene

The Reiki Sourcebook is a comprehensive and authoritative guide to the practice of Reiki, a healing art that originated in Japan. This book provides a step-by-step approach to understanding the principles and techniques of Reiki, making it accessible to students and professionals alike. It covers the history of Reiki, its philosophical and spiritual foundations, and practical applications for both self-healing and treating others. The book also includes a detailed guide to the various Reiki symbols and rituals, as well as chapters on Reiki and the chakras, the meridian system, and the use of crystals. Whether you are a beginner or an experienced practitioner, The Reiki Sourcebook is an indispensible resource for anyone interested in the power of Reiki.