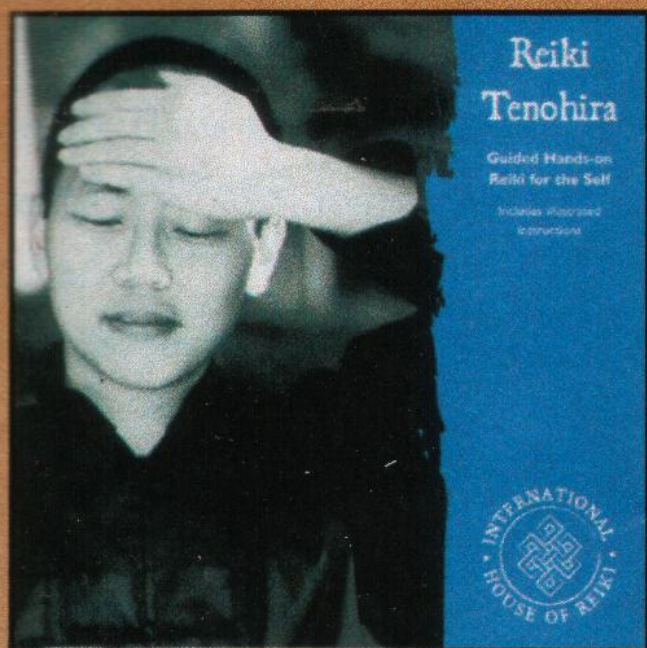


WS



Reiki Tenohira Hands-on Reiki for the Self

The International House of Reiki

Beautifully spoken by Bronwen Stiene, this cd was made for Self-healing.

If you have a Reiki practice, a meditation practice or if you would like to begin any type of healing or spiritual practice,

this cd will inspire you. There is a short introduction including an explanation of the alluring Japanese history of Reiki Tenohira and a recommended way of practice.

That is followed by a 30-minute guided practice of the 21 hand positions for self-healing through Reiki – as Bronwen comments “self-healing is a must for all Reiki practitioners.” Its perfect for becoming familiar with the positions and for promoting the discipline most helpful for a regular and uninterrupted practice. The third track is a 30-minute piece of music without instructions or speaking for advanced practice and for those wishing to move towards an independent, regular practice. There is nothing esoteric or metaphysical about this cd, it’s a practical tool for self-healing through Reiki. It is however, not at all ordinary. Part of a 3 cd Reiki series, it is available at www.reiki.net.au.

a^{TO} zen

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