SY TIM BOOK

on the body to balance energies and speed up the Relki is a holistic technique in which hands are placed Stiene—they studied in Japan and founded the of Reiki (O Books, \$39.95), Frans and Bronwen natural healing process. In The Japanese Art Sydney—offer practical advice on reiki tech-International House of Reiki in 1999 in Newtown, supports you in feeling more connected to niques with step-by-step photographs. "Reiki life," the husband-and-wife team told WHO.



The book "is a guide for people who want to ... connect to life spiritually."

—Rebecca Dettman

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