



The Everything Guide to Reiki: Channel your positive energy to promote healing, reduce stress, and enhance your quality of life (Everything (New Age))

Phylameana Iila Desy

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The Everything Guide to Reiki is a comprehensive resource for readers interested in this ancient Japanese hands-on therapy, which has been proven to reduce stress, promote healing, and enhance quality of life. Beyond learning the basics of Reiki's history, readers learn about the placing of hands, how to harness negative energy, promote a healthy immune system, and alleviate specific ailments such as chronic pain, digestive issues, infertility, and depression. Featuring a section on how to get certified and open up your own Reiki practice, *The Everything Guide to Reiki* is the ideal guide for readers interested in this ancient therapy.

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