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hands, how to harness
negative energy,
promote a healthy
immune system, and
alleviate specific
ailments such as
chronic pain, digestive
issues, infertility, and
depression.

The Everything Guide to Reiki eBook by Phylameana Lila

...

Reiki is rooted in the
philosophy that one
person's transfer of

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energy can stimulate healing energy in another. "It's based on the idea that an unseen universal life-force energy flows through us," says Andrea Hakanson, a licensed massage therapist and Reiki master, and author of *Y. "In yoga, we call it prana; the Japanese call it ki."*

Reiki 101: Everything You Need

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Your Guide to Reiki,
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Energy Healing and Manifesting | The ...

Reiki therapy is an alternative healing method based on channelling the universal energy through the hands of the Reiki practitioner. Our bodies are pure energy and like a flowing river, if there is a block, the water cannot travel through it. So too with our energy.

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Best Reiki Books to Read in 2020 - Getting Started to ...

The Everything Guide
to Reiki / Adams Media
/ Norma Medley First

position: Hands are
placed over the
recipient's face. Place
your palms gently on
the forehead, cupping
your fingers lightly
over the eyes. Take
care not to constrict
the recipient's
breathing, keep the
nostrils' airways open.

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Reiki Hand Placements for Treating Others

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This same technique
applies for me when I
am doing Reiki
treatments on others.
When I find an area of
the person's body that

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has a blockage, and I feel that we need additional information about this, I use the same process of connecting with my guides to receive a specific answer.

Know Your Reiki Guides... the Art of Listening | Reiki

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Guide in our series of
3 Reiki Manuals
covering the complete
guide to the Usui
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healing. In the Usui

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of the past is gone Feel
yourself moving freely
again Unencumbered
by guilt and shame and
judgment You have
everything you will
ever need right here in
this moment Don't try
to be someone else
Don't try to "fix ...

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