



# Reiki para principiantes (Reiki for Beginners) (Spanish Edition)

*David F. Vennells*

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**Millones de personas alrededor del mundo se han beneficiado del reiki.**

Gracias a este libro introductorio, ahora tú también conocerás los principios básicos de este sistema simple, pero profundo que te conducirá a través de los distintos niveles energéticos hacia la sanación y el crecimiento espirituales.

Entre otras cosas, con Reiki para principiantes aprenderás a:

- o Curar diversas enfermedades y padecimientos físicos, mentales y emocionales.
- o Resolver problemas en el trabajo y en el hogar.
- o Ser más creativo, mejorar tu memoria y sentirte guiado y protegido en todo momento.
- o Desarrollar la compasión, la sabiduría, la paciencia y la empatía.

Además de narrar la fascinante historia de esta técnica ancestral, este libro te guiará por sus tres grados de aprendizaje y te mostrará la estrecha relación que existe entre esta práctica, la meditación y el budismo. Como resultado, aprenderás a tratar con reiki tu propio cuerpo y el de los demás.

## ENGLISH DESCRIPTION

**Winner of the Coalition of Visionary Resources (COVR) Award for Best Alternative Health Book**

Millions of people worldwide have already benefited from the healing practice of Reiki. With the help of this introductory Reiki book, you can learn the basic principles of this simple, yet profound system for healing and spiritual growth that works on an energetic level. Make the most of Reiki from a practical point of view as you explore its spiritual essence:

Heal yourself and others physically, mentally, and emotionally

Develop compassion and wisdom

Heal plants and animals

Resolve relationship issues at work or home

Complement and strengthen other therapies

Send healing energy to local or world situations such as war, natural disasters, crime, or poverty

Be blessed, guided, and protected

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