



The Reiki Healing Bible: Transmit Healing Energy Through Your Hands to Achieve Deep Relaxation, Inner Peace and Total Well Being

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Discover how learning to channel your thoughts can help you take control of your life. Transmit healing energy through your hands to achieve deep relaxation, inner peace and total well-being. Reiki is a system of healing that originated in Japan and dates back to the end of the nineteenth century. It is practiced by the simple process of the laying on of hands to channel healing energy through the practitioner to the recipient. This healing can take place on many levels. Reiki is: A system of energy healing using spiritually guided life force energy. A useful tool for self-awareness and transformation. A noninvasive therapy. Practiced throughout the world. Used in hospitals, private practice, self-care, and in conjunction with many other therapies. Reiki teaches us that pain, suffering, and illness are caused by separation from the oneness of creation. In other words, it is our loneliness, our feelings of isolation, that cause the pain and suffering. We are on a planet spinning around a solar system and we don't really know where we are going. To most people this is such a frightening realization that it is far easier to completely block it out and focus their attention on something less immediate.

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