



Reiki: Heal Your Body and Your Life with the Power of Universal Energy (Hay House Basics)

Torsten A. Lange

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Discover the key benefits, major techniques, and spiritual essence of the system of Reiki.

This book explores:

- the history of Reiki, including new information not currently found in any other book
- the original techniques and ways to bring them to life for everyday use
- real-life stories that demonstrate the deep healing this system offers
- 'The Reiki Principles' and how you can embrace them in your life
- the symbols of Reiki and how to work with them

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