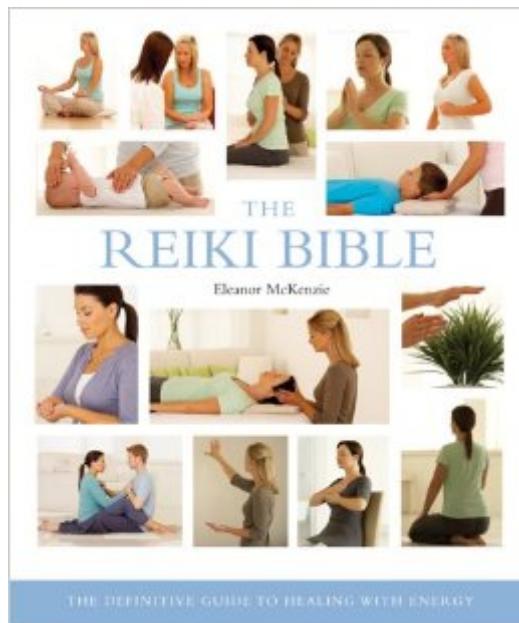


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# The Reiki Bible: The Definitive Guide To Healing With Energy



## **Synopsis**

Reiki practitioners have unlimited access to healing energy for themselves and others. For this reason, it has quickly spread across the globe as people use it to cure ills, soothe emotions, and live the life they want. The Reiki Bible provides a comprehensive, stunningly designed guide to this ancient spiritual system. It covers Reiki's origins and development; the energy and body systems; and the three levels of Reiki. All the hand positions appear in easy-to-follow captioned photographs, and there's advice on using Reiki for friends and family; at all life stages; for health and well-being; for alleviating common conditions; and in tandem with other therapies.

## **Book Information**

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## **Customer Reviews**

I've bought several Reiki books, some better than others, when I found this one at the store. It's fairly inexpensive, full of color photographs, glossy and aesthetically pleasing. So I took a chance and bought it, and I'm glad I did. The thing about Reiki is that 1) You can't learn it from a book, you must be attuned, and 2) There isn't a whole lot that you HAVE to know in order to give Reiki to yourself and others. Once you advance past the first level, there's more to learn and remember, but for the most part if your Reiki 1 teacher handed out supplementary materials, you're good to go. As such, I've found with most Reiki books that they pretty much repeat what were in my class materials (in a bit more detail, of course) and a whole lot of "In my experience..." type stories that are inspiring and encourage you to keep practicing but aren't directly linked to enriching your personal practice of

Reiki.What's neat about this book is that it does go into the history of Reiki and energy practice/healing in general, talks about the original Masters that learned from Usui, and then proceeds into actual methods originating from Reiki and outside of Reiki that can enrich your practice and integrates them. There are energy exercises originating from yoga, Tai Chi/Qi Gong, and general visualization meditations that help you in a variety of ways including (but not limited to) feeling the energy, centering, balancing, grounding, and more. They go into great depth about the hand positions for general Reiki treatments, and also offer alternative hand positions if something is not possible or uncomfortable for the practitioner or patient. I personally encountered some discomfort due to an injury when performing self-treatment and there are alternate hand positions offered in this book that made self-treatment a possibility without inducing pain (which is kind of defeating the purpose) on myself. Additionally, they offer series of hand positions that are specifically designed to work on specific ailments, like migraines, specific illnesses, menstrual issues, etc. Instead of it just being simplified to "put your hands where it hurts", it targets the associated organs that are either the root of the problem or hurt by the problem in classic Chinese medicine.This Reiki Bible is indeed a wonderful reference piece. It's small, portable, and whenever I have a question or a problem that my original class and materials don't seem to address I go to it and usually find the answer I'm looking for. A lot of materials and references are quick to talk about Chakras (which this book also does), but the original concepts of Chi are much more closely related to Reiki than Chakras, and I've found that other books and even the materials I received from my attunement are completely lacking the information about Chi imbalances and what role the organs play in energy balancing and healing.Ultimately, if you took a good Reiki class, you probably already have all you need to deliver treatments to yourself and others. But the knowledge packed into this little book really deliver a lot of knowledge about the associated branches of medicine and energy and is a fantastic resource for the price. It'll also give you some additional knowledge to help you explain Reiki and what exactly Reiki does when people ask instead of the usual "balances energy imbalances/the chakras." I definitely recommend it!

I love this book,I took Reiki 1 & 2 ,the classes came with a manual. This book has everything I learned put into one spot. It has wonderful pictures to show where to place your hands & also has information about chakras & how to treat specific ailments.

Contains so much information about Reiki in one book. I've read several Reiki books, but they've only talked about a few aspects of Reiki. This book is all inclusive. The only book you'll need on the

subject.

I teach Reiki and find the Reiki Bible an excellent, easy to study book and is also complete so no need to buy other Reiki books. The step by step illustrations are very explicit and easy to apply, my students are very happy to study this book.

Very comprehensive & easy to read. As a reiki master I especially enjoyed the down to earth "egoless" approach. I will be adding this book to my suggested reading list.

I am taking an online course in Reiki and then will become certified through a practitioner in my area. This book has proven to be a great resource for me. It is well layed out and offers clear directions and great illustrations and pictures. If I have any complaints, it would be that I wish it had been published in a little bigger format for measier use. A definte plus for anyone interested in the subject.

Just a wonderful book to learn the history of the Reiki Teaching and how it has originated to the United States. Teaches you Proper technique and gives you the understanding of how to do Reiki Properly. A must have for beginners and person who have studied reiki for years or even decades, This book has it all.

Reiki for me is the way I use to help people ...this book explain many ways we can give people this gift. Have many pictures and show how to place hands. Its handy and I have it around when I gave reiki. Good for beginers. In very good conditions and deliver fast.

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