



Reiki: A Comprehensive Guide

Pamela Miles

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Perhaps the gentlest alternative healing therapy in the world, Reiki has gone mainstream. A form of energy healing developed in early twentieth-century Japan, Reiki is rapidly breaking into conventional medicine because of its ease of use, its immediate benefits, and, perhaps most important, the element of self-care inherent in the practice.

And yet, Reiki remains a mysterious healing art due to the paucity of reliable resources on this therapy. For those who seek guidance in bringing Reiki into their lives, Pamela Miles's *Reiki* is bound to become an indispensable friend. Considered by many to be the country's foremost Reiki expert, Miles introduces the newcomer to the history of Reiki; offers descriptions of first-degree, second-degree, and Master training; and details how individuals can treat themselves. For the advanced practitioner, she provides in-depth insight into continued practice as well as information on current and forthcoming research that will lead to greater integration of this healing therapy into conventional medicine.

Among the first Reiki Masters to bring this healing therapy into hospitals, Pamela Miles uses her unique background to explain how Reiki complements conventional medical treatments and helps patients recover from invasive surgical procedures. *Reiki* also discusses the way Reiki can ease the symptoms of conditions such as AIDS, cancer, insomnia, depression, anxiety, and more, as well as the side effects of medication.

With compassion, wisdom, and more than thirty years' experience as a healer, Miles shows readers how simple-and powerful-it is to take an active role in their own well-being by using one of the fastest-growing alternative therapies in the world.

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Exactly why? Because this Reiki: A Comprehensive Guide is an unordinary book that the inside of the guide waiting for you to snap it but latter it will shock you with the secret the idea inside. Reading this book next to it was fantastic author who all write the book in such remarkable way makes the content within easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book have got such as help improving your ability and your critical thinking technique. So , still want to hold up having that book? If I were being you I will go to the publication store hurriedly.

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