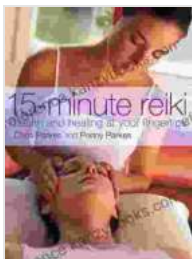


Unlock the Healing Power of 15 Minute Reiki: A Comprehensive Guide to Health and Well-being at Your Fingertips

In today's fast-paced world, it's more important than ever to prioritize our health and well-being. Traditional medicine has its limitations, and many people are turning to alternative therapies for a more holistic approach to healing.

One such therapy is Reiki, an ancient Japanese healing technique that utilizes the power of universal life energy to promote physical, emotional, and spiritual well-being.



15-Minute Reiki: Health and Healing at your Fingertips

by Chris Parkes

★★★★☆ 4.5 out of 5

Language : English
File size : 2791 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 224 pages



The book "15 Minute Reiki Health And Healing At Your Fingertips" is a comprehensive guide to this transformative therapy. Written by experienced Reiki Master and teacher Phyllis Furumoto, this book provides a step-by-step approach to practicing Reiki in the comfort of your own home.

What is Reiki?

Reiki is a gentle, non-invasive healing technique that works by channeling universal life energy through the practitioner's hands. This energy is believed to promote relaxation, reduce stress, and stimulate the body's natural healing abilities.

Reiki can be used to treat a wide range of ailments, including physical pain, emotional distress, and spiritual imbalances. It can also be used to support overall well-being and personal growth.

Benefits of 15 Minute Reiki

The "15 Minute Reiki" approach is a simplified and accessible way to experience the benefits of Reiki. By practicing Reiki for just 15 minutes each day, you can:

- **Reduce stress and anxiety**
- **Improve sleep quality**
- **Boost your energy levels**
- **Relieve pain and discomfort**
- **Strengthen your immune system**
- **Promote emotional healing**
- **Enhance spiritual growth**

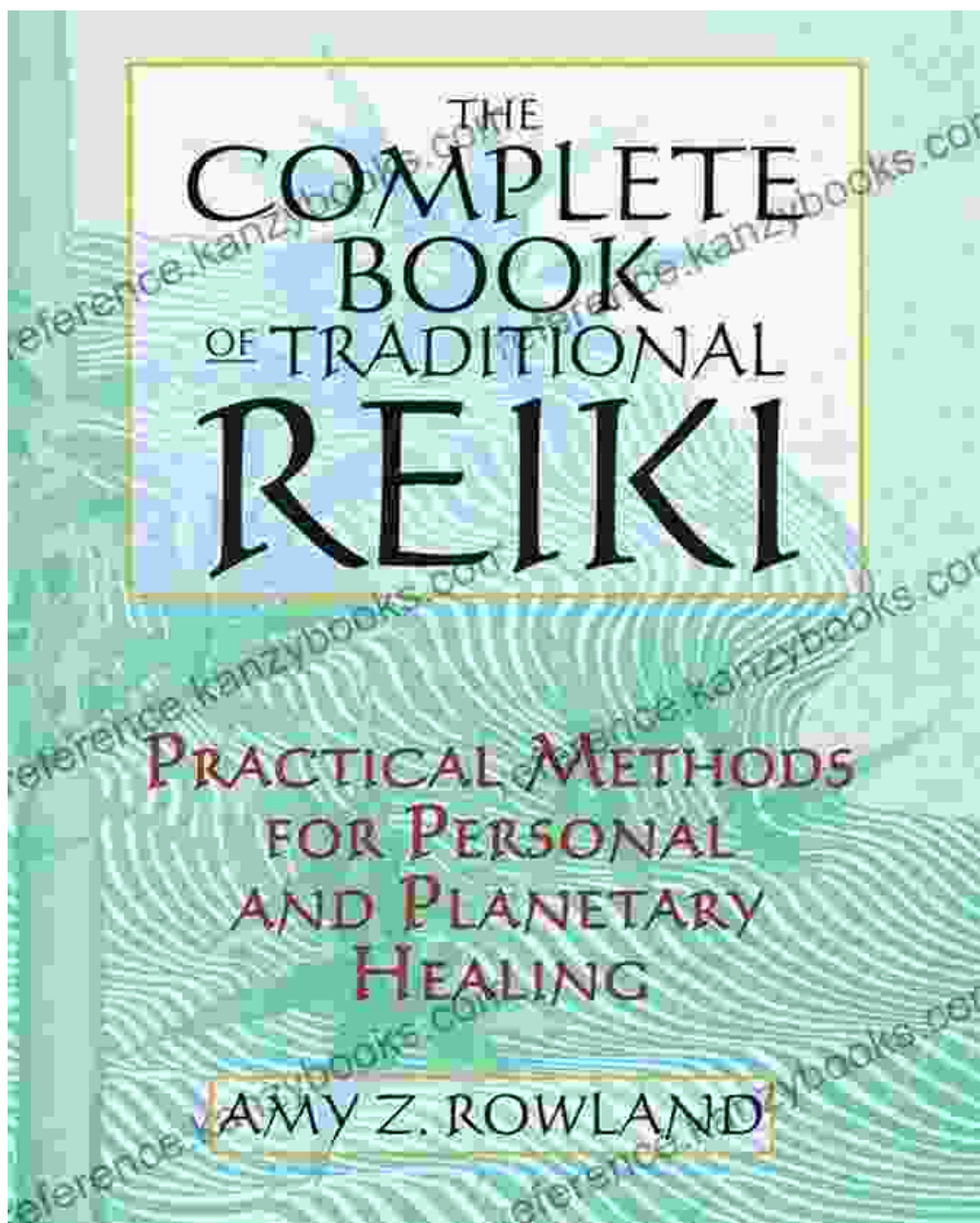
What's in the Book?

The "15 Minute Reiki Health And Healing At Your Fingertips" book is divided into four parts:

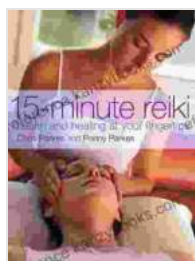
1. **to Reiki:** This section provides an overview of Reiki, its history, and its principles.
2. **15 Minute Reiki Practice:** This section guides you through a series of 15-minute Reiki sessions that you can practice on yourself or others.
3. **Reiki for Common Ailments:** This section provides specific Reiki techniques for addressing common ailments such as headaches, back pain, and anxiety.
4. **Advanced Reiki Techniques:** This section introduces advanced Reiki techniques such as distant healing and chakra balancing.

If you're looking for a natural and effective way to improve your health and well-being, "15 Minute Reiki Health And Healing At Your Fingertips" is the perfect resource.

This comprehensive guide provides everything you need to know to practice Reiki in the comfort of your own home, and experience the transformative benefits of this ancient healing therapy.



Free Download your copy today and unlock the healing power of Reiki!



15-Minute Reiki: Health and Healing at your Fingertips

by Chris Parkes

★★★★☆ 4.5 out of 5

Language : English

File size : 2791 KB

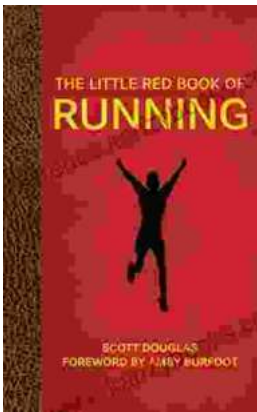
Text-to-Speech : Enabled

Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 224 pages



Book Review: In Controluce Scatti Di Epilessia

In Controluce Scatti Di Epilessia Author: Elisa Serafini Publisher: Postcart Edizioni Publication Date: 2019 ...



The Little Red Book of Running: A Comprehensive Guide to the World's Most Popular Sport

Running is one of the most popular sports in the world. It's a great way to get fit, lose weight, and relieve stress. But if you're new to...