



Reiki For Beginners: The Ultimate Crash Course To Reiki Healing, Increase Focus, Energy & Decrease Stress (Reiki, Chakras, New Age, Numerology, Mindfulness Meditation, Ayurveda, Yoga)

Dagny Walters

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Are You Ready To Learn Reiki (100% Suitable For Beginners!)

Welcome To Reiki For Beginners!

***** Bonus Content Inside - Get My Future Books For FREE *****

Reiki is an oriental art and technique that manipulates the said flow of energy to attain optimal wellness. The general gist of the technique is that it facilitates the flow of energy or 'ki' through its main medium – the hands. This is why it is also known as 'palm healing.' If performed properly, stress will be greatly reduced and the body's functioning will be enhanced, thus enabling relaxation and, ultimately, improving the quality of life.

If this is the very first kind of mindfulness you've decided to familiarize yourself with, then you have made a great choice. Reiki is a straightforward and can be enjoyed and benefited from regardless of your age or current skill level!

Step By Step, No Complications!

Here's A Preview Of What You'll Learn...

- Getting Started With Reiki - The Health Benefits, Learning Curve And Misconceptions Etc.
- Reiki Symbols - An Explanation Of The Symbols, Healing Process And Time Frame
- The Chakras, Aura And The Meridian (With TONS Of Chakras To Get You Started!)
- Body Positions Explained
- Supplementary Reiki Techniques Including Breathing Exercises & The Use Of Crystals
- BONUS - Future Books For Free!
- And Much, Much, More!

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