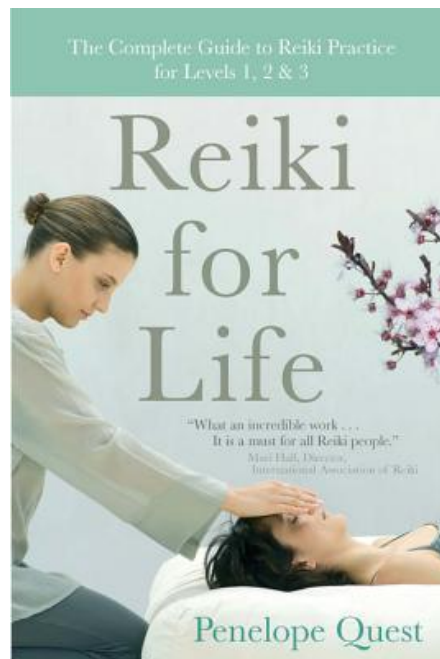




Reiki for Life: The Complete Guide to Reiki Practice for Levels 1, 2 & 3

Penelope Quest

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The must-have guide to self-healing and treating others with Reiki.

An exciting and comprehensive handbook, "Reiki for Life" contains everything readers need to know about the healing art of Reiki. This practical guide covers all points: basic routines, details about the power and potential of each level, special techniques for enhancing Reiki practice, and helpful direction on the use of Reiki toward spiritual growth. Penelope Quest also compares the origins and development of Reiki in the West and the East, revealing methods specific to the original Japanese Reiki tradition. Suitable for beginners, experienced practitioners, and teachers alike, this book:

- *explains what Reiki is and how it works;
- *gives detailed instruction in First and Second Degree techniques;
- *illustrates how to perform Reiki on yourself, as well as others;
- *advises on how to become a Reiki Master/teacher; and
- *includes special advanced methods for working with Reiki.

Complete with illustrations and a useful section of resources, "Reiki for Life" is a must-have for the tens of thousands of Western seekers anxious to learn about this fast-growing healing practice.

Reiki for Life: The Complete Guide to Reiki Practice for Levels 1, 2 & 3 Details

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Author : Penelope Quest

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From Reader Review Reiki for Life: The Complete Guide to Reiki Practice for Levels 1, 2 & 3 for online ebook

Kelly says

An amazing guide; I'll have to come back to it if I do Level 2

Paul says

Filled in the gaps that my reiki course left out

Lumineia says

This was a comprehensive and easy to read overview of Reiki. I learned so much and discovered so many additional methods for working with Reiki that I never heard of before! I am planning to read all of Penelope's books! She is very knowledgeable on the subject. I highly recommend this book for anyone interested in learning about or practicing Reiki.

Garrett Dunnington says

This was perhaps a good read to read about the process of being "initiated" as a Reiki professional, but as far as learning how exactly to use / do Reiki without being initiated, it is not so good for that. I am not going to criticize it for such a superficial reason as that, seeing as there was a enough information to digest unbeknown to myself. In fact, it is probably something great to recommend to souls out there who want to be enlightened to this relatively new practice and discipline.

Elizabeth Kovar says

I loved this book it came at the right time after I studied reiki to enhance my knowledge

Velma says

I absolutely found this book a valuable read. I enjoy Penelope's style of writing....warm, informative, concise, and precise. I am happy I read it!

Esther Tucker-boyer says

Great book for beginners

Terra says

GREAT INFO!!

Kosjitov says

Penelope Quest goes through the ins and outs of reiki, attunements, philosophy, and setting up your own practice. I intend to buy this book for my permanent shelf when I become attuned.

That being said, I only gave this book 4 stars. If I could give a further half star I would for the quality of the content as well as the direct approach to reiki. There is little fluff in this book which makes for an almost text book like read for those who are serious about the study and eventual practice of energy medicine. Unfortunately without being attuned and educated on symbols for reiki, one can only appreciate half of the book. Full practitioners will likely get more out of its later chapters and the setting up a business practice process. One of my few qualms about the book is that I feel there was more of a metaphysical bent to the text than I had imagined. Other than that, it was great.

I am personally using and abusing the ideas contained within for my own energy work, so I think for others interested in auras and similar laying on hands work, this is a useful and educational read if you can subtract the thought of "reiki only".

Meredith Kendall says

pretty good, might use as text for class

Satia says

I really liked this book and would say it is a "must have" for anyone who is a Reiki practitioner. For more:

<http://satia.blogspot.com/2010/09/rei...>

Edy says

Great introduction and detailed overview of the self healing therapy that originates from Japan. I have been intrigued by reiki since I began seeing a practitioner a couple months ago due to stress. I wish more people would take ownership over the stress in their lives and do the self reflection it takes to figure out how to live more honest and meaningful lives. I think we would have world peace if everyone just calmed down!

“There is an old Zen Buddhist saying: ‘Before enlightenment chop wood, carry water; after enlightenment

chop wood, carry water.' No matter how spiritual your life may become, you will still need to work in some manner to feed yourself, clothe yourself, keep yourself warm and live comfortably. Doing your work honestly also means being honest with yourself, as well as with others— it means accepting yourself for who you are. So just for today do your work honestly. Use Reiki and meditation to discover your life's purpose, so that you can LIVE what you LOVE.”

Martine says

Provides comprehensive information about Reiki.

Christina says

This would probably be a higher rated book for people who've taken at least one reiki class. The second half of the book is pretty useless for anyone who hasn't. Lot's of good info though!

Kristi says

I liked this book a lot. It was a good read with interesting information about Reiki. I did not know much about Reiki at all but this book was very to the point and informational. I really like how it gave a well rounded overview of Reiki and wasn't filled with extreme stories of awesomeness.
