



The Power of Reiki: An Ancient Hands-On Healing Technique

By Tanmaya Honervogt

St. Martin's Griffin. Paperback. Book Condition: New. Paperback. 144 pages. Dimensions: 9.2in. x 7.4in. x 0.4in. The definitive guide--over 300,000 copies sold worldwide--now reissued in an updated edition for today's readers! Whether you are looking to ease the effects of chronic illness or simply feel fatigued and would like to have more energy, the age-old wisdom of Reiki may offer the help you seek. Reiki is a form of touch healing that has its roots in Buddhist Sanskrit scriptures and has been practiced by those in the East for centuries. Now you can tap into the vein of this restorative power. Reiki master Tanmaya Honervogt, who has been practicing and teaching this touch therapy for over 25 years, has filled *The Power of Reiki* with easy-to-follow explanations and instructions that are accompanied by many helpful photographs, introducing you to every aspect of this health method. A practical, beautifully-illustrated guide to traditional Reiki, *The Power of Reiki* contains all you need to incorporate the tremendous healing power of this ancient art into your daily life. The inspirational history of Reiki and the special attunement process by which its healing wisdom is handed down from one master to the next. The specific Reiki hand positions used to...



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