



Reiki, the Healing Touch: Japanese Reiki Techniques and Hayashi Healing Guide

William Lee Rand

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The knowledge that an unseen energy flows through all living things and directly affects the quality of health has been part of the wisdom of many cultures since ancient times. The existence of this "life energy" has been verified by recent scientific experiments, and medical doctors are considering the role it plays in the functioning of the immune system and the healing process.

Reiki, a technique for stress reduction that also promotes healing, allows everyone to tap into an unlimited supply of "life energy." Reiki was discovered by Dr. Mikao Usui, a Japanese Buddhist, early in the 20th Century. Reiki is easy to learn. It has been successfully taught to thousands of people of all ages and backgrounds. A treatment feels like a wonderful glowing radiance that flows through you and surrounds you. It creates many beneficial effects including relaxation and feelings of peace, security and well being. Many have reported miraculous results. Hospitals and doctors' offices are beginning to include it as part of their therapy, and this new edition describes several successful approaches now being used across the US to integrate Reiki into patient care.

This revised and expanded edition includes important new information on the theory and practice of Reiki, including the Japanese Reiki Techniques taught by Dr. Usui as well as the Hayashi healing guide. Also included are pictures of the Usui Memorial in Tokyo, and of Mt. Kurama where Reiki was rediscovered.

This book is a must for anyone wanting the latest information on Reiki. Its referenced history of Reiki contains the most detailed and verifiable information currently available. Written with inspiration, clarity and vitality, it captures the essence of Reiki and is an excellent introduction to the subject as well as a user-friendly manual for the experienced practitioner.

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From Reader Review Reiki, the Healing Touch: Japanese Reiki Techniques and Hayashi Healing Guide for online ebook

Claudia Johnson says

As a Reiki Teacher, this is the manual I use in my own classes. It is clear and helpful and my students have always found it to be a good resource.

Claudia Turner says

This felt more like a classroom guide than a book. For what it is- a basic overview of Reiki, an extraordinary practice of universal life energy healing- it's unextraordinarily sufficient. While there's nothing special or unique in the material or format of the book itself to merit more than 3 stars, I still appreciate the concise, clear presentation.

Paul Kerr says

Awesome

Steven Wright says

Every apprentice and master should still have his copy

Maria Peth says

Excellent starter manual for Reiki students and Master teachers to use as a classroom text. Includes an overview of the Reiki, the history, and the process. Illustrations are good, materials are supported by ICRT Reiki membership association.

Sari says

This was a very easy read. Some interesting history about Reiki. Some repetitive information, but it helps to cement the facts. Diagrams helped with the explanations. Looking forward to taking the Reiki 1 class tomorrow.

Erin says

A wonderful summary of Reiki's Japanese history and the principles of practicing Reiki. However, this book is more effective for those who have a working knowledge of Reiki. I would recommend it for readers who have already been attuned in either Reiki Level I or Level II. For a cold introduction to Reiki, I would recommend some of the Reiki websites and maybe a book by Bronwen and Frans Stiene like The Japanese Art of Reiki.

Ann says

It is a reference book so it is hard to rate it. I read through the whole book, and will now go back and study the parts I want to learn from. It has great pictures for hand placements and covers many forms of healing. I thought it seemed to jump around a bit when it came to subjects and was not always clear on what the differences are between Reiki I Reiki II. I would however recommend it for anyone who is interested in studying Reiki.

Kate says

This is the text I use for Reiki I & II classes. It is very clearly presented and is full of fascinating info about Reiki.

Amanda Buffington says

i love this book, it taught me soo much :) i reccomend it to anyone looking into reiki :)

Andrea says

I am a few weeks away from taking the reiki master class. This manual was great to help me brush up on my reiki I and II classes. This is something that I will refer to over and over again.

Sherry Giardiniere says

My first book used for my first two Reiki classes in Reiki I and II by my first teacher. A good start for me.

Stephen Mitskavich says

This book contains historical information and practical information about healing energy and its use.

Amelia Murray says

Being a Reiki healer level II I enjoyed it and felt it was very informative. I also like the easy writing style, holds my attention.

Cyndi says

the go to book for the Reiki master or anyone interested in Reiki. I re-read this book in order to clarify my knowledge and heighten my awareness of my Reiki energy.
