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# Reiki And Crystals And Healing Stones Box Set



## Synopsis

Get the Beginners Guide to Reiki Healing - and Learn About Chakras, Auras and Energy Flow What is Reiki? That's the big question. So what? Big deal? What's all the fuss? Those are the questions that roll around people's minds when I mention Reiki and the art of laying on hands. It is essentially the combination of two Japanese words - Rei and Ki that come together to form the meaning: universal life energy. It is an ancient tradition that has been passed down through the history of Japan, and it has spread through many cultures, though through different names. Laying on hands is something that has been prevalent in the eastern world and has really had an influence in every religion that has been founded upon the belief of a higher power. Even in the Christian Bible, there are passages speaking about the gift of laying on hands. Reiki is simply the formation of that information and the culmination of everything that has been gathered up to this point. Practitioners are dedicated to helping heal and transfer essential energy to those that they are working with and those that need help. Here is what you will learn: Rei and Ki Traditional Vs. Western The Three Pillars of Reiki Signs and Wonders Chakras and Auras The Five Principles of Reiki Are You Interested in Knowing More About Crystals Their Uses and Healing Powers? This audiobook will give you a quick understanding of some of the uses of the more common crystals you can find. For thousands of years, crystals have held a sacred and honored place among those who seek spiritual enlightenment, transformation, peace, and power. With this book, you're going to get a quick look at some of the more common crystals that you'll find at any local crystal shop and what they represent to those looking to do chakra work, meditation, or just carry them with them.

## Book Information

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