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## Learn Reiki: First Degree - Shoden (Paperback)

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By Nathaniel

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Learn Reiki: The First Degree Manual is a complete guidebook to the practice of the first degree of Reiki, called Shoden. Written by a Reiki practitioner and teacher, the book includes: Exercises and techniques, that originate in the days of Mikao Usui in Japan. Meditations that will help you improve your Reiki practice and help you on the path of spiritual growth. It includes the classic Reiki meditations of Gassho and Joshin Kokyu Ho. Safety rules that will help you make sure that your Reiki practice is safe and effective. Hand positions on illustrations that will guide you through the entire self-treatment, full treatment, short treatment and chakra balancing sessions. In addition, learn what Reiki is and what it is not; learn the short history of Reiki; understand the principles of spiritual cleansing and grounding; what should you expect from Reiki practice; learn to meditate with Five Reiki Principles; and more.



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