

Libro completo de Reiki

Complete Book of Reiki



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This complete manual gathers for the first time in one volume all the levels of Reiki. It includes charging and energy manipulation exercises based on the bioenergy of Alexander Lowen, bioenergy techniques and Taoist meditation, yoga exercises, meditation, the use of prayer and crystals. It is aimed at public in general "from the layperson to professionals" and contains the courses given by Jose M^a Jiménez Solana, a Reiki master, in Spain. The language is clear and precise. Reiki is a way to get better, to heal oneself and to rebalance the bioenergy based on the universal energy and in touch with our divine being. Combined with other practices (yoga, crystals, opening and cleaning of chakras, etc) Reiki is highly effective in making a connection with our superior being, get rid of the stress and anxiety of modern life, recover inner peace, relaxation and harmony, restore and improve our health, as well as promote prosperity and our development at all levels.

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"Bioreiki" 2002, "Karuna Reiki" 2008, "La Meditación Bioreiki y la respiración multidimensional" 2003 (Gaia Ediciones, Spain).

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