



Living The Reiki Way: Traditional principles for living today (Paperback)

By Penelope Quest

Little, Brown Book Group, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book. Practising Reiki is not simply about healing others - it is also about healing yourself and growing spiritually. In LIVING THE REIKI WAY, Penelope Quest offers practical and spiritual guidance on how you can absorb the six key Reiki principles into your everyday life. They are: * Live in the now* Live without anger* Live without worry* Live with gratitude* Live with kindness* Work honestly and diligently By encouraging us to live by these principles in the present, Penelope Quest will help us to achieve long-term happiness and contentment.



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- Justus Hettinger