



Reiki, Pure and Simple (Paperback)

By Elaine Hamilton Grundy

The Reiki Centre Pte Ltd, Singapore, 2010. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Written clearly, thoughtfully and practically, Reiki, Pure and Simple is the ideal book for those looking for a straightforward, all-round introduction to Reiki. As well as explaining how Reiki works, how to best use it, and what benefits to expect, Elaine also takes you through the remarkable healing journey of many other practitioners and clients, presenting quantitative data and key findings gleaned from an international Reiki survey carried out in 2010. 87 of people noticed more peace after Reiki 80 noticed more happiness 80 experienced less stress 75 were less anxious or worried 73 were less angry A great believer in the power of Reiki as a self-healing tool, Elaine firmly and convincingly argues her case here, backed by strong supporting evidence. It is Elaine s hope that, as holistic and conventional medicine continue to converge, with Reiki gaining greater acceptance in the medical profession, hospitals, emergency rooms, and care homes, we will all benefit from a more complete and effective way of taking care of our health and wellness. I don t lash out so quickly. When I am...



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