Reiki is an ancient healing art passed down through generations, rediscovered by Dr. Mikao Usui in Japan. It involves the channeling of life force energy and is a simple hands-on technique that anyone can learn. This manual may be used for teaching Reiki Level I certification courses or simply by those interested in energy healing and self-development. \*Learn how to use the Reiki energy for hands on sessions, both to heal yourselves and others. \*Develop your psychic senses and open up intuitively through the Reiki energy. \*Meet your Reiki guides in spirit and learn to communicate with them. \*Learn the main chakras and about auras. \*Learn to use a pendulum to detect energy and answer questions. \*Specific treatments for many ailments.

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