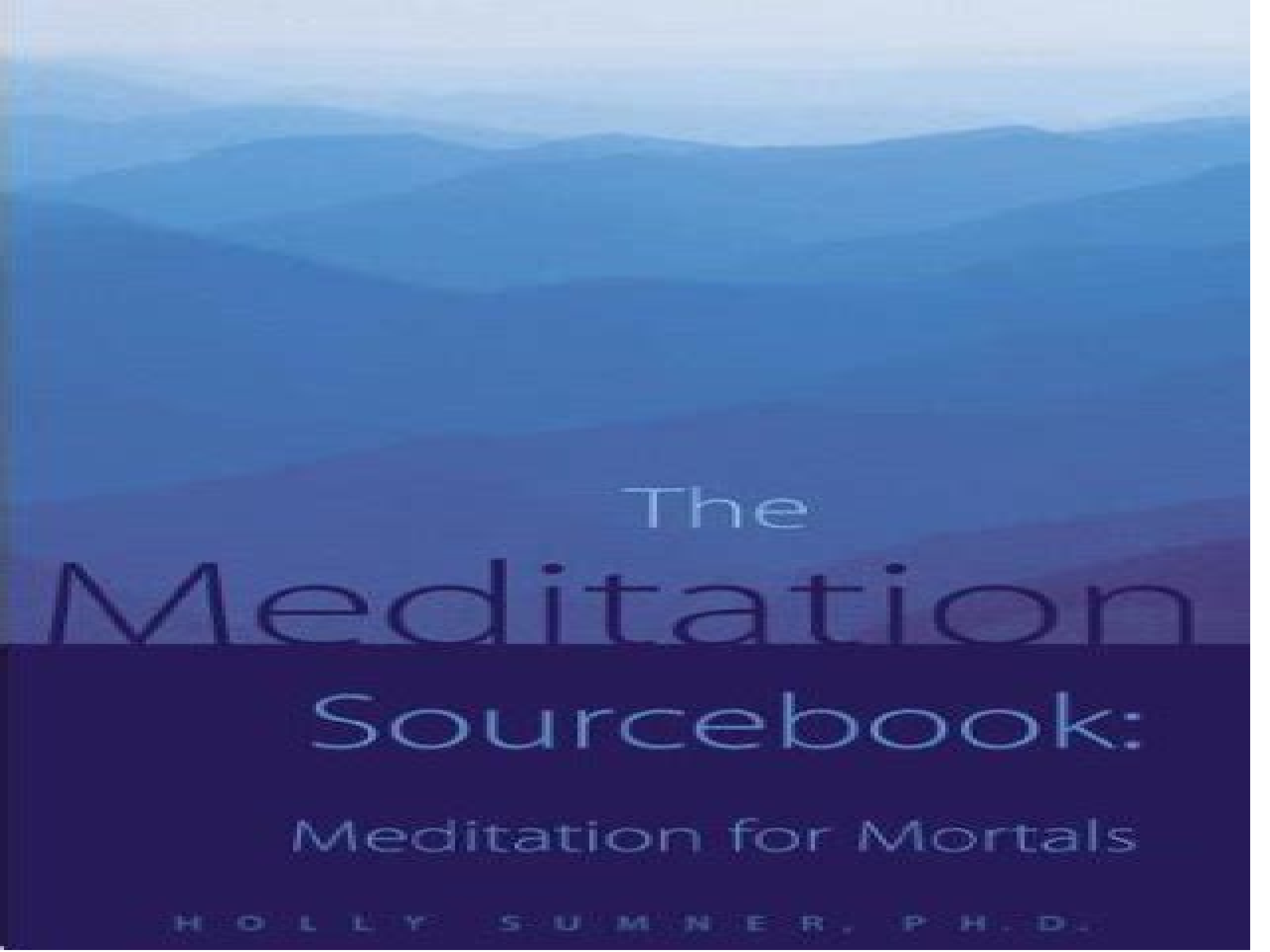




The Meditation

Sourcebook:

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HOLLY SUMNER, PH.D.

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Holly Sumner



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through proper hand placement Use Reiki to alleviate specific ailments such as indigestion and foot pain Integrate Reiki into all aspects of daily life Written with the beginner in mind **The Everything Reiki Book** is a practical approach to all around wellness for the body mind and soul **The Healing Power of Reiki** Adams Media,2019-08-06 Learn all about the ever growing trend of energy healing with reiki and how you can tap into this ancient practice and reach your optimal mental physical and emotional well being Dive into the ancient dealing power of reiki Reiki is a Japanese energy healing technique that has been shown to reduce stress promote healing and enhance your quality of life In **The Healing Power of Reiki** you will learn the basics of reiki the history of this practice and how to harness negative energy and promote healing through hand placement This beautiful gift book can help you learn how to boost your mood heal yourself and live a happy balanced life

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Meditation Sourcebook The Meditation For Mortals Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Meditation Sourcebook The Meditation For Mortals**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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