



Essential Reiki: A Complete Guide to an Ancient Healing Art

By Diane Stein

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Reiki is an ancient and profoundly simple system of “laying on of hands” healing derived from Tibetan Buddhism. In the West, Reiki has been kept highly secret for many years. ESSENTIAL REIKI presents full information on all three degrees of this healing system, most of it in print for the first time. Teaching from the perspective that Reiki healing belongs to all people, Diane Stein breaks new ground in her classic guide to this ancient practice. While no book can replace the directly received Reiki “attunements,” ESSENTIAL REIKI provides everything else that the healer, practitioner, and teacher of this system needs.

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Editorial Review

From the Publisher

- * An invaluable video guide for students, practitioners, and teachers of the laying-on-of-hands healing tradition, available on DVD for the first time.
- * Includes more than four hours of instruction.
- * Universally formatted DVD plays on U.S. and international DVD players.
- * The perfect companion to Stein's ESSENTIAL REIKI and ESSENTIAL REIKI TEACHING MANUAL.

About the Author

DIANE STEIN is a popular and acclaimed healer and the best-selling author of Essential Reiki and 25 other books in the fields of metaphysical healing, women's spirituality, and alternative health. She lives and teaches in Florida.

THE AUTHOR SCOOP

Read any good books lately?

My favorite reading is science fiction, there are new good books coming out every day. Look at Sharon Shinn, Tamora Pierce, Ann Bishop, and so many more talented women fiction writers.

If you had to boil your book's message down to one sentence, what would it be?

Serve the Light, trust the Light, make a difference in the world with who you are and what you do.

What are you working on now?

I prefer to keep future books a secret until they are finished. No one will know until the manuscript is mailed in.

Do you eat your vegetables?

I have been a vegetarian since 1983. I do eat my vegetables.

If you had a superpower, what would it be?

Wonder Woman, of course.

How long did it take you to write this book?

I have been working with herbs for over 35 years, so you could say it took that long to write it.

Users Review

From reader reviews:

Michael Proctor:

Have you spare time for any day? What do you do when you have a lot more or little spare time? Sure, you can choose the suitable activity with regard to spend your time. Any person spent all their spare time to take a stroll, shopping, or went to often the Mall. How about open or perhaps read a book entitled Essential Reiki: A Complete Guide to an Ancient Healing Art? Maybe it is to become best activity for you. You recognize

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Linda Gordon:

A lot of people always spent their very own free time to vacation or even go to the outside with them family or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity honestly, that is look different you can read a book. It is really fun to suit your needs. If you enjoy the book you read you can spent the whole day to reading a reserve. The book *Essential Reiki: A Complete Guide to an Ancient Healing Art* it is rather good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. When you did not have enough space to bring this book you can buy often the e-book. You can more effortlessly to read this book from your smart phone. The price is not to cover but this book has high quality.

Bruce Delvalle:

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