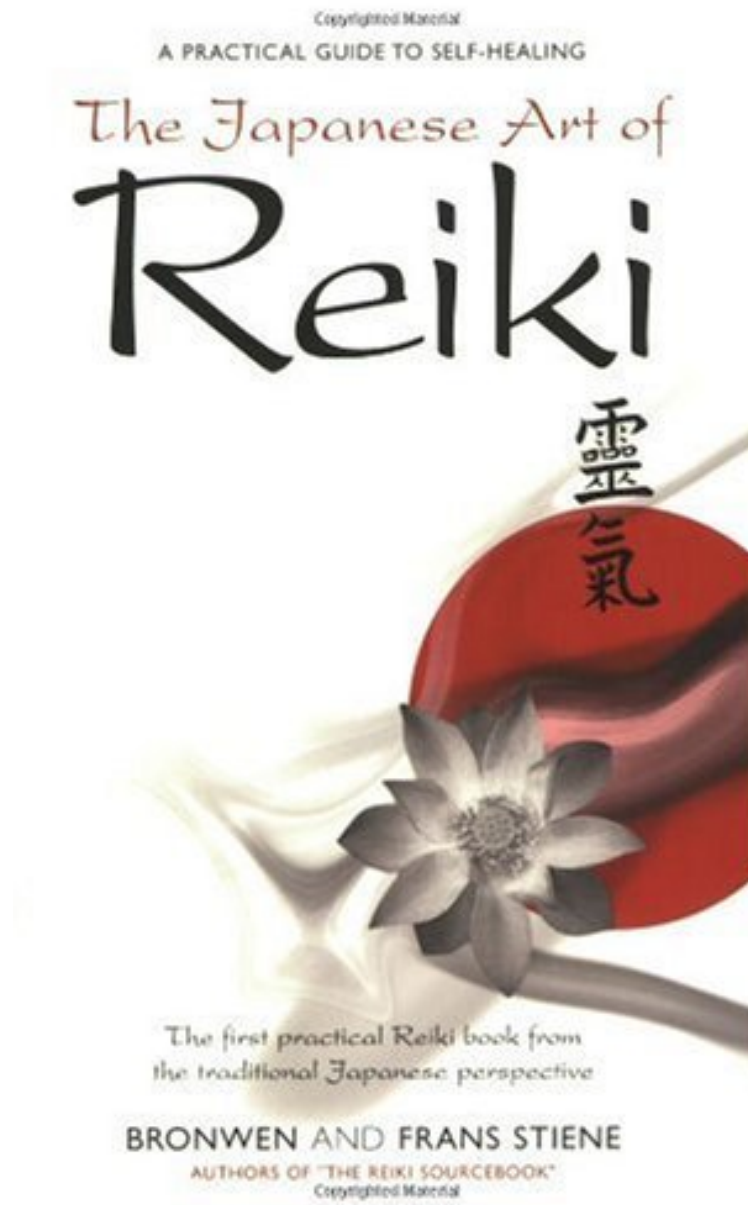


Japanese Art Of Reiki

Stiene

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Stiene : Japanese Art Of Reiki before purchasing it in order to gage whether or not it would be worth my time, and all praised Japanese Art Of Reiki:

3 of 3 people found the following review helpful. Great Resource: Answered My QuestionsBy Arcturus70"At any given moment, people all over the world are reassessing their lives." --quoted from the Introduction. Yes, this is where

I was when I began my quest to learn about Reiki, massage therapy, and other wellness avenues. I wanted to know more about natural healing and exercise. I was curious as to what exactly Reiki was--what it involved, and I wanted to know if it actually worked for people. I was looking for a reliable source. So, I purchased *The Japanese Art of Reiki* in the hopes that it would answer some basic questions. The book, which primarily focuses on self-examination, self-discipline, and self-practice, proved to be an excellent choice in that regard. Though it is a small book, it is full of thought-provoking ideas, probing questions, suggestions, and practices, which offer a genuine, doable introductory approach for the person seeking more about this intriguing art of mind/body oneness. Photos illustrate the moves and positions for different applications / meditations. There are many great sections in this book; however, the one that resonated with me the most is the one about "The Five Precepts": For Today Only...Do not anger...Do not worry...Be humble...Be honest in your work...Be compassionate to yourself and others (Pages 67-76). If you can actively follow that sage advice each day, you can handle whatever comes your way. I find myself repeating these while I am driving to work in the morning...a quick form of meditation. I also enjoyed inspiring "Tale of Sato," the story of a depressed lady who discovered healing, a renewed life, through Reiki. This story allowed me to see what can occur during a session. For those who want to know more about Reiki, for those who are reassessing their lives, this is a helpful "starter" book.

THREE MAJOR PARTS OF THE BOOK:
Part 1: The Power of Self-Healing
Part 2: Discovering Reiki
Part 3: Practicing Reiki

1 of 1 people found the following review helpful. More about Reiki than I ever thought there was. By Kit-Ten
Before reading this book and "Animal Reiki: Using Energy to Heal the Animals in Your Life" I thought Reiki only worked on people who believed in it and I have to see or feel something before I can believe. My one session with a Reiki practitioner was disappointing because I felt nothing. After reading this book I now think maybe more healing actually occurred than I was aware of at the time.

1 of 1 people found the following review helpful. I love this book
By c ingersoll
There is a lot of mumbo jumbo out there regarding Reiki. This book is clear, concise and may be a strong addition to your collection as a resource guide. The authors have provided the reading public with a jewel. I love this book!

Reiki techniques originated in Japan, in an intensely spiritual period of that country's history. This fully-illustrated book traces the system's evolution from a spiritual self-development system to a direct hands-on practice. The journey moves from Japan to the USA, out to the world, and back to Japan. Focussing on the basic elements in their historical context, this guide contains beautifully grounded information that captures a unique sense of the system's traditional Japanese roots. The clarity and accessibility of the teachings in the book redefine and strengthen the concept of Reiki as it is practised today.