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Reiki for Life: A Complete Guide to Reiki Practice for Levels 1, 2 & 3

Penelope Quest

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Reiki for Life is the definitive guide to the practice of Reiki techniques for both the beginner and the more experienced Reiki practitioner. Penelope Quest, a leading expert with a wealth of experience as a Reiki Master and former Vice-Chairman and Education Co-ordinator for the UK Reiki Federation, tells you everything you need to know. Whether you want to recap on the basic Reiki routines, follow detailed instruction on First and Second Degree techniques, discover how to use Reiki for spiritual growth or find out how to become a Reiki Master, this is the book for you. This classic text, used by teacher and student alike, has now been fully updated and expanded to include even more illustrations to help guide you through each level of Reiki plus the very latest on developments in Reiki training in the West, how the mind-body connection works, the Japanese tradition of Reiki and the legal requirements for Reiki practitioners.

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