



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

Penelope Quest

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The must-have guide to self-healing and treating others with Reiki.

An exciting and comprehensive handbook, *Reiki for Life* contains everything readers need to know about the healing art of Reiki. This practical guide covers all points: basic routines, details about the power and potential of each level, special techniques for enhancing Reiki practice, and helpful direction on the use of Reiki toward spiritual growth. Penelope Quest also compares the origins and development of Reiki in the West and the East, revealing methods specific to the original Japanese Reiki tradition. Suitable for beginners, experienced practitioners, and teachers alike, this book:

- *explains what Reiki is and how it works;
- *gives detailed instruction in First and Second Degree techniques;
- *illustrates how to perform Reiki on yourself, as well as others;
- *advises on how to become a Reiki Master/teacher; and
- *includes special advanced methods for working with Reiki.

Complete with illustrations and a useful section of resources, *Reiki for Life* is a must-have for the tens of thousands of Western seekers anxious to learn about this fast-growing healing practice.

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