



The Energy in Your Hands. Manual of Usui Reiki, Practical Guide for I, II Level and Reiki Master

Michele De Santis

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In this manual you will find all the information on all three levels of Reiki (I, II and Master level), with the integration of the original Japanese techniques. You'll discover the history of Reiki and its founder Mikao Usui, updated to the most recent studies.

The author will take you to the discovery and practice of this fascinating discipline, moving from the theory of 88,000 chakra to the rituals of opening and closing, by decoding the different sensations of the hands to the detailed explanation of the symbols and ceremonies for the tunes to all, but all the types of Reiki Treatment.

With 32 Video Teaching treated by the author to illustrate in a practical and effective techniques examined.

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ABOUT THE AUTHOR

Enthusiastic researcher of these disciplines related to psycho-physical well-being, I have obtained the certificate of Reiki Master, Holistic Bio Faith Healer and Master Practitioner of Neuro-Linguistic Programming. I have passionately devoted myself to the spreading and popularisation of these powerful techniques and I have actively promoted their knowledge through direct treatments' trials and the “tuning” and harmonisation of all those who wished to master these techniques themselves. My approach to Energy dates back to old experiences still present and disseminated in the interstices of my daily life, such as Yoga, Tai Chi Chuan, Qi Gong, Zhan Zhuang, Plantar Reflexology, Tibetan Rituals and Mentalphysics. All these experiences have invited me to explore multiple dimensions of physycality, way beyond its conception as a simple “assemblage of different parts”. I have immersed myself in a quantic dimension, in permanent contact with the intimate essence of existence: THE UNIVERSAL VITAL ENERGY.

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