



Get Started in Reiki: A Teach Yourself Guide (Teach Yourself: Reference)

Sandi Leir-Shuffrey

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More than 60 million Teach Yourself products sold worldwide!

The only truly practical guide to Reiki available--from one of the United Kingdom's leading Reiki Masters

Get Started in Reiki gives plenty of guidance on using Reiki for healing practices for yourself and others, with insight into techniques in health, illness, and the initiation process. Real-life case studies reveal the success of the practice and the ability of the author to teach and inspire, and this is the ideal book for anyone who is interested in practicing or even becoming a Reiki Master.

Includes:

- One, five and ten-minute introductions to key principles to get you started
- Lots of instant help with common problems and quick tips for success, based on the author's many years of experience.
- Tests in the book to keep track of your progress
- Guidance on becoming a Reiki Master
- Written by one of the United Kingdom's leading Reiki Masters.

Topics include: What is Reiki?; The history of Reiki; The Reiki precepts; Principles that govern the original form; The nature of illness; The nature of health; Initiation; First Degree Reiki part one: self-treatment; First Degree Reiki part two: treatment; Second Degree Reiki; Reiki Master's degree; Reiki in practice; Experiences with Reiki: the students; The nature of consciousness

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Ellen Weiss:

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