



# Yoga Journal Presents Your Guide to Reiki: Use This Powerful Healing Energy to Restore Your Body, Mind, and Spirit

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**Yoga Journal Presents Your Guide to Reiki: Use This Powerful Healing Energy to Restore Your Body, Mind, and Spirit** Yoga Journal

Discover the healing art of Reiki!

The Japanese healing art of Reiki enhances balance and amplifies energy while reducing stress, promoting healing, and significantly improving your quality of life. In *Yoga Journal Presents: Your Guide to Reiki*, you'll find expert information on the popular hands-on holistic therapy that encourages relaxation and eases pain by transmitting energy between the practitioner and recipient. This accessible and comprehensive guide teaches you how to:

- Identify where energy enters and leaves the body and encourage the flow of this energy where it is needed
- Connect with the Universal Life Force through a Reiki attunement
- Establish your personal Reiki routine for self-treatment and healing others
- Balance energy flow throughout the body
- Participate in Reiki shares
- Create a Reiki-centered spiritual lifestyle

Whether you're new to Reiki or already a practitioner, this guide will help you deepen your practice and restore balance throughout the body, mind, and spirit.

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