



## The Light Within: A Reiki Handbook (Paperback)

By Jacqueline M. Chin

AUTHORHOUSE, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Light Within provides answers to some of the most frequently asked questions regarding the energy-based healing system of Reiki. What was the historical time period in which Mikao Usui lived? What was his family's background? Was he Buddhist or Christian? Where was he formally taught? What happened on Kurama Mountain? What part did Kwan Yin (Kannon) play in the formation of Reiki? Who can use Reiki? Is there really only one correct form of Reiki? Who can benefit from this Method? This easy-to-follow guide is your introduction into real no nonsense information that is useful to the novice as well as the expert. Inside you will discover the methods by which you can discover the origins of illness and disease, the energy path ways, the five levels of the human energy field, and how to create a balance of the mind, body and spirit.

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