



Reiki Collection

Penelope Quest, Kathy Roberts

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Get these two books on the increasingly popular Reiki healing technique—an over \$35 value for only \$23.99!

Penelope Quest is one the most respected and sought-after teachers and practitioners of Reiki, a powerful energy-healing technique. Now, readers can enjoy and learn from her seminal works—*Reiki for Life* and *The Reiki Manual*—at a special introductory price!

Reiki for Life

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.

The Reiki Manual

Reiki is a holistic system for balancing, healing, and harmonizing all aspects of the person-body, mind, emotions, and spirit-encouraging deep relaxation and the release of stress and tension, and promoting awareness and spiritual growth. This comprehensive manual provides much-needed support for students and teachers who want to follow the best practices.

Covering Reiki levels 1, 2, and 3, this book conveys information in an accessible, structured, and interactive way to enhance the reader's understanding, knowledge, and experience of the practice. The final section of the manual contains reference material specifically for students who wish to become professional practitioners, and for Masters who want to broaden their training. This section also offers the foundation for additional courses or workshops on topics such as health and safety and managing a successful practice.

The *Reiki Manual* can be used:

*as student preparation before a Reiki class

*as a textbook during Reiki courses

*as post-course reading, or for reviewing what has already been learned (it includes revision questions and revision activities)

*by Reiki practitioners to help them practice in the best, most professional way
and by Reiki Masters as a guide to devise and deliver a Reiki course.

More extensive than any other Reiki book on the market, The Reiki Manual will be referred to by lay readers as well as devoted students for many years to come!

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