



## The Essence of Reiki: The Definitive Guide to Usui Reiki

By Dawn Mellowship, Andy Chrysostomou

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The Essence of Reiki: The Definitive Guide to Usui Reiki, Dawn Mellowship, Andy Chrysostomou, This insightful book will guide you through the methods taught by Usui-sensei in step-by-step detail so you too can practise the original system. From Usui-sensei's original teachings the authors have developed Active Reiki Healing to bring Reiki back to its original purpose. Reiki once again is a healing system that can be used to treat any condition, any illness, any injury, any emotional problem, just as Usui-sensei intended. You will learn how to use the Reiki symbols and their mantras with the added use of intention and visualization to treat illnesses and injuries directly using Active Reiki Healing. The spiritual nature of Reiki is explored and discussed in great detail to help you on your own path to enlightenment. You will learn how Reiki can be used to connect to your true spiritual nature and create the 'oneness' that will lead you to fulfillment and ultimately enlightenment.



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