



## Heal Your Life with Reiki: Flash

By Sandi Leir-Shuffrey

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Heal Your Life with Reiki: Flash, Sandi Leir-Shuffrey, The books in this bite-sized new series contain no complicated techniques or tricky materials, making them ideal for the busy, the time-pressured or the merely curious. Heal Your Life with Reiki is a short, simple and to-the-point guide to learning the principles of Reiki in a few short steps. Even if you are completely new to the tradition, in just 96 pages you will discover the basic techniques, enabling you to enjoy improved health and wellbeing. relieve pain grow spiritually balance life energies find greater wellbeing achieve wholeness and harmony.

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