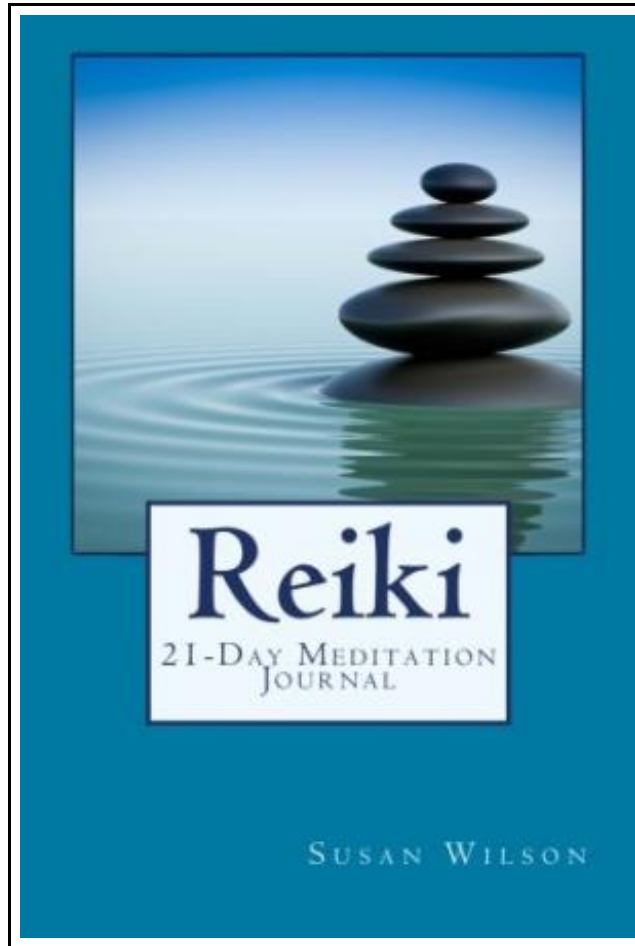


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This 21-day Reiki Meditation journal is designed to help you turn the principles of Reiki into a daily routine. The framework in this journal provides simple guidance along with a unique system to assist you on your journey. With daily dedication you will be able to calm your mind, focus on the important items in your life, make better decisions and develop a powerful, healthy habit that will create positivity and balance in your life. These attributes can only help you increase positive aspects in your life. Reiki is a stress reduction technique that incorporates prayerful meditation, the placing of hands and breathing techniques to promote healing and a heightened sense of well-being. Whether you are dealing with chronic pain, stressors in life or just working to set yourself up for success on a daily basis, this Reiki journal directs you toward positive aspects of practice and contemplative awareness to help you achieve your goals. As you work through this daily practice, you may find that you learn something new about yourself or experience a new thought of inspiration long forgotten. Follow your inner guidance, paying attention to how your gut feels and listening to what your heart is telling you. The framework provided by this journal will help you with personal growth and wellbeing, by helping you learn to adapt simple process into everyday life. Your personal journey will expand, growing to touch all aspects of your life as your body aligns. Eventually you will notice how taking time for yourself and doing your own work makes you better able to help and deal with others as well.



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