



## Reiki for the Heart and Soul: The Reiki Principles as Spiritual Pathwork

By Amy Zaffarano Rowland

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Reiki for the Heart and Soul: The Reiki Principles as Spiritual Pathwork, Amy Zaffarano Rowland, Reiki practitioners and teachers recognize Reiki as a gentle and powerful healing method. The path to becoming a Reiki practitioner, however, is more than just a commitment to energy healing. It is also a commitment to personal growth. In Reiki for the Heart and Soul, Amy Rowland details how reflection on the five core Reiki principles presented in both the Western and Japanese traditions--do not anger; do not worry; be grateful; do an honest day's work; be kind--can be used by practitioners of all levels and lineages as powerful tools for personal and spiritual growth. Living the five core principles reinforces Reiki's subtle energy healing: it heals wounded self-esteem and builds healthy self-respect; it demonstrates the creative power of a positive attitude; and it presents a way to peace. Rowland discusses various translations of the Reiki principles, demonstrating how to integrate their practical value through stories and interviews. She also offers specific techniques and exercises for healing anger and fear as well as living with gratitude, integrity, and compassion. These techniques will help maturing...



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