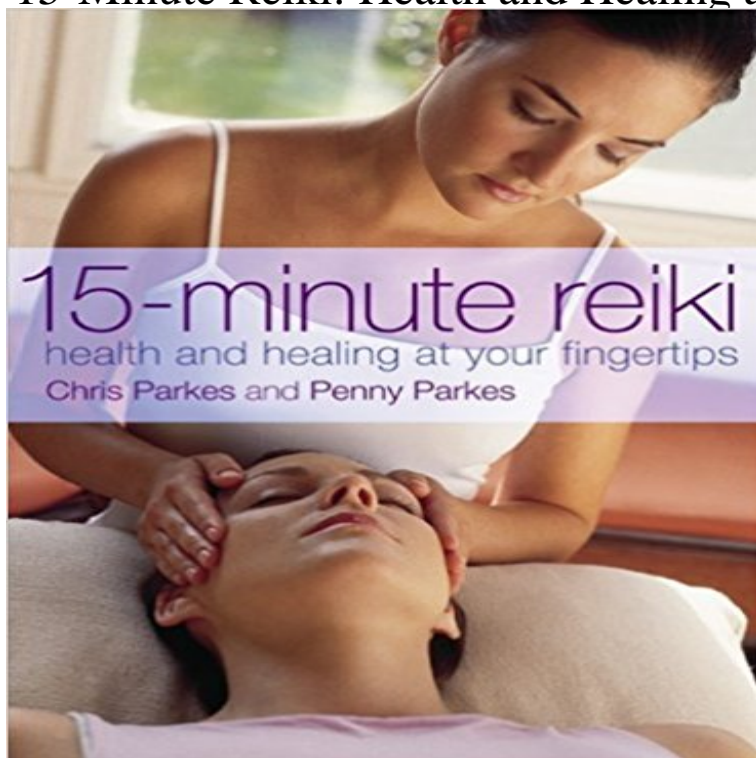


## 15-Minute Reiki: Health and Healing at your Fingertips



Bring the healing art of Reiki into your everyday life wherever you are and treat yourself and others in just a few minutes. Whether you are in a busy office, on a long-haul flight or simply trying to relax you can use your hands to restore energy, promote sleep and alleviate pain, stress and worry. 15-minute Reiki treatments for extensive range of health conditions and personal issues. Both authors are highly experienced Usui Reiki Masters and life coaches, and run their own popular and successful Reiki school with courses up and down the country. Summary of contents Part 1 All About Reiki. Explanation & history of Reiki, hand positions for self-treatment & treating others. Part 2 Healing with Reiki wide range of 15-minute treatments AZ of how to treat everyday complaints, e.g. sore throats, headaches, flu, PMS, panic attacks, RSI, toothache AZ of how to treat and support chronic conditions, e.g. asthma, ME, high cholesterol, HIV, cancer, IBS Reiki for first aid (burns, cuts, bruises etc) and travel (jet-lag, DVT, Sars-like viruses) Part 3 Reiki to Transform your life 15-minute Reiki exercises to nurture your spiritual well-being, raise self-esteem, restore your energy, harness your inner power, clear the past, forgive others and transform your life. Parts 4 and 5. Q&A section, hypnotherapy and Reiki, finding a teacher, resources. A very practical and comprehensive book that is easy to follow and easy to dip into. Ideal for all levels.

[\[PDF\] Unbound \(The Omega Trilogy Book 1\)](#)

[\[PDF\] Educational Psychology: Active Learning Edition, Video-Enhanced Pearson eText with Loose-Leaf Version -- Access Card Package \(12th Edition\)](#)

[\[PDF\] My Surfing: Trick Tracker 360 \(Cover Colors 360\) \(Volume 10\)](#)

[\[PDF\] Current Controversies - Smoking \(hardcover edition\)](#)

[\[PDF\] Seven for a Secret: A Novel](#)

[\[PDF\] Single-parent Families \(Families Today\)](#)

[\[PDF\] IEC 60143-3 Ed. 1.0 b:1998, Series capacitors for power systems - Part 3: Internal fuses](#)

**15-Minute Reiki: Health and Healing at your Fingertips - Google Books** Bring the healing art of Reiki into your everyday life wherever you are and treat yourself and others in just a few minutes. Whether you are in a busy office, on a **15-Minute Reiki: Health and Healing at your Fingertips eBook: Chris** Bring the healing art of Reiki into your everyday life wherever you are and treat yourself and others in just a few minutes. Whether you are in a busy office, on a **15-Minute Reiki: Health and Healing at Your - Google Books** Fingertips PDF. E.b.o.o.k 15-minute Reiki: Health and Healing at Your Fingertips by Penny Parkes. Chris Parkes. Bring the healing art of Reiki into your **Download 15-Minute Reiki: Health and Healing at your Fingertips by** Buy 15-Minute Reiki: Health and Healing at your Fingertips by Chris Parkes, Penny Parkes (ISBN: 9780007158911) from Amazons Book Store. Free UK **15-Minute Reiki Health and Healing at your Fingertips Chris Parkes** Trove: Find and get Australian resources. Books, images, historic newspapers, maps, archives and more. **15-minute Reiki: Health and Healing at Your Fingertips:** by Chris Parkes : 15-Minute Reiki: Health and Healing at your. Fingertips. ISBN : #0007158912 Date : 2004-06-07. Description : PDF-91673 Bring the healing **15-Minute Reiki: Health and Healing at your Fingertips Harper** Explanation & history of Reiki, hand positions for self-treatment & treating others. Part 2 Healing with Reiki - wide range of 15-minute treatments A-Z of how to **Images for 15-Minute Reiki: Health and Healing at your Fingertips** 15-Minute Reiki has 7 ratings and 0 reviews. Bring the healing art of Reiki into your everyday life wherever you are and treat yourself and **E.b.o.o.k 15-minute Reiki: Health and Healing at Your Fingertips by 15-Minute Reiki: Health and Healing at your Fingertips: Chris Parkes** 15-Minute Reiki: Health and Healing Ebook. Bring the healing art of Reiki into your everyday life wherever you are and treat yourself and others in just a few **15-Minute Reiki: Health and Healing at your Fingertips Eymundsson** 15 minute Reiki : health and healing at your fingertips /? Chris and Penny Parkes. Also Titled. Fifteen minute Reiki. Author. Parkes, Chris. Other Authors. Parkes **15-Minute Reiki: Health and Healing at your Fingertips - ALDI life** Bring the healing art of Reiki into your everyday life wherever you are and treat yourself and others in just a few minutes. Whether you are in a busy office, on a **15-Minute Reiki: Health and Healing at your Fingertips - The Times** 15-minute Reiki : health and healing at your fingertips / Bring the healing art of Reiki into your everyday life wherever you are and treat yourself and others in **Download 15-Minute Reiki: Health and Healing at your Fingertips by** Bring the healing art of Reiki into your everyday life wherever you are and treat yourself and others in just a few minutes. Whether you are in a **Summary/Reviews: 15-minute Reiki : Buy 15-Minute Reiki: Health and Healing at your Fingertips Book** by Chris Parkes : 15-Minute Reiki: Health and Healing at your. Fingertips. ISBN : #0007158912 Date : 2004-06-07. Description : PDF-91673 Bring the healing **Dymocks - 15-Minute Reiki: Health and Healing at your Fingertips by** Editorial Reviews. Review. In 15-Minute Reiki, Chris and Penny Parkes easily show the advantages of practising Reiki for as little as 15 minutes a day. I highly **Livros 15 Minute Reiki: Health and Healing at Your Fingertips (15** 15-minute Reiki shows you how to use this ancient hands-on healing technique to treat a wide range of conditions and ailments. **15-Minute Reiki: Health and Healing at your Fingertips** Explanation & history of Reiki, hand positions for self-treatment & treating 2 Healing with Reiki wide range of 15-minute treatmentsAZ of how to **15-Minute Reiki: Health and Healing at your Fingertips - Chris** Buy 15-Minute Reiki: Health and Healing at your Fingertips from Dymocks online BookStore. Find latest reader reviews and much more at **15 minute Reiki : health and healing at your fingertips / Chris - Trove** Bring the healing art of Reiki into your everyday life wherever you are and treat yourself and others in just a few minutes. Whether you are in a busy office, on a **A Childs Eye View of Reiki - Google Books Result** Bring the healing art of Reiki into your everyday life wherever you are and treat yourself and others in just a few minutes. Whether you are in a busy office, on a **15-Minute Reiki: Health and Healing at Your - Google Books** About the Book. Bring the healing art of Reiki into your everyday life wherever you are and treat yourself and others in just a few minutes. Whether you are in a **15-Minute Reiki: Health and Healing at your Fingertips free download [93]** 15-Minute Reiki: Health and Healing at your Fingertips 15-Minute Reiki: Health and Chris Parkes, Penny Parkes epub 15-Minute Reiki: Health and **15-minute Reiki: Health And Healing At Your Fingertips - Takealot** Bring the healing art of Reiki into your everyday life wherever you are and treat yourself and others in just a few minutes. Whether you are in a busy office, on a