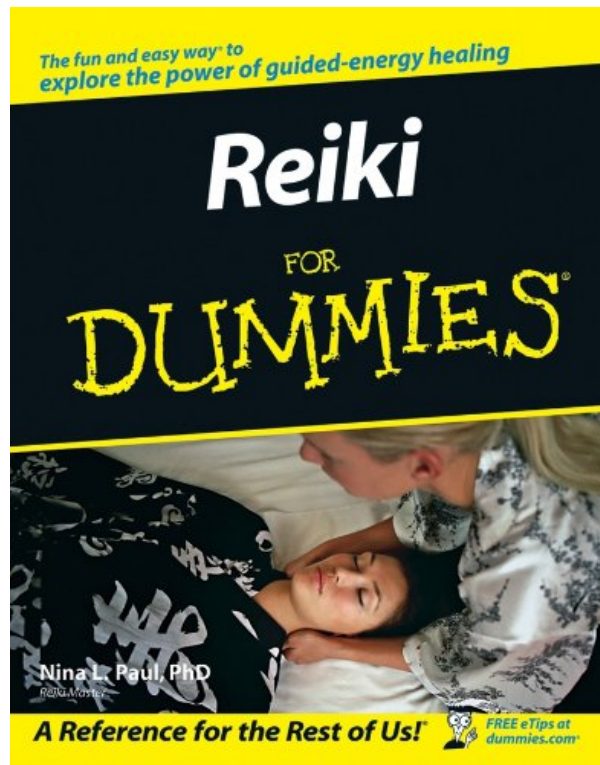


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# Reiki

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Nina L. Paul, PhD  
Reiki Master

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From the Back Cover

Understand Reiki's roots, principles, and therapeutic benefits

Find relief, peace, and enlightenment through Reiki

Reiki — a gentle, noninvasive healing practice — is now used by many as a complementary therapy for many conditions. This plain-English guide explains its origins and how Reiki channels life-force energy to alleviate physical and emotional pain. You'll discover what to expect in a session, how to treat yourself, and ways to share the power of Reiki with others.

Discover how to

- Understand Reiki positions and symbols
- Find a qualified practitioner
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- Speed the healing process
- Incorporate Reiki into daily life
- Become a Reiki healer

About the Author

Nina L. Paul, PhD, has worked in the field of science and health communication for over 20 years. She started down this path at SUNY Purchase, where she received her bachelor's degree in biology and performed research in the field of neuroimmunology. She also published articles for her college newspaper on scientific research topics.

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Millions of people seek ways to relax, promote healing, or connect with their soul. Reiki (pronounced ray-key) is a simple but profound healing system that was originally developed in Japan. Reiki means "spiritual energy" or "universal life-force energy." The Reiki system is universal because it can be used by people of any background or religion. Reiki For Dummies explains how you can harness this energy for yourself.

Reiki For Dummies is a plain-English Reiki guidebook. Discover what Reiki is, where it came from, and how to:

- Find and get the most from a Reiki treatment
- Use Reiki to boost your physical and emotional health
- Locate a Reiki class and become a Reiki practitioner

Reiki For Dummies is amply illustrated and full of useful information on:

- Reiki symbols (plus nontraditional symbols)
- Reiki hand positions (for giving Reiki to yourself or others)
- Reiki for pets and animals
- Reiki for children and adults
- Reiki and surgery or medicines
- Reiki at birth or end-of-life
- Reiki in the house, in the car, or at work

When you're ready to go further, Reiki For Dummies covers: Western and Japanese Reiki techniques; crystals, long distance Reiki, and setting up a successful Reiki practice.

Reiki For Dummies is for you whether you are just finding out about Reiki or you are a seasoned professional who is looking for a clearly written, up-to-date, inclusive, and comprehensive source of Reiki information.

Nina Paul, PhD (New York, NY), is a Reiki Master who uses Reiki to help herself and others. She has a doctorate in immunology and epidemiology and she believes in a holistic approach to health and wellness. Nina is also the author of the compassionate guide: *Living with Hepatitis C For Dummies* (0-7645-7620-8).

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Most helpful customer reviews

66 of 68 people found the following review helpful.

Excellent Reiki book

By tierrabear

I have read quite a number of Reiki books and this one is hands down the best all-around Reiki book that I have come across. It answered every single question that I have on Reiki. What I liked about it the most was the lack of "my way" in this book. Several ways of achieving the same goal are offered here so you are free to find your own style or method. So much information is packed into this book. Yes, the 4 symbols are included here and also several non-traditional symbols, including Karuna. You will not get attuned with this book, a Reiki Master Teacher must do that, but this book will be extremely helpful before and after being attuned to Reiki energy.

32 of 32 people found the following review helpful.

A great source of enlightenment and information!

By C. Truelove

Whether you have taken Reiki classes, received Reiki, or want to understand what Reiki is...this is the book for you. Clear and exact information for the well versed and the novice. I suggest this book for anyone with

any desire to understand Reiki from the Root to the Crown.

29 of 29 people found the following review helpful.

plain English

By NoNa

I am newly attuned to Reiki I and needed a comprehensive guide. This book is written in plain English without a lot of spiritual gibberish which tends to make Reiki seem that it is accessible only to gurus and New Age devotees. Covers everything, well organized and readable, and the appendices provide lots of resources for those who want to dig more deeply into Reiki study and practice.

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