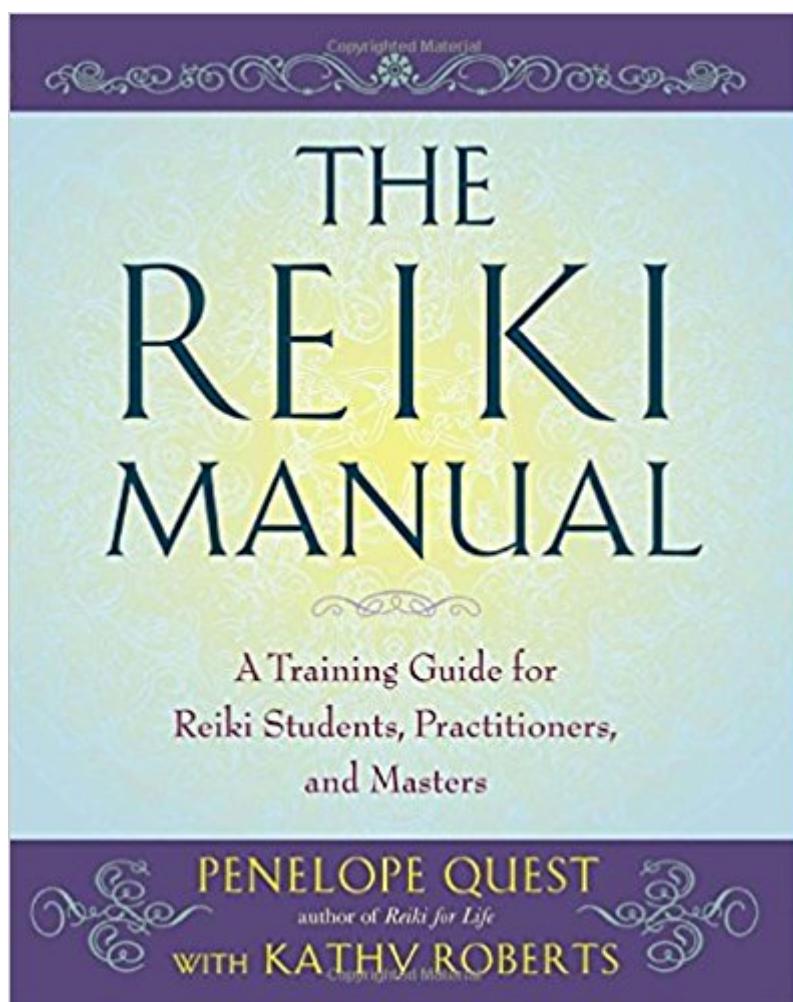


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# The Reiki Manual: A Training Guide For Reiki Students, Practitioners, And Masters



## **Synopsis**

The definitive text on Reiki-for students, practitioners, and Masters alike-from one of the most respected Reiki teachers today. Reiki is a holistic system for balancing, healing, and harmonizing all aspects of the person-body, mind, emotions, and spirit-encouraging deep relaxation and the release of stress and tension, and promoting awareness and spiritual growth. This comprehensive manual provides much-needed support for students and teachers who want to follow the best practices. Covering Reiki levels 1, 2, and 3, this book conveys information in an accessible, structured, and interactive way to enhance the reader's understanding, knowledge, and experience of the practice. The final section of the manual contains reference material specifically for students who wish to become professional practitioners, and for Masters who want to broaden their training. This section also offers the foundation for additional courses or workshops on topics such as health and safety and managing a successful practice. The Reiki Manual can be used: as student preparation before a Reiki class; as a textbook during Reiki courses; as post-course reading, or for reviewing what has already been learned (it includes revision questions and revision activities); by Reiki practitioners to help them practice in the best, most professional way; and by Reiki Masters as a guide to devise and deliver a Reiki course. More extensive than any other Reiki book on the market, The Reiki Manual will be referred to by lay readers as well as devoted students for many years to come!

## **Book Information**

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## **Customer Reviews**

Penelope Quest is a highly respected Reiki author and trainer. She has been teaching Reiki since

1994 and has been a consultant on Reiki to both the Open University and the NHS. She was on the Education and Accreditation Committee of the Reiki Regulatory Working Group responsible for producing an acceptable core curriculum for Reiki practitioner training. Her previous books include *Reiki for Life*.

As a beginning (Level I) practitioner, this book was extremely informative. I took the initial class, then felt like I was still 'not quite ready' to continue on. This book provided wonderful background and detail that I missed in the class. Also, it gave instruction on daily practice to build on my training. I will be taking Level II in the near future, and this book will be my companion throughout the journey.

I agree with the other reviewers here who said this book is somewhat redundant. If you've read "*Reiki for Life*" by the same author, you can probably skip this book. It really adds nothing, just lays out the information in a different format, for the most part.

Saw this same book at a retail store for full price, much better deal here. Great read.

Easy to follow

It just wasn't for me.

Very good

Extremely informative. Probably one of the best Reiki books out there for teaching, learning and referencing. *Hands of light* is another amazing book of different author however. *Reiki for life* by Penelope is great as well.

Whether a student or Master of Reiki, this is a fantastic resource. It covers everything from the history and path of Reiki to the present, as well as what each level entails, and how to teach it. Many of the professional considerations pertain most significantly to UK readers, though the information is pertinent to anyone who wants to know more about Reiki. A lot of the books available on the subject really don't introduce anything revelatory, or in a way that is more accessible than other resources. Quest's book, though, has it all. This is one that will stay on my shelf as both a

reference and Reading List suggestion for students.

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