

Libro completo de reiki

COMPLETE REIKI BOOK



Author: [José María Jiménez Solana](#) [1]

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This manual brings together in one volume all the different level of Reiki, from the very first initiation through to the highest level of mastery. It also includes techniques for recharging and manipulating energy based on Alexander Lowen's work, bioenergy techniques and Taoist meditation methods, as well as yoga exercises, meditative practices, vocalizing techniques and guidance on the use of crystals.

Aimed at anyone with an interest in these subjects, "from the amateur to the therapeutic professional", it covers the content of Reiki master José María Jiménez Solana's courses in Spain. This book, in many ways global and progressive, is geared towards learning, so that any person really can use it as a reference manual on Reiki and energy manipulation; it can also be consulted for its wide range of energy exercises, or indeed as a self-help manual containing many means for overcoming problems.

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