



The Reiki Manual: A Training Guide for Reiki Students, Practitioners and Masters. Penelope Quest with Kathy Roberts

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Reiki is a holistic system for balancing, healing and harmonising 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 ensure best practice. It can also be used by people who have taken Reiki courses and want more information, or wish to update their skills and work professionally, or simply treat themselves, family and friends informally. The first three sections cover levels Reiki 1, Reiki 2 and Reiki 3. Information is given in an accessible, structured and interactive way to increase understanding, knowledge and experience. The final section of the manual contains reference material specifically for students who wish to become professional practitioners, and for Masters who wish to expand the scope of the training they can offer to their students. This final section also provides the foundation for additional courses or workshops on topics such as health and safety and managing a successful practice.

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