



Living the Reiki Way: Reiki Principles for Everyday Living

Penelope Quest

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Winner of the 2014 Nautilus Award represents “Better Books for a Better World”—the Silver Award in the category of Body-Centered Practices and Movement Therapies.

Practicing Reiki is not simply about healing others—it is also about healing yourself and growing spiritually. In **Living the Reiki Way**, Penelope Quest offers practical and spiritual guidance on how you can absorb Reiki principles into your everyday life. Adapted from Dr. Mikao Usui's original Reiki healing system, Penelope offers six key principles for us to live by:

- Live "in the now"
- Live without anger
- Live without worry
- Live with gratitude
- Live with kindness
- Work honestly and diligently

In **Living the Reiki Way**, she guides us through the meanings and implications of each principle—and explains how they can help us achieve long-term happiness and contentment.

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Brain West:

In this period of time globalization it is important to someone to acquire information. The information will make a professional understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of references to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The actual book that recommended to you personally is Living the Reiki Way: Reiki Principles for Everyday Living this guide consist a lot of the information of the condition of this world now. This book was represented how do the world has grown up. The terminology styles that writer use to explain it is easy to understand. The writer made some study when he makes this book. That's why this book suited all of you.

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