


The Reiki Manual: A Training Guide for Reiki Students, Practitioners, and Masters

Penelope Quest , Kathy Roberts

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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!

The Reiki Manual: A Training Guide for Reiki Students, Practitioners, and Masters Details

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From Reader Review The Reiki Manual: A Training Guide for Reiki Students, Practitioners, and Masters for online ebook

Bethany says

This is a great book. Very simple to understand and very detailed. The only issue is that some of the information pertains to practicing Reiki in the UK and not the US. Other than that it contains a lot of great information.

Rochelle says

I haven't read the whole thing. Maybe I will someday.

Tina says

perhaps better for beginning Reiki students than for more advanced....

D.I. says

The details of how to run a class had me wanting to take all three levels over again but with Ms Quest as the instructor. thanks to her suggestions, I'm currently researching legalities of being an energy healer in the US

Christine says

I revisited this book prior to teaching Reiki Level one last weekend and it is the best reference book on Reiki I own. I've read it cover to cover three times now and I know I'll read it again. I just bought Reiki for Life by the same author for an update on the latest legislation.

Gemma F says

Wonderful book for newbies to Reiki!

Carisa Holmes says

Before reading this book, I had already learned much about energy work and had received my Reiki Level 1 attunement. However, I still found this manual informative and continue to refer to it as my practice grows.

Quest covers every aspect of using Reiki, from techniques and concepts to anatomy and good business practices. I highly recommend this manual for anyone who is considering receiving an attunement, particularly if you plan to practice Reiki on others as a business.

Tami Hawley says

I will be taking a Reiki class in May and I wanted something as a precursor to learn the history and the basics, to know what I would expect. I think this manual was very good, not over my head, pictures were simple and straightforward.

I guess I won't really know how good it is until after I take the class, but for what I wanted to learn beforehand...4 stars.

Loucinda Sullivan says

A comprehensive guide to learning Reiki. This manual includes the history of Reiki, it's different levels of practice, and even offers test questions at the end of each chapter. A good solid text on the subject.

Lina says

Great book! The only issue was providing a bunch of UK info when it came to the chapter of starting a potential practitioner's office
