

Reiki Healing

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Synopsis

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readBy	Alex Q. Huffman
inLanguage	english

Reiki healing is a way to channel your own energy to heal your body. This method uses guided meditation and guided imagery to help you feel more relaxed, balanced, centered, peaceful, and happy.

This audiobook will help you:

- Relieve stress
- Find peace of mind
- Reduce your anxiety
- Feel happier
- Feel calm and relaxed
- Feel balanced and centered

This audiobook also includes:

- Hour-long soothing and calming nature sounds
- Hour-long deep relaxation meditation music
- Guided reiki healing meditation

The benefits of meditation, particularly reiki healing, include lowered blood pressure, lowered stress hormones, reduced stress, and an improved mood. This audiobook takes you through a basic reiki therapy session, which will help you feel more relaxed and at peace.

Reader's comments

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