



Hollow Reed Reiki I: a primer for self-exploration (Volume 1)

Dana Goforth

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With over 10 years in teaching experience, Dana Goforth brings practical approaches, sensitive insights and occasional humor to this ancient healing modality. Hollow Reed Reiki I is an exceptional book for the beginner interested in the Reiki healing method. Expertly illustrated, teachers and students will benefit by the simple steps to achieve Level I Reiki. Well-researched sections also overview the areas of aromatherapy, meditation, and the use of crystals in conjunction with beginning practices.

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