



Reflexology: Reiki - 2 books in 1

Jen Solis

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2 books in 1:

- Reflexology: How to Relieve Stress and Reduce Pain through Reflexology Techniques
- Reiki: The Reiki Healing Guide for Increasing Your Energy, Health and Well-being

Book 1 - Reflexology:

Relieve Stress and Reduce Pain through Reflexology Techniques

This book contains everything that you need to know so that you can perform reflexology not only on yourself but on others as well.

In this book, you are going to learn:

- What reflexology is and how it can help reduce the pain, stress and anxiety in your life as well as how it can help to heal your body.
- How to perform hand, foot, and face reflexology, ensuring that you and those you perform it on are receiving the most benefits
- How relaxation techniques can help to speed up the healing process
- How reflexology, can help to improve your overall health
- And more!

When you finish reading this book, you are going to have all of the information that you need so that you can start performing reflexology on yourself as well as on those that you love the most, reducing the stress, anxiety, and pain while improving overall health as well.

Book 2 - Reiki:

Increase Your Energy, Health and Well-being through Reiki Healing

We're often aware that we feel unbalanced in some way but cannot put our finger on why. Pain, for example,

is a physical manifestation of energy imbalance. Illness, too, can be a side effect of this, as it compromises your immune system.

Reiki healing is something that can be practiced safely every day, and if you don't feel well, then Reiki can help you recover and feel better faster. The Reiki Healing Guide can help you achieve better physical and mental well-being through the techniques we're about to show you.

The great thing about Reiki is that even when you focus on healing one part of your life your efforts will affect all parts of your life and help them naturally return to optimum balance. Once you're familiar with the process of balance, you can also give energy to others using attunement techniques which manipulate the energy field and allow you to interact with the energy directly.

There are many Eastern techniques that rely on Qi energy, so why choose Reiki? You'll find out all that and more here.

In this book you'll find the answers to these questions and more. Just some of the questions and topics covered include

- The Basics of Reiki
- Healing with Reiki
- Qi Energy
- Chakras
- Clairs and Crystals
- Clairvoyance
- Clairsentience
- Clairaudience
- Claircognizance
- Practicing Reiki
- The Attunement Procedure
- Level 2
- Level 3/Reiki Master
- Body Scans
- Scanning Aura
- Pendulum Scanning
- And more!

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