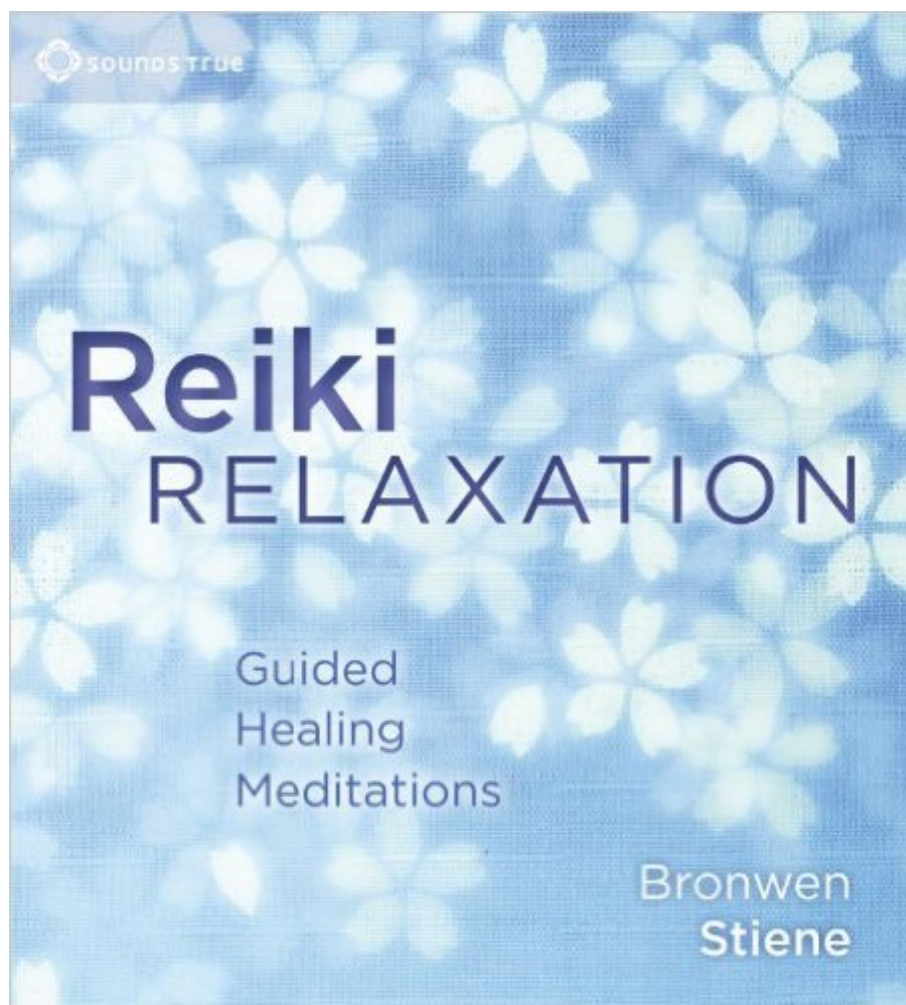


The book was found

Reiki Relaxation: Guided Healing Meditations



Synopsis

Guided Practices for Deep, Full-Body Relaxation How often have you been truly relaxed-as easy and peaceful as a sleeping child? Many of us become so attached to our worries, stresses, and goals that we forget how to really unwind. With Reiki Relaxation, Bronwen Stiene brings you six soothing and powerful meditations for releasing stress, clearing stuck energy, and reclaiming your ability to deeply and completely relax. Drawn from the Reiki tradition and its Japanese origins, these techniques can be used by anyone to provide immediate relief, or as a long-term practice for living with greater ease and resiliency. Join this internationally acclaimed Reiki teacher for two sessions of guided meditations, featuring:

- * The Quick De-Stressor-an on-the-spot practice for whenever you need it most
- Tanden Chiryō Ho and Nentatsu Ho-techniques to dissolve anxiety using your hands, breathing, and simple focusing techniques
- * Full Body Relaxation-a complete practice to deepen your ability to stay calm and undisturbed in any situation
- * San Mitsu Ho (The Three Mysteries) and Tenjiku (The Celestial Axis)- Japanese practices for infusing spiritual energy into your whole being

In Reiki practice, relaxation is not just a temporary reprieve from stress-it is a fundamental energetic shift toward greater confidence, clarity, and expansiveness. With Reiki Relaxation, Bronwen Stiene offers six essential meditations to help us access our innate capacity for deep relaxation-so we may live more naturally in alignment with our true selves.

Book Information

Audio CD

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Health, Mind & Body > Fitness #319 inÂ Books > Books on CD > Health, Mind & Body >

Meditation #339 inÂ Books > Books on CD > Music

Customer Reviews

This is an amazing CD that I would recommend to anyone interested in Reiki, but also those who are just curious about reiki and/or just want a way to relax and meditate. Bronwen has such a

natural voice for guided meditation that it is easy to drift into the reiki light and of understanding and living the reiki principles. The second CD she moves you deeper into the light through the mystery that is the energy of the universe, that leaves you relaxed, refreshed, and recharged. I listened to the CD before a reiki share and was delighted how easily energy was flowing through me, merging myself with the great bright light that is all. Thanks Bronwen for this special gift.

Bronwen offers many ways to relax and discover a healing deep inside of your self. I play these CD's every day, even if it is while I am getting dressed for work or while I enjoy a relaxing soak in the tub. Her words dress me for the day and I can wear her wisdom all day allowing those I come in contact with to see the peacefulness that she teaches. Her voice enters my pores while bathing and reminds me to stay relaxed and in the moment.

Tune into this CD and no kidding, you will find yourself asking...how long was I out? This is a deeply well structured guided healing experience. Bronwen Steine has a voice that is angelic. Love this. highly recommend it. It is a nice addition for any Reiki practitioner or beginner.

When I heard the beginning of this album, I thought it sounded relaxing and calm. But after I had purchased it on iTunes, I had no idea what I was in for. Now some people find a voice that is slow, sensual, and whispery very calming. I am NOT one of those people. It was like torture trying to relax while listening to this creepy voice whispering and moaning through my earbuds. I fell asleep listening to it, and the voice penetrated my dreams and I couldn't get away from it. So freaky. If you like this sound, great for you, but I would have liked to hear what the track was like midway in so I could have known.

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