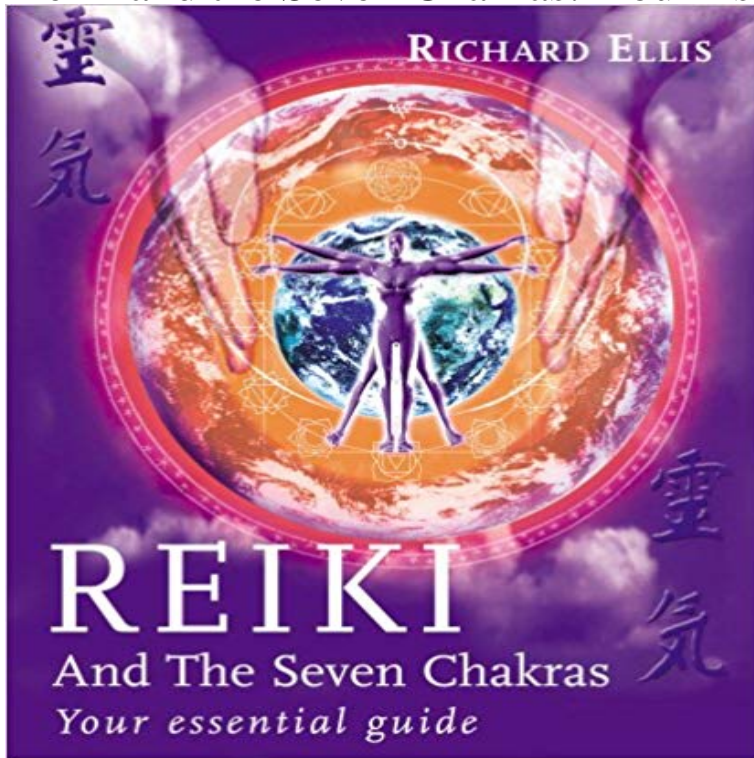


Reiki and the Seven Chakras: Your Essential Guide



The healing art of Reiki is a practice that restores balance and harmony within the body through the transmission of healing energy through the hands of the practitioner, bringing relief to a wide range of physical, mental, and emotional afflictions. Reiki practitioner Richard Ellis offers a unique perspective on the practice of Reiki, drawing on his own experience, coupled with an in-depth, step-by-step journey through the main chakras—the spiritual energy centers located within the body. Clearly illustrated and written in an intimate style, *Reiki and the Seven Chakras* is an important contribution to the literature on Reiki. Richard Ellis is the author of *Empower Your Life with Reiki*.

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