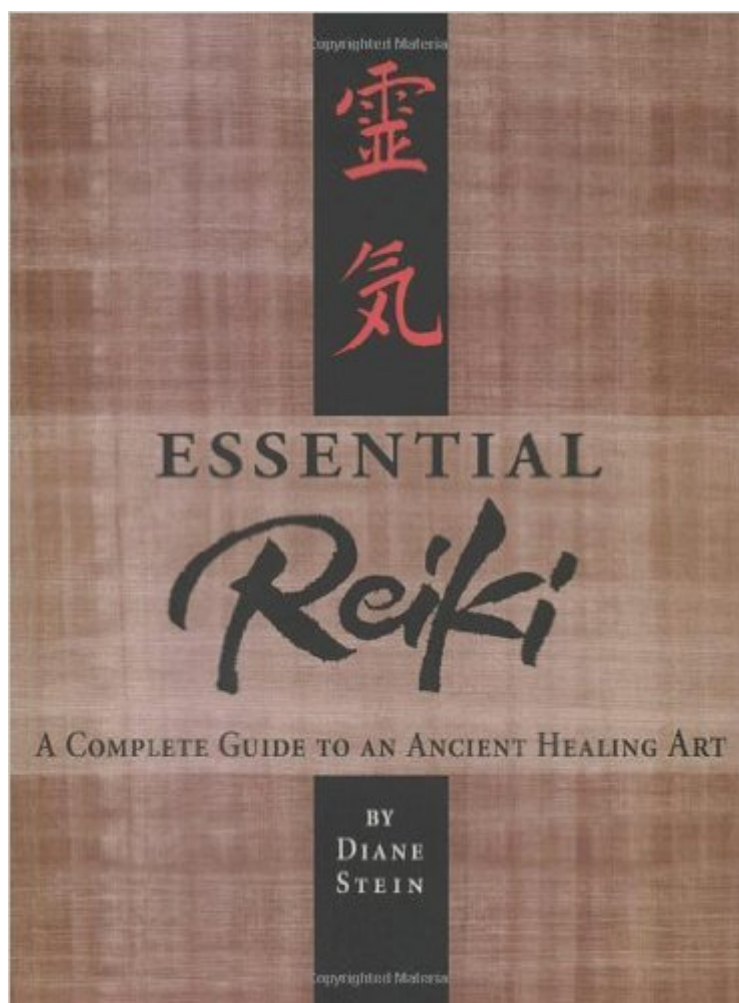


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# Essential Reiki: A Complete Guide To An Ancient Healing Art



## Synopsis

Reiki is an ancient and profoundly simple system of "laying on of hands"; healing derived from Tibetan Buddhism. In the West, Reiki has been kept highly secret for many years. ESSENTIAL REIKI presents full information on all three degrees of this healing system, most of it in print for the first time. Teaching from the perspective that Reiki healing belongs to all people, Diane Stein breaks new ground in her classic guide to this ancient practice. While no book can replace the directly received Reiki "attunements," ESSENTIAL REIKI provides everything else that the healer, practitioner, and teacher of this system needs.

## Book Information

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## Customer Reviews

Being a Reiki practitioner I prefer Diane's guide over the rest. Of course, it is not the be-end of all books dedicated to the craft of Reiki, but it is a great guide. For those who don't know about Reiki, it is the art of holistic hands-on healing with the use of sacred symbols drawn on the palms of the hands of the practitioner and on the "patient" in order to start the flow of healing energy from his or her God. (I know that is a rough definition, but please understand that there are whole books dedicated to what Reiki is.) The reason why this book is so controversial is because, as far as I know, Diane decided to publish the actual drawings of the symbols which is considered taboo. The symbols are supposed to be secret -- only revealed to the people who actually get an attunement (and people who have not received a Reiki attunement cannot perform Reiki on another person. Although that has been questioned as well.) Because of this, Diane has been looked upon as a type

of "black sheep" of the Reiki community. However, I personally am not one for secrecy and find her book extremely informative. Most Reiki guides keep out so much information on Reiki, because it is considered "secret" that their manuals for first-time practitioners can be confusing. Obscure references do not make a master of the student. Personally, I've had practitioners of my own become confused and ask questions constantly. After having them buy her book instead, they understand more. In other words, despite the fact that Diane's book "crosses the line" in some areas, she explains in great detail what each symbol means, when they are given to practitioners as well as step-by-step instructions on how to use them.

This is the most comprehensive book on Reiki that I have ever come across. I was so fascinated that I stayed up and read the whole book in one night--and I have read it, or even single chapters, again and again. Diane Stein's experiences in trying to find a way to learn Reiki (since her financial means were limited) were especially intriguing to me. I was convinced by her view that all people are meant to know Reiki, and as a Reiki Master, I have attuned everyone free. I do not have the time to teach extensively, so I explain the basics and see that the student has William Rand's Reiki, The Healing Touch for a basic introductory text. (I use a book in Japanese for those who don't read English.) For people who want more information, I always recommend Essential Reiki. I think taking classes with good teachers and classmates on whom to practice is probably the optimum way to learn Reiki, but as Ms. Stein says, that's not always an option. Like the writer of another .com review, I do distant attunements, and the idea for doing so, and the instructions, I got from this book, although it seems that Ms. Stein does not herself do distant attunements intended to replace in-person ones. Another piece of information I first encountered in Essential Reiki is the fact that doing too many attunements at once can exhaust a person. Her account of her own experiences was most helpful to me. It explained some odd experiences I had seen or heard of from others. I don't always see eye to eye with Ms. Stein, as when she says one needs to put both hands on the body to do Reiki. I give myself Reiki on the train going to and from work, with only one hand on my body and the other hand holding the book I'm reading.

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