



Reiki para principiantes (Spanish Edition)

David Vennells

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- o Desarrollar la compasión, la sabiduría, la paciencia y la empatía.

Además de narrar la fascinante historia de esta técnica ancestral, este libro te guiará por sus tres grados de aprendizaje y te mostrará la estrecha relación que existe entre esta práctica, la meditación y el budismo. Como resultado, aprenderás a tratar con reiki tu propio cuerpo y el de los demás.



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