



Introduction to Energywork, Energy Healing, and Reiki

Kenneth J Nelan, Janet C Soldon

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Energy and energywork is one of those things about which some people can get excited, confused, or even fearful. Misconceptions abound so it's imperative to read as much as you can on the subject, talk to knowledgeable people, and perhaps even take a class on one of the many modalities while being open to new ideas, concepts and a way of being. This book will help guide you through the basics of thirteen different Energywork modalities, which is to be used in conjunction with other healing methods. It's overview of the different modalities will inspire you to find out more about the varying traditions and methods, and will give you a glimpse into an unfamiliar world. No matter what tradition you choose to follow, know you are about to embark on a remarkable journey of healing!

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