

# The Essence of Reiki 1 - Usui Reiki Level 1 Practitioner Manual

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## The Essence of Reiki 1



Usui Reiki Level 1  
Practitioner Manual

A Complete Guide to the First Degree  
Usui Method of Natural Healing

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The Essence of Reiki 1 is the first Reiki Manual in our series of 3 Reiki Manuals covering the complete guide to the Usui method of natural healing. In the Usui Reiki Level 1 Practitioner Manual you will be guided through an introduction to Reiki and 17 further Reiki 1 ons that we teach in our Reiki Level 1 Workshops and Reiki Level 1 Video Home Study Courses. You will discover What is Reiki, How Reiki Works, The Five Reiki Principles, How to Treat Yourself and Others with Reiki and how to treat Animals with Reiki.