



Paula Horan

*Empowerment
through
Reiki*

The path to personal
and global transformation

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Reiki is a Japanese term which means "universal life energy" - i.e. the energy that lives in all creation, that is inherent to all living beings and that nourishes them and keeps them alive.

Reiki is also used to describe a natural method of healing which can be used alone or in combination with other systems.

In this book, Paula Horan, a experienced Reiki master who practices Reiki all over the world, describes exactly how Reiki energy works, the way it can be used and the effects that can be achieved with its help. In principle,

Reiki is a way of gaining access to both one's own inner healing powers as well as the subtle energy that pervades all inner and outer manifestations of life. Each one of us can learn how to attain consciousness of this power and put it to use for the good of ourselves and our fellow men.

Reiki is explained here with a series of practical exercises and a description of how spiritual healing works. At the same time, the author also shows how colours, tones, crystals and massage can be incorporated into the Reiki healing process.