



## The Three Secrets of Reiki Tao Te Qi: The Original Teachings of Master Huang Zhen Hui

By Idris Lahore

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, The Three Secrets of Reiki Tao Te Qi: The Original Teachings of Master Huang Zhen Hui, Idris Lahore, Recognized for its support of self-healing and overall well-being, Reiki is now used in hospitals throughout the world.

Commonly viewed as a Japanese healing art, the practice of Reiki originated with the Chen Yen masters of China, who called it Tao Te Qi. Transmitted to Idris Lahore by his grandfather, a direct student of Master Huang Zhen Hui, Reiki Tao Te Qi offers students of Reiki a deeper understanding of the Reiki principles and new ways to enrich the effectiveness of their practice.

Revealing sanmitsu--the three Reiki secrets of the Tao Te Qi physical, emotional, and mental centers--this fully illustrated guide covers the 1st-, 2nd-, and 3rd-degree Reiki training courses and initiations as first taught by the Chen Yen masters of China. Exploring the history of Reiki in China as well as its earliest roots in Indian ayurveda, yoga, and tantra, the book explains the Three Pillars of Reiki--Ajikan (meditation), Nei Gong (techniques of protection, detoxification, and intention), and Chiryo (intuition and the laying on of hands). This book also offers...



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