

Reiki I

Healing Self & Others



by Shari Stevens
Reiki Master

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Shari Stevens, Reiki Master

Reiki I Healing Self & Others CD includes:

- Guide to preparing yourself and your healing space
- Guide to prayer of intent
- Step-by step guide to Reiki self-healing session with hand positions, tips and closing prayer

This CD is intended to guide and support new Reiki Practitioners and those who need a brush up with their practice. Use this CD as needed or every time you want to give yourself the gift of Reiki.



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Reiki healing can make you feel more relaxed and bring healing and vitality into your life. Use this Reiki CD at home, once a day, for three to four weeks, and then as needed.

Tips for using this CD

- You have enough time to integrate Reiki into your day. You choose between a 30 minute treatment or an hour.
- Don't drive or operate heavy machinery while using this CD.
- The more you use Reiki, the more effective it becomes

Reiki healing is intended as a supplement to appropriate medical treatment, and not as a replacement for licensed medical care. I encourage you to contact me, Shari Stevens with comments or questions at (319) 341-7144 / 804 Caroline Ave., Iowa City, IA 52245 / icmassage@msn.com.