



# **Kundalini Reiki: Die wohl einfachste Heilmethode der Welt (German Edition)**

*Silke Lang*

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## **Kundalini Reiki: Die wohl einfachste Heilmethode der Welt (German Edition) Silke Lang**

Reiki, oder auch die ›universelle Lebensenergie‹, ist eine spirituelle Heilmethode, die durch das Aktivieren eines Energieflusses durch Handauflegen, die Selbstheilungskräfte des Körpers aktivieren, von negativen Energien befreien und so eine harmonisierende und heilende Wirkung entfalten kann. In ihrem Buch gibt Silke Lang, erfahrende Reiki-Lehrerin, nicht nur eine Einleitung in das Thema und Einweisungen in die Anwendung von Kundalini Reiki, sondern auch wertvolle Tipps für all diejenigen, die sich mit Reiki beschäftigen wollen. Wie finde ich einen Reiki-Lehrer? Worauf muss ich bei der Lehrerwahl besonders achten? Neben den verschiedenen Anwendungsmöglichkeiten, Techniken und Methoden des Reiki erläutert Silke Lang auch Theoretisches wie die verschiedenen Chakren, die Aura des Menschen und die Fünf Lebensregeln.

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