



The Heart of Reiki

Susan Downing

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"The secret method of inviting happiness." That's how Mikao Usui, who developed and taught Reiki in Japan in the 1920s, described the method we call Reiki. By going deeply into her own combined Reiki and Tibetan Buddhist practice, Susan Downing discovered a way to practice Reiki that transforms the mind and heart and invites love - and true happiness - into one's life. In *The Heart of Reiki*, she lays her unique practice framework out for you in easy-to-follow steps. No matter what your level of Reiki training or spiritual orientation, you, too, can learn to use this practice to survive life's turmoil, invite ever-growing happiness into your life, and share your joy with everyone around you.

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