



# Intuitive Reiki for Our Times: Essential Techniques for Enhancing Your Practice

*Amy Z. Rowland*

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# Intuitive Reiki for Our Times: Essential Techniques for Enhancing Your Practice

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A guide to developing and using intuitive skills during Reiki sessions to enhance the effectiveness of the treatment

- Focuses on self-training rather than transmission of techniques from master to student
- Designed to assist practitioners at all levels and of all lineages
- Includes interviews with Reiki masters William Lee Rand, Mari Hall, and others

Most Western Reiki practitioners are taught Reiki without acknowledgment of the integral role intuition can play in helping heal a client completely and permanently. Yet in Japan, practitioners must master the skill of using Reiki in an intuitive way at Shoden (entry) level before they are permitted to advance to the next level. In *Intuitive Reiki for Our Times*, Amy Rowland addresses the need for instruction in how to use intuition as a healing tool by presenting traditional techniques, both Western and Japanese, as well as new techniques that unite Reiki and intuition.

Rowland begins by focusing on the varieties of intuitive experience and the healing purposes such experiences serve. She then helps practitioners inventory their own intuitive abilities in order to establish a personal starting point for further development. Emphasizing self-training rather than the customary transmission of techniques from master to student, Rowland offers fully illustrated, practical exercises and techniques that certified Reiki practitioners and teachers can readily apply in their own practices. She concludes with a series of interviews with well-known Reiki masters--including William Lee Rand, Mari Hall, and Jane Anne Narrin--on how to use intuitive Reiki for the benefit of the client as well as for the practitioner's own spiritual guidance.

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