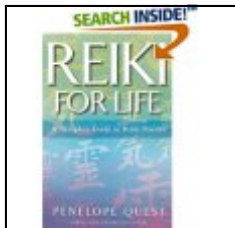


Recommended reading material:

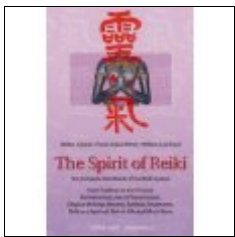
If you would like to add to your knowledge of the history and practice of Reiki you will find your local bookstore or library somewhat lacking in choice.

If, however, you log onto www.amazon.co.uk and enter 'Reiki' in the search box you will be inundated with books about the subject. To help guide you until you know what to look for we have listed some of our favourites with some comments:



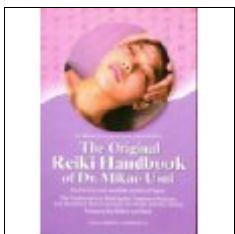
'Reiki for Life' by Penelope Quest (2002)

A great starter book for novices and first degree students.



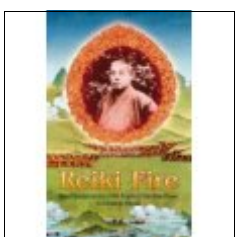
'The Spirit of Reiki' by Frank Arjava Petter, Walter Lubeck and William Rand. (2001)

This book is written by the three most respected Reiki experts living today. Good for Reiki 1st degree and above as a reference guide.



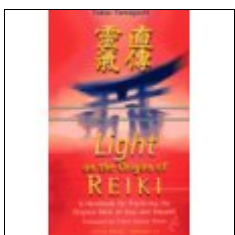
'The Original Reiki Handbook of Dr Mikao Usui' by Mikao Usui and Frank Arjava Petter. (1998)

Arjava and his wife Chetna received a copy of Dr Usui's original notes and have translated them into English with added photos.



'Reiki Fire' by Frank Arjava Petter (1997)

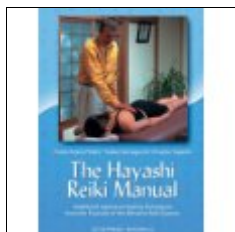
Until this book was written most people only knew of the western version of Reiki - Arjava traces Reiki back to it's roots



'Light on the Origins of Reiki' by Tadao Yamaguchi (2007)

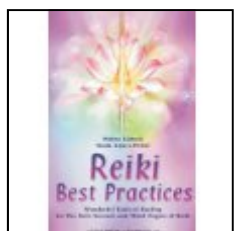
Written by the son of Dr Hayashi's last surviving student - this, together with the two previous books, is a close as you will get to the origin of Mikao Usui's System of Natural Healing.

Recommended reading material - continued



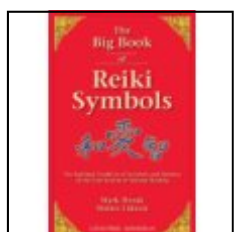
'The Hayashi Manual' by Frank Arjava Petter, Tadao Yamaguchi and Dr Chujiro Hayashi. (2003)

This book looks at Reiki from the viewpoint of a Doctor who was also one of Mikao Usui's first students.



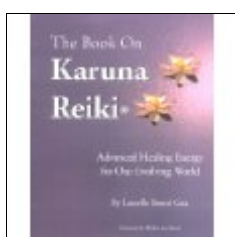
'Reiki Best Practices' by Walter Lubeck and Frank Arjava Petter (2003)

This book covers a great number of healing techniques by two of the most knowledgeable people on the planet



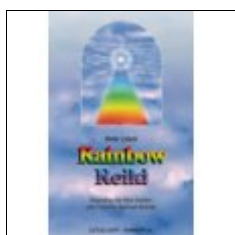
'The Big Book of Reiki Symbols' by Mark Hosak and Walter Lubeck (2006)

A huge amount of effort has gone into researching the origins of Reiki, the symbols and much more. Good reading for Reiki Masters or dedicated Reiki 2 but not recommended for Reiki 1 students.



'The Book on Karuna Reiki' by Laurelle Shanti Gaia. (2001)

For Reiki Masters who are thinking of exploring the possibilities of Karuna this book gives some valuable insights. It is also the only authorised book on Karuna Reiki.



'Rainbow Reiki' by Walter Lubeck (1997)

The Rainbow Reiki system builds on Usui Reiki training and uses crystals, essences and explores a great many other possibilities with Reiki.

This is by no means an exhaustive list but reflects our own collection of books that have helped us on our journeys.