



The First Reiki Cookbook (Paperback)

By Virginia M. PhD Rosencrans

Virginia M. Rosencrans, PhD, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This cookbook is based on using healing energies, such as Reiki or Prayer, before and during preparing a meal. However, this cookbook was developed for taste and flavor, not for counting calories. Thoughts are energies that can be transferred. What we are today comes from thoughts of yesterday, and our present thoughts build our life of tomorrow; likewise our health is directly affected by our thoughts and how we prepare our meals. This book adds another demension to health and healing though meal prearation and the various recipes included.



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