

Journey Through Reiki: Complete Treatments, Instruction, Principles & Music – 5 CD Set by Lisa Guyman.

In this unique instructional and experiential program, Lisa Guyman guides the Reiki practitioner through core concepts, practices and treatments in a meditative and thoughtful way. Lisa Guyman's soothing voice merges with the ambient musical compositions of Rob Wallace providing an ideal environment for Reiki. This powerful healing program includes three guided practice sessions, three deeply relaxing self treatments, essential healing principles and 10 ways to increase the flow of Reiki. This CD set also includes one hour of healing and meditative music composed for Reiki. This program is designed to enhance the training you receive at a Reiki workshop. Lisa Guyman has been teaching Reiki since 1998 and is a Chopra Meditation Instructor and author. This 5 CD set is available at [Amazon.com](https://www.amazon.com), at www.inner-sanctum.com and in mp3 format at itunes and [CDBaby](https://www.cdbaby.com). Total running time: 5 hrs and 20 minutes.

Reviews from Amazon.com:

★★★★★ **Love it! Educational and Inspiring.** K. Goodin. “I highly recommend this Reiki CD set, it really has it all! Lisa Guyman's soothing, melodic voice softly guides you through the basic principles and philosophies of Reiki, setting up for a session and step by step (or in this case hand position by hand position) instruction for a complete Reiki treatment! There are two 1 hour complete Reiki treatments and two 25 minute Reiki self treatments. I especially like the treatments that include affirmations for each hand position. As the practitioner, I feel the affirmations helped take me to the next level by opening my mind further to possible healing effects. I also appreciate that during the teachings Lisa Guyman shares some of her own personal Reiki experiences and philosophies. I would highly recommend this Reiki CD set to anyone from beginners to advanced Masters.”

★★★★★ **An awesome guide to practicing Reiki!** Patricia A. Kucinkas. (Michigan) I love this set. I am a beginner at Reiki and this has helped a lot with giving treatments. The step by step guides for Reiki treatments really help without being distracting to the person being treated. I especially like the guided self healings. I have found this to be extremely valuable on my own journey to self healing. The music CD is also great for practicing Reiki or just relaxing or meditating.

★★★★★ **Perfect for Beginners or Saged Practitioners.** Carrie Watts (Michigan) Whether you are new to Reiki or a practitioner, this 5 disc set is a wonderful addition to the Reiki profession. Lisa guides you through complete treatments so a "beginner" doesn't have to stop and read notes and the sage can remain focused. The self-treatments are perfect for home use and remaining attentive, and the music CD is absolutely beautiful. Relaxing and meditative, the music CD itself it well worth the money.

★★★★★ **Journey through Reiki is a "must have" for any serious student of Reiki.** Cassandra (Colorado). Lisa's soothing and steady presentation is truly a heartfelt work of art and I highly recommend it to all students of Reiki. The learning provided flows seamlessly with any Reiki training a student has had in the past. It is absolutely wonderful as a "refresher" when one has been away from practice for awhile. The teachings are presented in a sequential manner and build upon each other in a straight forward, steady and very accessible manner.

