



## A Measure of Joy: Opening to the Energy of Reiki

By Gay Stinnett, Carin Roaldset

Fresco Fine Art Publications. Paperback. Book Condition: new. BRAND NEW, A Measure of Joy: Opening to the Energy of Reiki, Gay Stinnett, Carin Roaldset, Reiki is a logical choice for healing. Ancient civilizations recognized that 'life force' energy flowed through all life, connecting all life. Today, however, our culture has lifted science and technology above this original foundation for perceived optimum health. As a society we treat disease rather than support health. And yet, "The New York Times" said that in 2007, 48 per cent of American adults used at least one alternative or complementary therapy, and that number continues to grow. Gay Stinnett, Reiki Master/Teacher, and Carin Roaldset have come together to speak for the practice of Reiki through word and image. Stinnett, through her writings, and Roaldset, through her photography, explain and elucidate the practice of Reiki. Stinnett writes that 'Reiki is a gift. It can fill our lives with joy and wonder. The inspiring energy of Reiki can create a shift that evolves into life-changing events'. Stinnett's writings move through her life as she is drawn closer and closer to Reiki before embracing it as a professional practitioner. Roaldset's photography enhances the visual images that Stinnett evokes.



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