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# SHODEN HEALING TECHNIQUES

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During this course, you will learn the following techniques:

- How to give yourself Reiki
- How to give others hands on healing with Reiki
- How to give a treatment to others on a couch
- How to give a treatment to others in a chair
- How to use Reiki with Chakras
- How to use Reiki in a person's aura
- How to ground yourself
- How to centre yourself
- How to protect yourself energetically
- How to use Reiki with food and drink
- How to give Reiki to plants
- How to give Reiki to animals
- Seiza
- Seika Tanden
- Gassho Mudra
- Gassho Meiso
- Gassho Kokyu Ho
- Joshin Kokyu Ho
- Kenyoku Ho
- Nentatsu Ho
- Makoto No Kokyu Ho