

Reiki First Degree Healing Session Hand Positions

Hold each position 2-4 minutes or longer if it feels necessary

Front of the Body

Start by standing behind the receiver's head for positions 1, 2 and 3.

1. Hands laid gently over their eyes.
Index finger touching the outside corners of the lips.
Thumbs up so as not cover nose.

2. Hands on the side of the head, above the ears.
Cupping the side of the face.

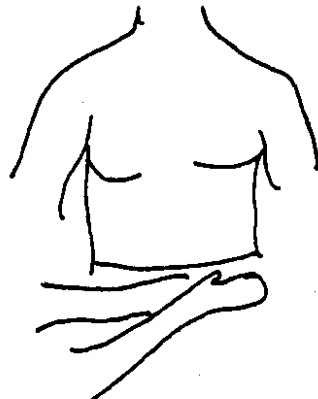
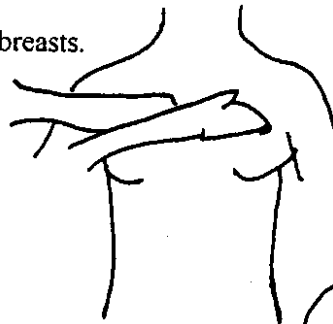
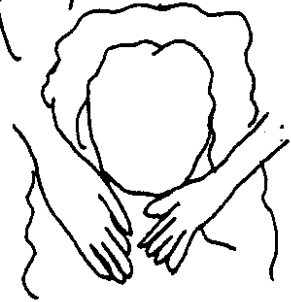
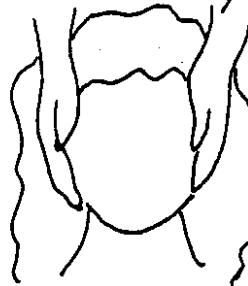
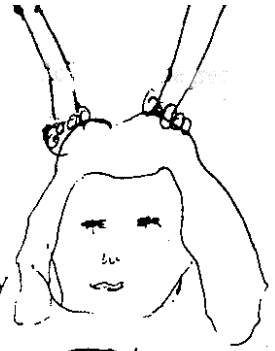
3. Thumbs aligned with jaw bone.
Fingers make a tent over the throat.

Move to the side of the receiver, at the torso, and hold position 4, 5, 6, and 7.

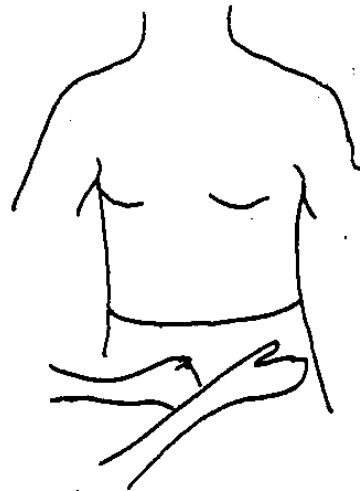
4. Hands over the heart, either above or between the breasts.

5. Hands over the solar plexus.
Under the breasts, where the rib cage ends.

6. Hands just below the waist.

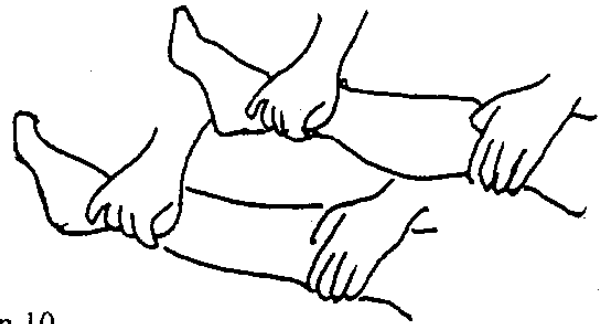


7. Hands just above the pubic bone.



Move down the receiver's body for position 8 and 9.

8. One hand on the knee, the other on the ankle of the same leg.



9. Reach across and put one hand on the knee of the other leg and the other hand on the corresponding ankle.

Move around and face the receiver's feet for position 10.

10. Put one hand on the top of each foot.



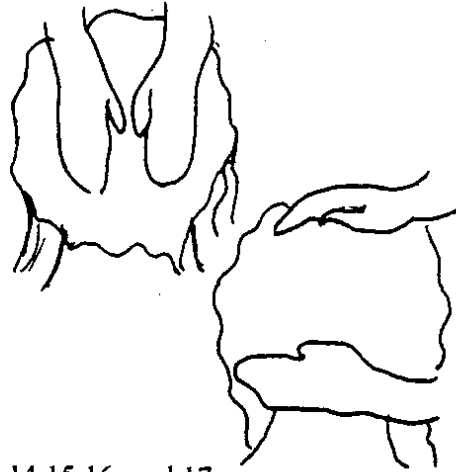
When you finish this position, ask the receiver to roll over.

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Back of the Body

Move back up to the top of their head.

11. Hands laid gently over the 2 hemispheres of the brain.



12. One hand on the top of the head, the other cupping the base of the skull.

Move to the side of the receiver for positions 13, 14, 15, 16, and 17

13. Back of the neck.



14. Hands over the heart.



15. Hands over the solar plexus.
(Roughly bra strap level)



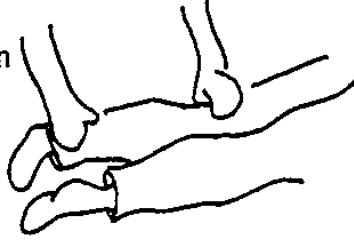
16. Hands just below the waist.



17. One hand cupping the tail bone, the other perpendicular to it.

Move down the receiver's body for position 18 and 19.

18. One hand on the knee, the other on the ankle of the same leg.

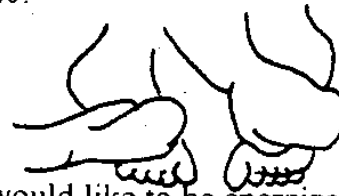


19. Reach across and put one hand on the knee of the other leg and the other hand on the corresponding ankle.



Move around and face the receiver's feet for position 20.

20. Put one hand on the bottom of each foot, near the arch.



When you finish this position, ask the receiver if they would like to be energized or relaxed.

Energized: Starting at the feet, using swirling circles, pull energy up from the ground towards their head.

Relaxed: Staring at their head, use swirling circular motions to pull energy out of their body moving from their head down to their feet.