

REIKI HAND POSITIONS

By Naomi Thompson, Reiki Master/Teacher

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The following hand positions are for giving Reiki to a client. Before giving Reiki, you should brush down the aura of your client. Then stand at her/his head and intend to invoke the Reiki energy for the session. You may place symbols in the aura of your client, such as Sei Heki and Cho Ku Rei. If you are Reiki I, simply intending the energy will suffice. Each position should be held for at least five minutes; less if you feel necessary. It is important to totally trust your intuition with Reiki. You may feel that you must hold certain positions longer than others; I recommend that you trust your instinct and intuition completely.

In regards to the hand positions, I encourage you to improvise and do what feels right. If you feel that you should give Reiki to a client's palms or arms, by all means do so! Reiki is all about intuitive healing and listening to your Guides. Do what feels right at the moment, do not feel that you must stick with the hand positions and should not divert from them.

While you give Reiki it is not necessary to think of anything in particular, simply allow your mind to clear (as in meditation) and allow the Reiki energy to flow through you to the client.

CHAKRA BALANCING / CRYSTAL LAYOUT



Above is the layout of stones/crystals that I like to place on the body. The smaller stones are for Chakra balancing. The above crystals are the ones I like to use with every session just to enhance the Reiki energy. If I am giving Chakra balancing, I like to use both layouts of stones on the body. It is only necessary to place the stones on the front side of the body, but you can place them on the backside when the client turns over. Always use your intuition when making decisions of this nature.

If you have any questions about the crystals I use or the stones I use for Chakra balancing please email me!

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HAND POSITIONS FOR FRONT OF BODY



First Position – Face

Position helps to balance, clear any moodiness or irritation and cure inferiority complexes. It is not necessary to touch client's face; hold your hands close but not touching.



Second Position – Side of Head

Balances mental and emotional.



Third Position – Shoulders/Neck

Helps to increase intuition; clears any self-blame issues; brings abundance into ones life; absolves issues of fear and rejection.



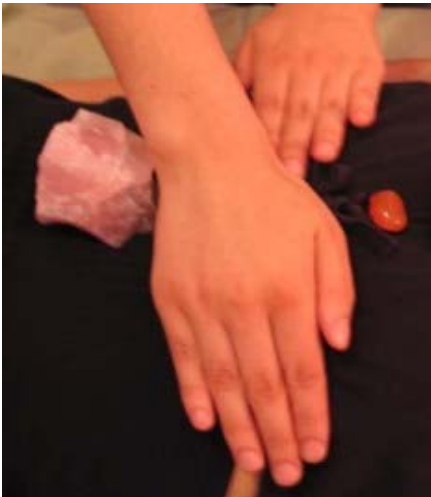
Fourth Position – Center of Chest

Helps to build self confidence, dissipates sadness and increases flexibility.



Fifth Position – Solar Plexus/Stomach

Helps client deal with feelings of failure, guilt and need for attention. Grounds the solar plexus Chakra which allows client to alleviate feelings of losing control. Brings acceptance into ones life.



Sixth Position – Hips/Abdomen

Helps client to deal with issues of self-punishment, acceptance, need for attention and pressure constraints. Cellular memory is also held in the abdomen.



Seventh Position – Knees

Helps client to deal with issues of the ego and self-respect. Also allows one with the ability to live in the present moment.



Eighth Position – Ankles (note smoky quartz at feet for grounding purposes)

Helps client gain courage.



Ninth Position – Feet

The feet are important because giving Reiki to the feet helps to ground out energy and help your client feel more balanced and grounded.

**** The front of the body has been completed. Sweep down the aura if you deem it necessary and gently ask the client to turn over onto her/his back. ****

HAND POSITIONS FOR BACK OF BODY



Position One – Back of Head

Position helps to balance, clear any moodiness or irritation and cure inferiority complexes.



Position Two – Side of Head

Clears mental and emotional blockages.



Position Three – Shoulders

Helps to increase intuition; clears any self-blame issues; brings abundance into ones life; absolves issues of fear and rejection.



Position Four – Shoulders

Helps to increase intuition; clears any self-blame issues; brings abundance into ones life; absolves issues of fear and rejection.



Position Five – Center of Back

Helps client deal with feelings of failure, guilt and need for attention. Brings acceptance into ones life.



Position Six – Hips

Helps client to deal with issues of self-punishment, acceptance, need for attention and pressure constraints.



Position Seven – Back of Thigh

We hold emotional stress & trauma in the back of our thighs. It is important to be sure that the Reiki energy reaches the back of the thigh to dispel the emotional stress trapped there.



Position Eight – Back of Knees

Helps client to deal with issues of the ego and self-respect. Also allows one with the ability to live in the present moment.



Position Nine – Back of Ankles

Helps to increase courage.



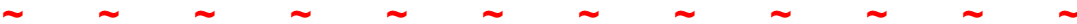
Position Ten – Back of Feet

The feet are important because giving Reiki to the feet helps to ground out energy and help your client feel more balanced and grounded.

** Brush down the back of the client's aura and place the RAKU symbol in their aura to ground out their energy.

** Disconnect yourself from the session by 'dry bathing' and brushing down your own aura.

** Gently let the client know that the session is complete and offer her/him a cool glass of filtered water to help her/him to disconnect from the session and energy s/he has received.



If you have any questions regarding the hand positions or any terms mentioned, please feel free to contact me. I am eager and willing to answer any questions!

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<http://www.EthericHealing.org>