

SELF-REIKI HAND POSITIONS

A gentle, simple self-practice that promotes calm, presence and inner ease.

To Prepare:

Support yourself to be comfortable as you would for a guided meditation, perhaps with a pillow under the knees, an eye pillow, and / or a blanket.

To Begin:

Take a few moments to settle yourself.

Place your hands in prayer position at the heart and exhale deeply. Continue to breathe deeply in and out for a few breaths.

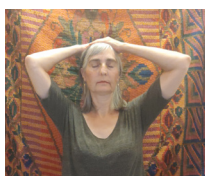
Recite the five Reiki principles.

Bring to mind your intention: allow it to be a gentle focus for you.

Allow a minimum of one minute up to 10 minutes per position.

Notice what you notice.

1



Crown of head

4



Back of the head

7



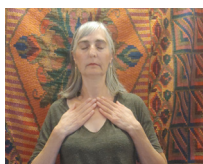
Rib cage

2



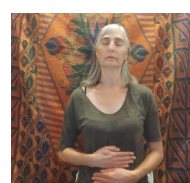
Eyes/face

5



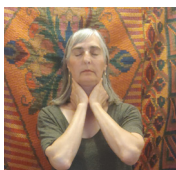
Upper chest

8



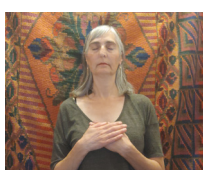
Solar plexus

3



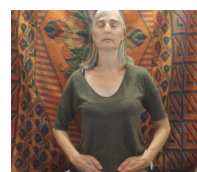
Throat

6



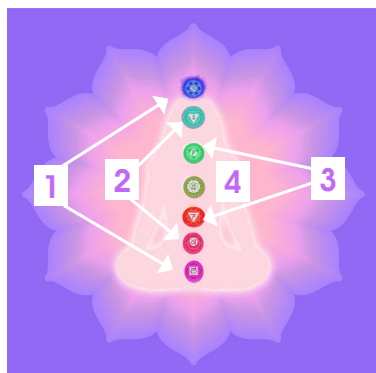
Heart centre

9



Lower abdomen

CHAKRA BALANCE



1. Root/Crown 3. Solar/Throat
2. Sacral/Third Eye 4. Heart



REIKI PRINCIPLES

Just for today, I will not worry

Just for today, I will not anger

Just for today, I will be grateful for everything

Just for today, I will work hard and honestly

Just for today, I will be kind to others