

Ready To Print

REIKI SELF HEALING REFERENCE SHEETS

22 POSITIONS ILLUSTRATED WITH GUIDANCE ON
HAND POSITION ALONG WITH ASSOCIATED
CRYSTALS, CHAKRAS & HEALTH

SIZES:
A4
&
US LETTER
SIZE

REIKI SELF HEALING

HAND PLACEMENTS



Before beginning Reiki, take a moment to center yourself, to be grateful for universal energy and bring yourself into the here and now, so that you can be fully present. Let your intention and the wisdom of your body, mind and spirit, through which universal energy flows.

POSITION 1

Placing our hands in front of our eyes with fingertips lightly touching our nose (Third Eye Chakra)



Helps in healing vision, eye problems, restoring head clarity, clearing sinuses, sinuses glands, pineal gland, emotional issues

POSITION 2

Placing your hands on the top of your head fingertips touching (Crown Chakra)



Helps in healing migraines, headaches, eye problems, multiple sclerosis, stress, anxiety, digestive disorders, Alzheimer's and emotional problems

POSITION 3

Hands on either side of your head with fingers covering your temples (Third Chakra associated with ears Chakra for ears)



Helps with balance, vertigo, dizziness, hearing & ear infections (also for children who have had ear infections)

POSITION 4

Place your hands on the back of your head covering the occipital ridge (Third Eye Chakra & base of brain)



Helps in healing headaches, eye problems, stress, for kids' stress, attention deficit, ADD, ADHD

POSITION 4

Place hands around the neck with the hands resting the throat (Throat Chakra)



Helps with expression, communication, breathing & vocal problems, laryngitis, flu, colds, & so on

POSITION 5

Place your hands horizontally at the top of the torso (Fingertips touching - Motion of the hands is more useful)



Helps in healing heart issues, lung and digestive, glandular issues and stress-related disorders, heart & pain and immune system deficiency

POSITION 11

Place hands over the knees in the front of the legs with the palms facing each other



Helps with pain, various issues, circulation & self stress and grieving

POSITION 12

Place hands above the spine in the area behind the Solar plexus Chakra



Helps with fatigue, back pain & self and digestive issues, disorders such as MS, stress, hyperacidity, & diabetes

POSITION 13

Place hands and place them on the shoulders, resting diagonally on the top of the shoulders



Helps with tension-related disorders, neck pain, upper & lower back and spine issues, depression, stress, flu, colds and disease infections

POSITION 10

Place hands back position with your hands at the base of the spine in line with the Root Chakra



Helps in healing degenerative arthritis, knee pain, sciatica, sciatic disorders, and osteoporosis

POSITION 10

Place hands from position 4 downward across the body in line with the Solar plexus



Helps in healing asthma, hyperacidity, heart back & lung problems, low energy, spine and colon & all abdominal problems

POSITION 16

Place hands in position 13 with hands in the opposite placement



Helps with heart, lungs and stomach issues, all and large arteries as well as stress related issues

POSITION 11

Place hands in the area of gratitude, thanking universal energy for its healing and restoring the body



Helps with gratitude, thanking universal energy for its healing and restoring the body

Reiki At Hand

DP Hallahan



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web tomie kawakami better known mononymously as tomie is a character from the japanese horror manga and film series of the same name created by junji ito tomie was introduced in ito s 1987 manga tomie which was published in

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web tarihi uzay vampir yaoi yuri anılar hem iyi hem de kötü olarak lise tecrübelerimi kaplıyor arkadaşlarıyla takılmak ya da sınavlardan kafanı kaldıramamak herkes o zamanlardan bir şeyler hatırlar belli bir lisenin bir sınıfı lise günlerine üzüntüyle bakmalarını sağlayacak bir o

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web 15 temmuz günceli ibitsu ya devam ediyoruz bu seriye benim suşi manga Çeviri yi kurma düşüncelerim varken başlanılmıştı tabi düşünce aşamasında kaldı buradan devam ediyoruz aynı çevirmen ve editorle nea manga Çeviri ile koroshiya 1 ichi the killer a başladık başlar başlamaz da ben ortadan kayboluyorum 1

tomie kawakami junji ito wiki fandom - Jan 14 2023

web tomie is a manipulative hedonistic and extremely selfish woman seducing men to do her bidding she is one of junji ito s most recurring characters appearing for a grand total of 3 series tomie tomie part 2 and tomie again

meaning of tomie explained by junji ito r junjiito reddit - May 06 2022

web dec 21 2021 tomie is a story where people fascinated with the girl end up killing her accelerating her rebirth the

proliferation of tomie was created while writing a serial storyline which helped greatly to convey the concept of regeneration
itou junji collection tomie myanimelist net - Jun 19 2023

web apr 27 2018 the deceased is not just any student she s tomie kawakami a popular girl with an almost otherworldly beauty her death was particularly gruesome her body was dismembered and the pieces scattered as the class tries to make sense of the situation they are shocked when a familiar voice calls out to them from the doorway apologizing

the horror of junji ito s tomie youtube - Mar 04 2022

web oct 21 2020 about with countless classics under junji ito s belt tomie stands a cut above the rest link to the discord discord gg spbsbzbvlink to patreon

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web feb 7 2011 in a high school classroom students mourn the loss of one of their own tomie kawakami who has been murdered and dismembered shocked by the announcement of her death the class is puzzled by the cruel fate that has befallen someone so dear to them such a radiant and beautiful girl did not deserve such a hideous demise

tomie film series wikipedia - Feb 15 2023

web the series focuses on the titular tomie kawakami a beautiful young girl identified by a mole under her left eye who drives her stricken admirers to madness often resulting in her own death however due to her ability of regeneration she comes back

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web bir okulda o okulun bir sınıfındaki öğrenciler olabilecek en kötü olayla karşı karşıyaydılar bir öğrencinin ölümü bu her hangi bir öğrencinin ölümü değildi tüm dünyaya güzelliğiyle nam salmış tomie kawakami nin ölümüydü Ölümü insanlara dehşete düşürücü şekilde korkunçtu bedeni parçalanmış ve

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web tomie kawakami in japanese 湯見 is the titular main antagonist of the tomie movie and manga franchise though tomie appears human she has an array of bizarre biological abilities which she uses to her advantage in the live action adaptations of the series tomie is played by a different

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web Özet liseye giden bir genç kız olan tomie kawakami gizemli bir şekilde öldürülmüştür davaya atanan detective harada olayı araştırmaya başlayınca bilgiler edinir Üç yıl önce aynı isimli bir genç kız daha öldürülmüştür soruşturma devam edildi **tomie 1 cilt junji ito kitabı ve fiyatı hepsiburada** - Oct 11 2022

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web the complete classic horror series now available in a single deluxe volume murdered again and again one girl always comes back for more tomie kawakami is a femme fatale with long black hair and a beauty mark just under her left eye she can seduce nearly any man and drive them to murder as well even though the victim is often tomie herself

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web these rather disturbing tales tell the story of a high school girl named tomie who can be seen as a living embodiment of lust and all the negative emotions that go along with it such as jealousy tomie is the ultimate self destructive entity yet ironically she survives anything

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