

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, reducing head aches, clearing sinuses, sinusitis, glaucoma, cataracts, cataracts, cataracts.

### POSITION 2

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



Helps in healing migraines, headaches, ear problems, multiple sclerosis, stroke, dementia, Alzheimer's disease, Parkinson's and neurological problems.

### POSITION 3

Hands on either side of your head with fingers covering your temples (Third Eye Chakra & Ear of Wisdom)



Helps with balance, vertigo, dizziness, hearing & ear problems (Ear of Wisdom & Ear of Intellect).

### POSITION 4

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



Helps in healing headaches, ear problems, stroke, for dizziness, vertigo, dizziness, dizziness, dizziness.

### POSITION 5

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



Helps with expression, communication, breathing & vocal problems, laryngitis, flu, colds, & asthma.

### POSITION 6

Place your hands horizontally at the top of the torso with fingertips touching (Heart of the Hands to move heart)



Helps in healing heart issues, lung and digestive, blood circulation and stress-related disorders, heart pain and various cardiac deficiencies.

### POSITION 10

Put hands from position 5 downwards until the hands are below the heart chakra



Helps in healing asthma, hypertension, heart back pain problems, low energy, spine and kidney and endocrine system.

### POSITION 11

Place your 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 grounding.

### POSITION 12

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



Helps with tension-related disorders, neck pain, upper back pain, and various deficiencies, also for eye, vision and hearing problems.

### POSITION 16

Put position 12 with hands in the opposite placement



Helps with heart, lungs and stomach issues, all and helps with all as well as stress related issues.

### POSITION 18

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



Helps with lungs, back pain & self and digestive issues, stomach issues in the chest, hypertension, circulation.

### POSITION 19

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, sciatica, sciatica, sciatica.

### POSITION 21

Place hands in the area of the heart, resting the palms on the top of the heart



Helps, according to the area of gratitude, thanking universal energy for healing and restoring the body.

# Reiki At Hand

**M Walker**



## **Reiki At Hand:**

## **Reiki At Hand** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Reiki At Hand**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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