

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

Place your hands in front of you eyes with fingertips lightly touching one another (Third Eye Chakra)



Helps in healing vision, eye problems, reducing head aches, clearing sinuses, sinusitis, glaucoma, cataracts, cataracts, cataracts.

POSITION 2

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



Helps in healing migraines, headaches, eye 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 & Crown Chakra)



Helps with balance, vertigo, dizziness, hearing & ear problems (Ears). For children use the front of the head.

POSITION 4

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



Helps in healing headaches, eye problems, stroke, for children use the back of the head.

POSITION 5

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



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

POSITION 6

Place your hands horizontally at the top of the torso with fingertips touching. (Heart Chakra)



Helps in healing heart issues, lung and digestive problems, asthma and chronic obstructive pulmonary disease, heart pain and circulatory system deficiencies.

POSITION 10

Place your hands from position 5 downwards until the hands are below the heart chakra



Helps in healing asthma, hypoglycemia, lower back & joint problems, low energy, spine and pelvic and circulatory problems.

POSITION 11

Place your hands over the knees at the front of the legs with the palms facing each other.



Helps with pain, varicose veins, circulation & soft tissue and growing.

POSITION 12

Place your hands on the shoulders, resting the palms on the top of the shoulders.



Helps with tension related ailments, neck pain, upper & lower back and spine problems, osteoarthritis, osteoporosis and chronic infections.

POSITION 16

Place your hands in the opposite placement to position 11 with hands on the opposite shoulders.



Helps with heart, lung and stomach issues, all and large ailments as well as stress related issues.

POSITION 18

Place your hands on the spine in the area behind the Solar Plexus Chakra



Helps with lungs, back pain as well as digestive issues, stomach pain, ulcers, gastritis, hypoglycemia, diabetes.

POSITION 19

Place your hands on the base of the spine in line with the Root Chakra



Helps in healing degenerative arthritis, knee pain, sciatica, urinary disorders, and constipation.

POSITION 21

Place your hands on the base of the spine in line with the Root Chakra



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

Reiki At Hand

Xiang Xie



Reiki At Hand:

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https://pinsupreme.com/data/Resources/fetch.php/single_parent_families.pdf

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