




Reiki Hand Placements

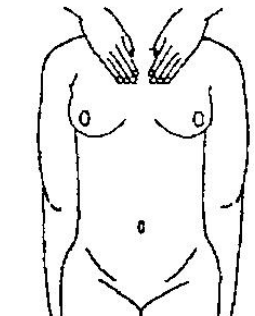
Eyes / Sinus	Description
	<ul style="list-style-type: none"> ✓ Cup hands over the eyes, without touching the eyes directly. ✓ Thumbs touch at pineal gland ✓ Do not touch the nostrils <ul style="list-style-type: none"> ➤ For headaches ➤ Will improve vision if done daily. ➤ For Hay fever and sinus problems. ➤ De-stress action. ➤ Soothes tired eyes. ➤ Helps eye allergies. ✓ Third Eye – 6th Chakra

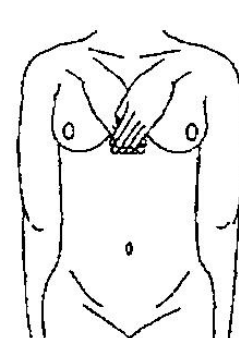
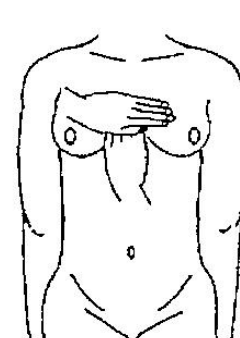
Balance	Description
	<ul style="list-style-type: none"> ✓ End of thumb even with the crease of the eye. ✓ Hands around the jaw line <ul style="list-style-type: none"> ○ If the hands are small do the jaw line placement separately. ✓ Over the ears. <ul style="list-style-type: none"> ➤ Balances the left and right side of the brain. ➤ Relieves tension. ➤ Restores Mental energy. ➤ Headaches. ➤ Redresses / clears confusing thoughts.

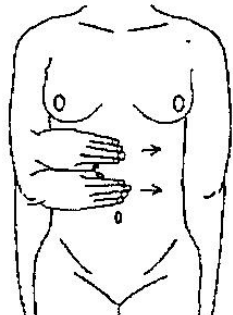
Occipial Lobe	Description
	<ul style="list-style-type: none"> ✓ Place one hand over the ear to gently rock the head to place the hand underneath ✓ Repeat with the other hand, you should now cradle the head in both hands. ✓ This is where childhood and old memories are stored, which are often the cause of trauma resulting in illness. <ul style="list-style-type: none"> ➤ This hand placement channels energy from the top of the spinal column downwards

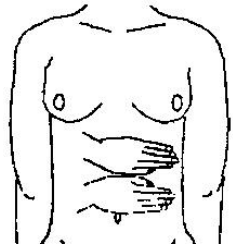
Thyroid	Description

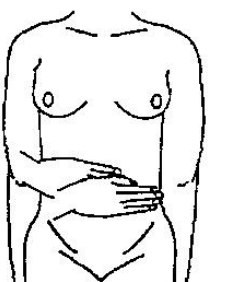
	<ul style="list-style-type: none"> ✓ Place little fingers on the collar bone ✓ Keep other fingers on inch from the throat ✓ Hover above the area; do not press ✓ Do not touch the throat it may give the patient a choking feeling- rest the back of the hand on the collarbone. <ul style="list-style-type: none"> ➤ Activates, energises, and restores the metabolism. ➤ Restores hair loss ➤ Addresses weight issues ➤ Very good for the 5th Chakra it helps with communication. ✓ This is the throat Chakra it rules creative expression, honesty and the voice
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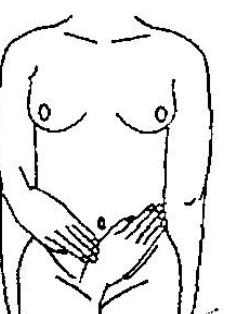
Thymus	Description
	<ul style="list-style-type: none"> ✓ Gently place both hands on either side of the throat. <ul style="list-style-type: none"> ➤ This channelling strengthens the immune system ➤ Produces white blood cells ➤ Produces T Cells ➤ There are two major grief points under the collarbone which are active in childhood ➤ Use especially for those with immune deficiencies e.g. AIDS, HIV, cancer etc. Spend longer at the thymus position.

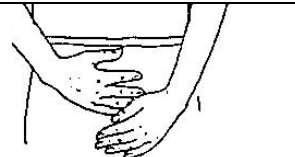
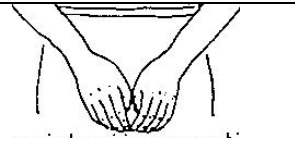
Heart Solar Plexus		Description
		<ul style="list-style-type: none"> ✓ Place hands over the Heart Chakra, the centre of the chest ✓ The 2nd position covers the heart and the solar plexus <ul style="list-style-type: none"> ➤ We carry our tears and joy on this area ➤ This is the 3rd grief point in the solar plexus. It makes you feel too open and vulnerable. ➤ Self Acceptance ➤ Self Love <p>Note: Be considerate of the patient is she is a woman, she may not want her breasts touched, ask for consent.</p>

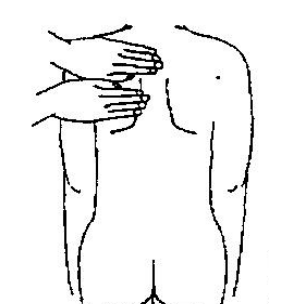
	<ul style="list-style-type: none"> ✓ Place both hands just below the breasts above the bellybutton on the left of the torso. <ul style="list-style-type: none"> ➤ The liver de-toxes the body. ➤ It stores anger in the form of depression. ➤ The Gall bladder stores resentment. ➤ This position is good for the immune diseases.
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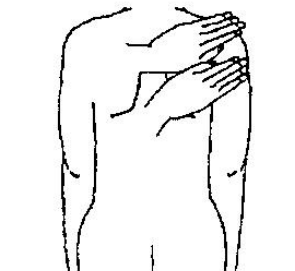
Stomach Pancreas Spleen	Description
	<ul style="list-style-type: none"> ✓ Place both hand to the right of the torso below the breasts above the bellybutton. <ul style="list-style-type: none"> ➤ The Stomach is ruled by emotions ➤ When you are in distress, the stomach cannot take in nourishment. ➤ The Pancreas process sugar and is therefore the sweetness of life. ➤ The Spleen purifies the blood and processes unfinished business emotionally.

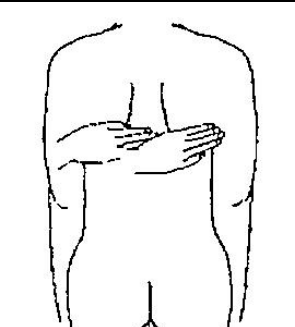
Intestines	Description
	<ul style="list-style-type: none"> ✓ Place hands under the ribcage, top of the hand on top of the hip bones.

Ovaries & Uterus	Description
	<ul style="list-style-type: none"> ✓ Be sensitive to the patient's privacy. Be aware in some cases men will have an erection at this touch, ignore it. This hand position can trigger memories of sexual abuse. ✓ Place the hands in a V shape below the waist. Farthest hand up, closet hand down. <ul style="list-style-type: none"> ➤ Women hold grief in the womb ➤ Men hold trauma in this area ➤ Soothes the area after childbirth or miscarriage. ➤ Soothes contractions during childbirth. ➤ Helps with menstrual pains and discomfort.

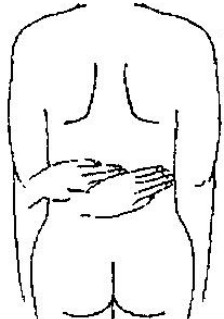
	<ul style="list-style-type: none"> ➤ Good for pregnant women and the foetus. You Reiki the baby in the womb. ➤ Helps with male impotency ➤ Premature ejaculation. ➤ Erectile dysfunction ➤ Prostrate problems even cancer. ➤ Stress Release
	

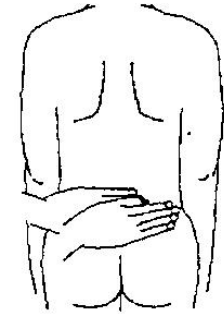
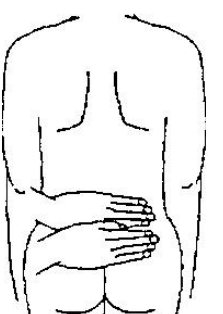
Left Shoulder	Description
	<ul style="list-style-type: none"> ✓ Place hands on the left covering as much of the shoulder as possible. ➤ This is the feminine side of the body ➤ The left side holds sadness and grief. ➤ Shoulders holds the responsibilities and burdens.

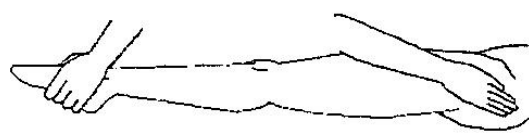
Right Shoulder	Description
	<ul style="list-style-type: none"> ✓ Place the bottom of the hands over the back of the heart and top of the lungs ➤ The Right shoulder rules the masculine side of the body ➤ It holds anger and rage.

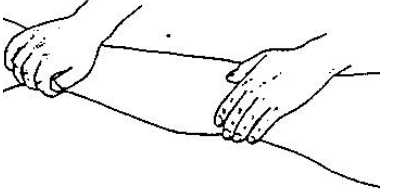
Adrenal Glands	Description
	<ul style="list-style-type: none"> ✓ Place hand just below the shoulder blades ➤ Produces cortisone, adrenaline, estrogen. ➤ Holds stress and Trauma ➤ First position after an accident, trauma or shock. ➤ Good for jet lag, hyperactive children ➤ Hold for as long as possible for stress relief

Kidneys	Description
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	<ul style="list-style-type: none"> ✓ Place hands firmly waist down, switch hands for comfort. ➤ Holds Fear
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Lower Back		Discription
		<ul style="list-style-type: none"> ✓ Place hands below the waist and on the buttocks in the middle. ✓ Or next to each other covering the entire area. <ul style="list-style-type: none"> ➤ Holds Rage ➤ First Chakra is connected with support ➤ Survival issues. ➤ Lower back problem may indicate lack of support. ➤

Sciatica/Foot	Description
	<ul style="list-style-type: none"> ✓ Place Hand firmly on the hip ✓ Hold the foot firmly <ul style="list-style-type: none"> ➤ Meridian extends to the pressure points in the foot ➤ First Chakra issues connect to fear of future and money.

Ankle/ Back of Knee	Description
	<ul style="list-style-type: none"> ✓ Place hands firmly behind the knee let it hang on your hand. ✓ Place hand firmly on the ankle ✓ Increases blood circulation. ✓ Be aware of patients with heart problems or hypertension you may cause heart attack or stroke by increasing the blood flow too fast.

End the session with full body light, feather brush strokes. Clear the Aura and balance the chakras. Allow the patient to lie for a few minutes to enjoy the feeling of the loving healing. Offer a glass of Reiki water once the patient sits up.