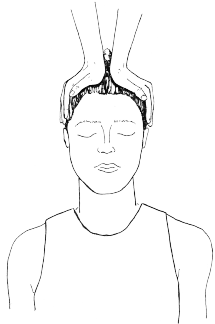
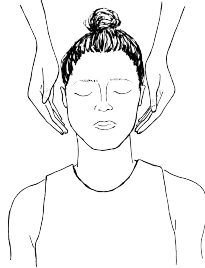


Hand Positions

01-CROWN



02-EARS



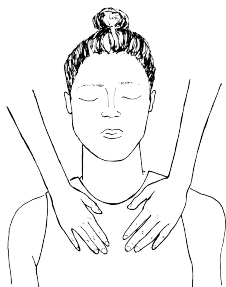
03-THIRD EYE



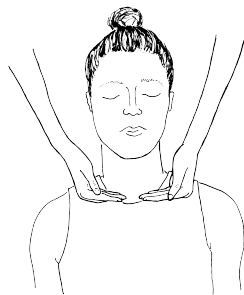
04-SHOULDERS



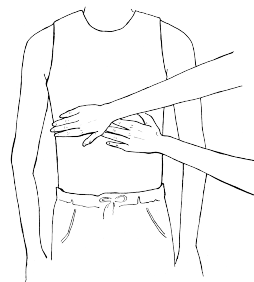
05-HEART



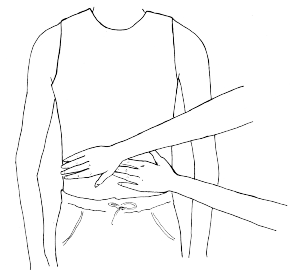
06-THROAT



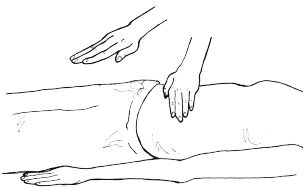
07-SOLAR PLEXUS



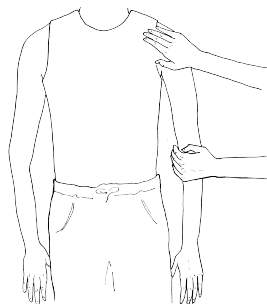
08-NAVAL



09-ROOT



10-SHOULDER-ELBOW



11-ELBOW-WRIST



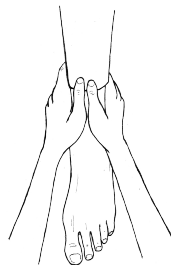
12-HAND



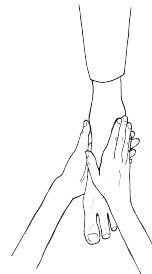
13-HIP-KNEE



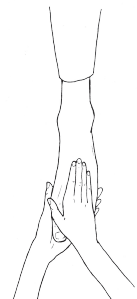
14-ANKLE



15-FOOT 1



16-FOOT 2



Do hand positions 10-13 on the other side before moving on to position 14

Continue on with doing positions 14-16 on the other foot. Then end the session by closing the circuit.

Please note: the details provided for hand positions are to be used as a guide. We are not suggesting that this is the only, or even best way to provide treatment to an individual. Instead, we are providing this as an example of how to use Reiki with others. As you start off, most likely you will follow some variation of these hand positions; throwing out what doesn't personally work for you, and adding in additional positions as you desire. For more details, follow along in your manual.