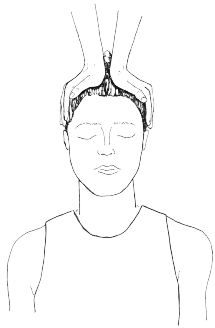
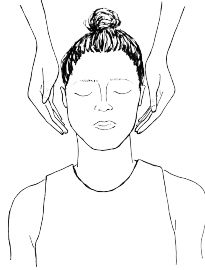


Reiki Hand Positions

01-CROWN



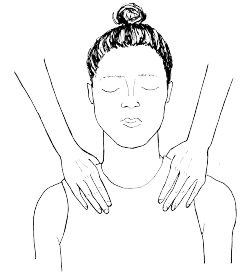
02-EARS



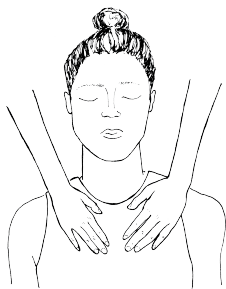
03-THIRD EYE



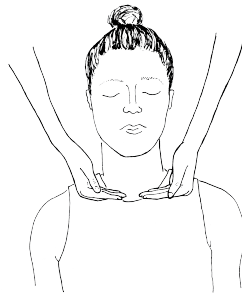
04-SHOULDERS



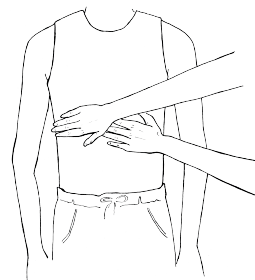
05-HEART



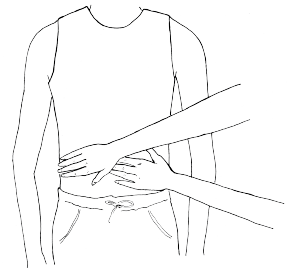
06-THROAT



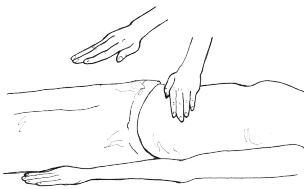
07-SOLAR PLEXUS



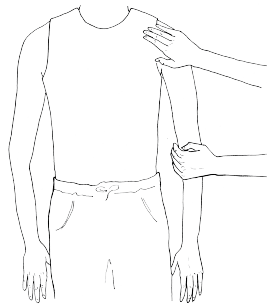
08-NAVAL



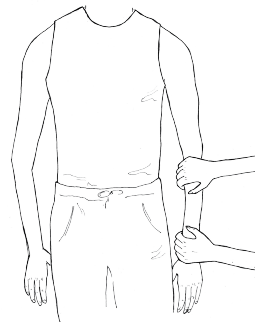
09-ROOT



10-SHOULDER-ELBOW



11-ELBOW-WRIST



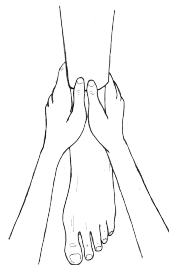
12-HAND



13-HIP-KNEE



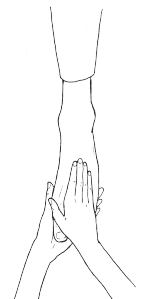
14-ANKLE



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. For more details, visit www.shineakron.com/learn-reiki

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