

# Reiki Self-Treatment

## Hand positions



1 Place your hands over the face, cover the eyes with the palms.  
*(Eyes, sinuses, frontal lobes, facial muscles, third eye)*



2 Cover the ears with the palms with fingers on the sides of the head.  
*(Ears, blood flow to the brain)*



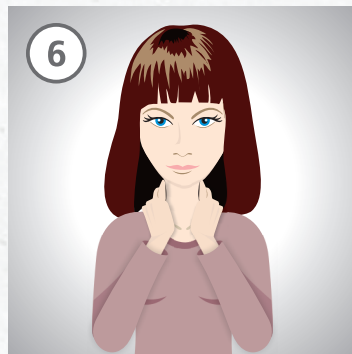
3 Palms to the top of the head with fingertips just touching.  
*(Scalp, cerebral cortex and crown)*



4 Place your hands on the back of your head, palms at back of the skull.  
*(Cranial bones, base of the brain, up per cervical vertebra)*



5 One palm to the throat, and one over the heart.  
*(Throat, lower jaw, thymus, thyroid, parathyroid, heart, lungs, upper thoracic vertebra and upper esophagus)*



6 Place hands on your shoulders at the sides of the neck.  
*(Lower neck muscles, shoulders and mid-cervical vertebra)*



7 Place hands over the upper stomach.  
*(Stomach, liver, gallbladder, spleen, adrenals, mid-thoracic vertebra, and solar plexus chakra)*



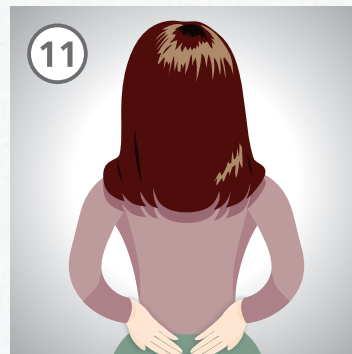
8 Place hands over the middle stomach with fingers meeting at the navel.  
*(Transverse, colon, small intestines, pancreas and kidneys)*



9 Place hands on a diagonal with base of hands near hip bones and finger tips over the pubic bone.  
*(Ascending and descending colon, small intestines, hips, lumbar vertebra)*



10 Place hands on the middle back with fingertips touching.  
*(Upper lumbar vertebra, kidneys, pancreas, and liver)*



11 Place hands on lower back with fingertips over the sacrum.  
*(Lower lumbar vertebra, sacrum, reproductive organs)*



12 Cup each foot with your hands.  
*(Feet, legs, and bodies energy systems)*



13 Holding both feet.  
*(Feet, legs, and bodies energy systems)*



14 Holding both feet, hands crossed over.  
*(Feet, legs, and bodies energy systems)*

