

Reiki

Table Hand Positions



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#1
Third Eye/Sinus
 Place thumbs of both hands side by side in center of forehead and cover eyes with hands. This leaves room for nose and breathing (-):



#2
Temple/Sinus/Jaw
 Use outer edge of client's eyebrows as guide for thumbs, fingers straight alongside of face (like Roman gladiator helmet). Never curve fingers around mouth, neck or chin.



#3 *Rock and Roll*
 Heads weight 10-15 lbs. so using this method is easier than lifting. Place hands on both sides of head and tilt head into one hand (see left), then slide opposite hand up against head and roll head back the other way. Slide free hand in place, bring head back to center so that both hands are now touching each other and cradling back of head (see right). To remove hands either repeat steps above or move both hands down toward neck and out to the side. (Note: if client is bald your hands will stick to their head, rock and roll method.)





#4 Throat Chakra
Cup hands at base of throat as though you were catching water. Never put hands on throat of client, always leave space between hands and throat.

Set intention for the front and the back of the chakra.



#5 Heart Chakra
Hands in a "V" on the center of the chest.

Set intention for front and back of the chakra.



#6 Solar Plexus Chakra
Informally I call this one the "heel/toe method." As shown in this example place fingertips of left hand on central midline of body then place heel of right hand on top. Essentially you are now covering both sides of the client's body in a horizontal line.

Set intention for the front and the back of the chakra.



#5a Alternate Heart Chakra
Tuck fingers of one hand under the palm of the other forming a "V". In this example left hand makes point of "V" with palm of right hand (reverse if on other side of table).

Set intention for the front and the back of the chakra.



#7 Sacral Chakra
The Sacral Chakra is located in between the Solar Plexus and Root Chakra. Use "heel/toe method" as shown in this example. Place fingertips of left hand on central midline of body then place heel of right hand on top.

Set intention for the front and the back of the chakra.



#8 Root Chakra
As shown in photo: curve left hand over outside of client's right hip. Reach across and place right hand on outside of client's left hip. Reverse hands if working from other side of table.

Set intention for the front and the back of the chakra.

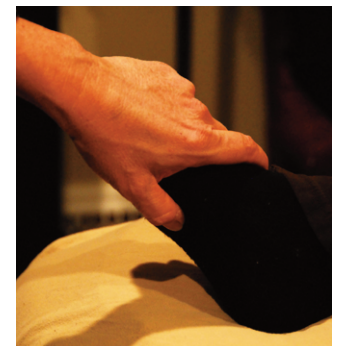


#9 Knees
Place one hand on top of either knee.

Set intention for front and back of chakra.



#10 Feet
Feet
You can put both hands on soles or tops of feet or do my variant - hand on top with thumb on acupressure point Kidney 1, located below ball of foot.



Sweep and Seal to Finish

Hands above face, circle clockwise 3x, then align hands so that you are sweeping the energy down the body toward the knees, over feet and down to the ground or out the window.

Repeat 2x more.

If working as a group at a Reiki share one person will circle above face and then both will sweep together in unison toward the feet.





**Alternate Hand Position
Shoulder/Hand**
Place one hand on shoulder and the other on top of hand. Helps to draw energy down arm. If working solo be sure to do both shoulders.

Set intention for the front and the back of the chakra.



**Reiki Share
Heart Chakra/
Solar Plexus**
Fingertips meet on heart chakra forming a "V". Other hand meets on central midline of solar plexus.

Set intention for the front and the back of the chakra.



**Reiki Share
Sacral Chakra/
Root Chakra**
Fingertips meet on central midline of sacral chakra and one hand is placed on each hip.

Set intention for the front and the back of the chakra.



**Reiki Share
Knees/
Feet**
One hand on top of each knee, place other hands on soles of feet.

Set intention for the front and the back of the chakra.