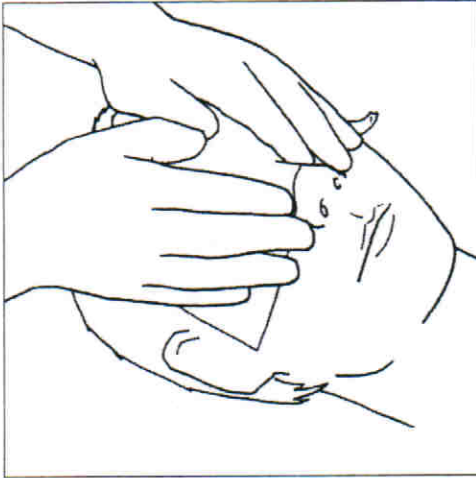


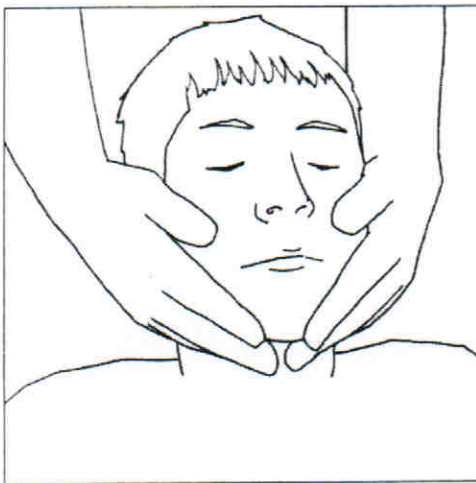
## Reiki Hand Positions - Front of the Body



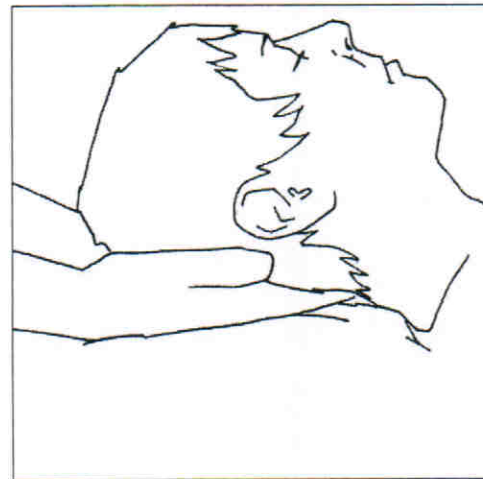
1) Over the eyes



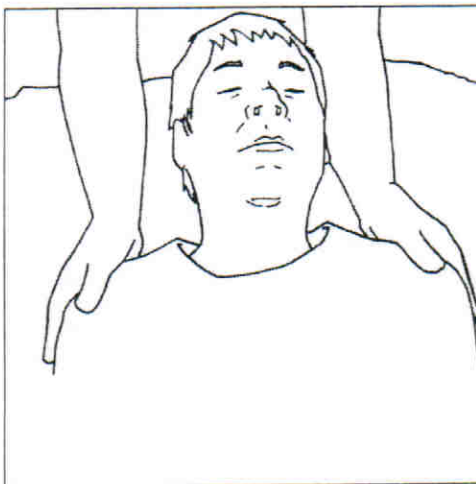
2) Around the ears



3) Around chin & jaw area



4) Under head

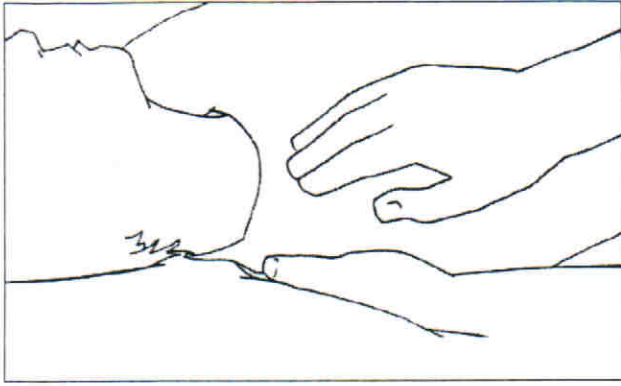


5) Shoulders

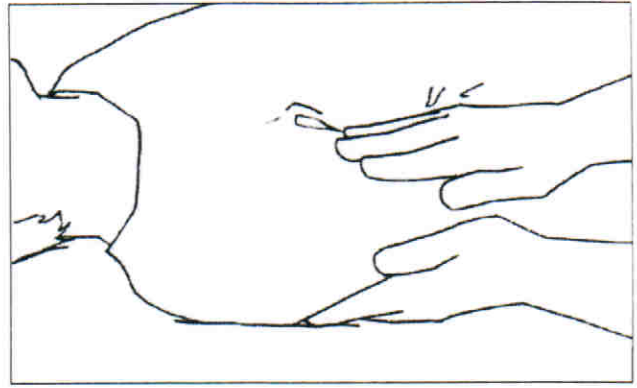


6) V towards the heart center (have hands slightly above the body on women)

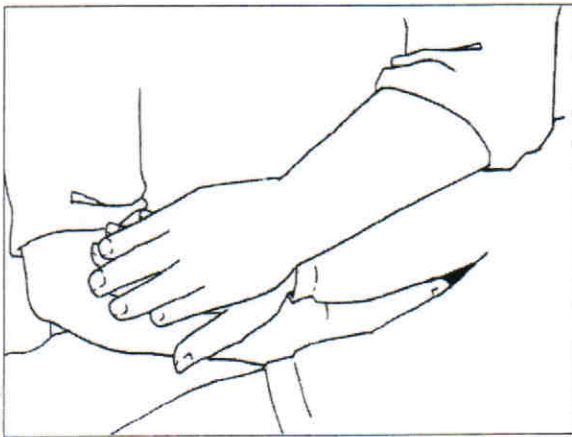
## Reiki Hand Positions - Front of the Body



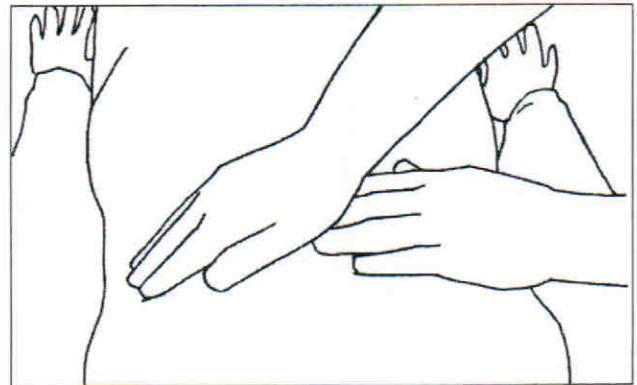
7) Around shoulders from the side of the body



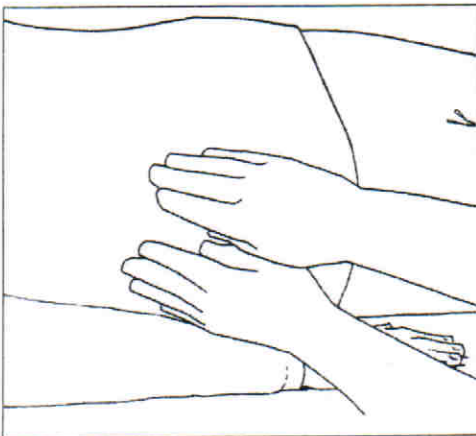
8) Upper arm



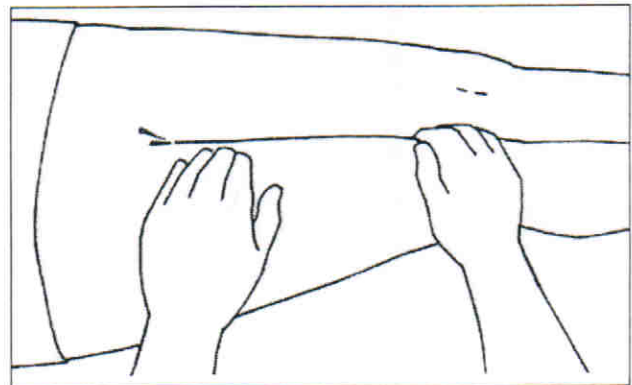
9) Lower arm & hand cradle (for client's right arm your right arm is under theirs with your right hand under their elbow & your left hand is on top of their hand)



10) Across midsection just above the waist



11) Side of the hip (not over the middle of the pelvic area)

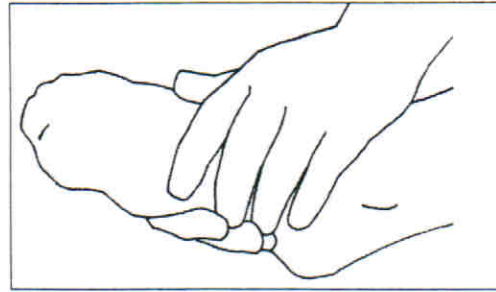


12) Upper leg & knee

## Reiki Hand Positions - Front of the Body

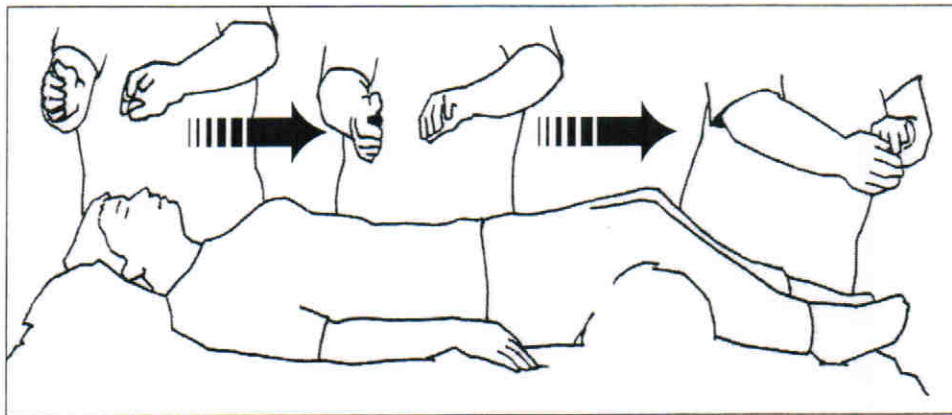


13) Lower leg & ankle

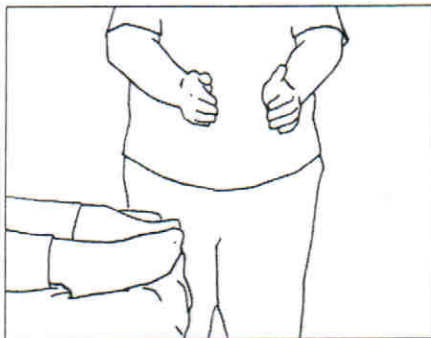


14) Around foot

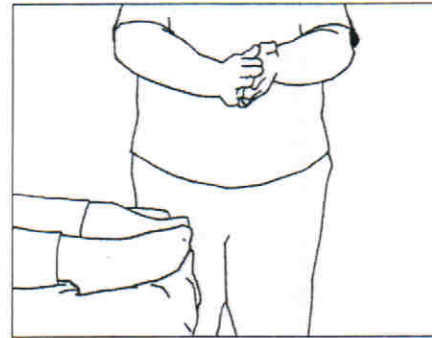
15) Repeat positions 7 thru 9 and 11 thru 14 on the other side of the body



16) Sweep (using your hands) a few inches above the body from head to feet. Sweeping away anything that was released to the area past the feet.



17) Transform Energy (have the intention that anything that was swept away will be transformed into more useful energy by the Reiki coming from your hands)



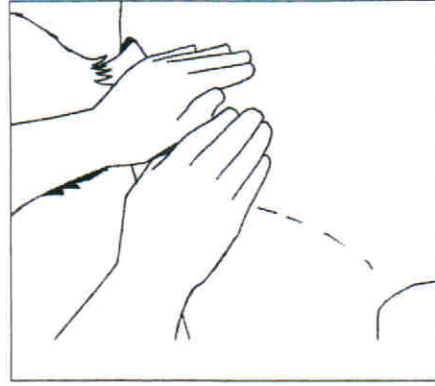
18) Transformation Finished

19) Repeat 16 thru 18 two more times

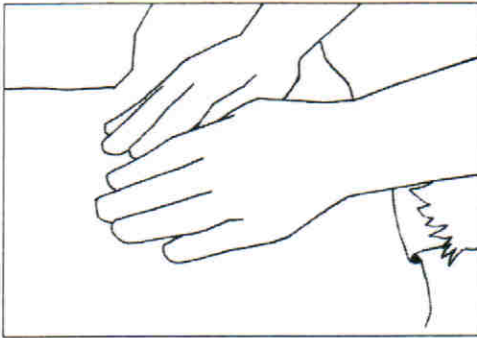
## Reiki Hand Positions - Back of the Body



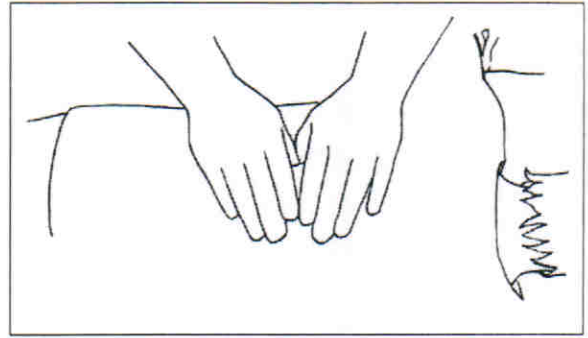
20) Head



21) Upper back & shoulders



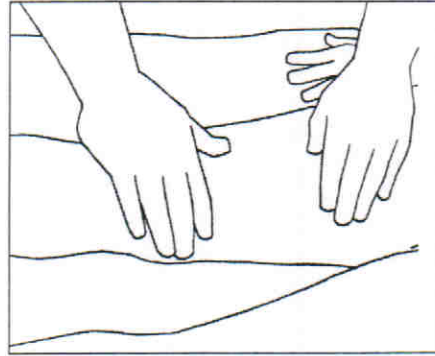
22) Back midway between  
positions 21 & 23



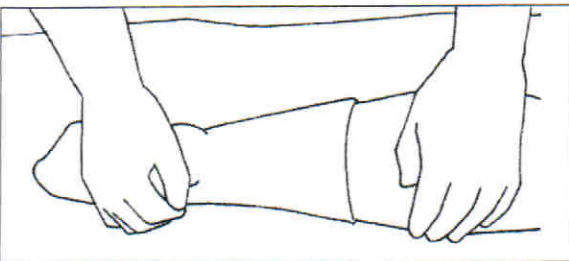
23) Back just above the waist



24) Over the hips (base of the hands  
at the waist - v towards tailbone)



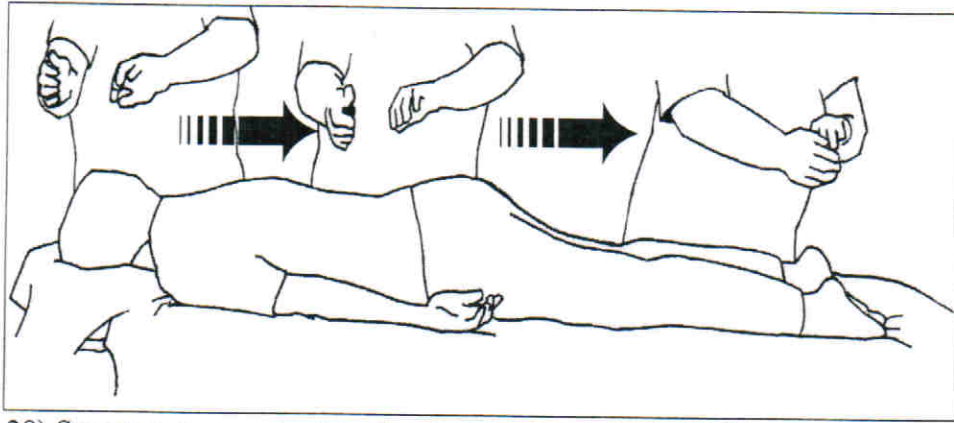
25) Upper leg & back of knee



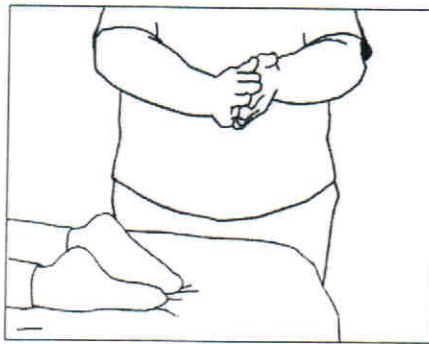
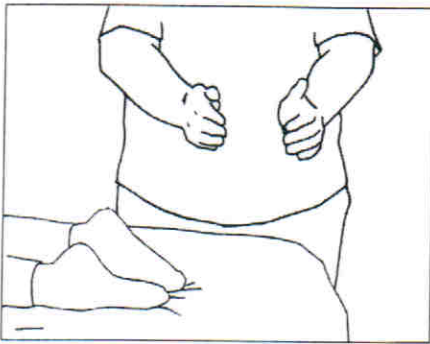
26) Lower leg & heel of foot

27) Repeat positions 21 thru 23  
and 25 & 26 on the other side  
of the body

## Reiki Hand Positions - Back of the Body



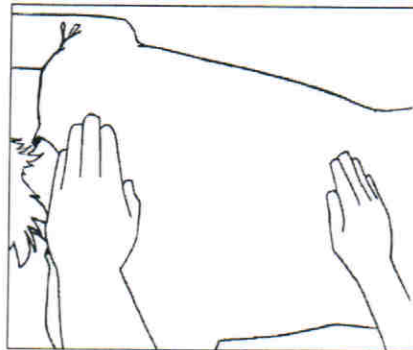
28) Sweep (using your hands) a few inches above the body from head to feet. Sweeping away anything that was released to the area past the feet.



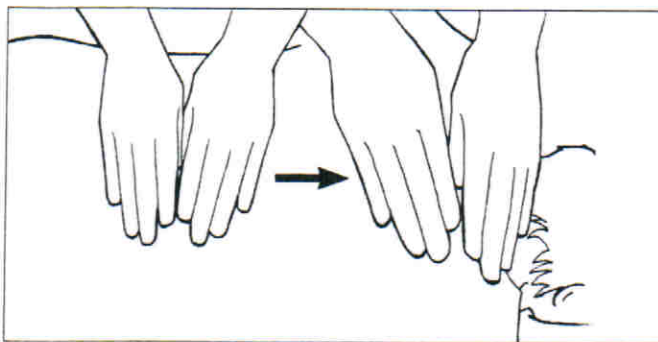
30) Transformation Finished

31) Repeat 28 thru 30 two more times

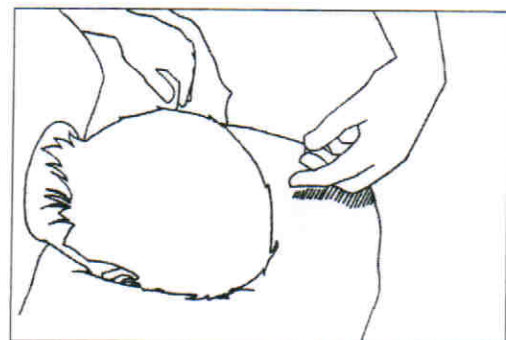
29) Transform Energy (have the intention that anything that was swept away will be transformed into more useful energy by the Reiki coming from your hands)



32) Balance - Charge battery



33) Close (Walk hands up the back over the spine from the waist to the base of the neck)



34) Polish Halo (Make several very slow swirls in the air over the top of head)