

Hand Positions for Reiki Healing Others

(Excerpted from "Essential Reiki, A Complete Guide to an Ancient Healing Art" by Diane Stein)

The Front—Healer stands or sits behind person receiving healing



1. Hands cupped gently over the eyes.



2. Over the cheeks, healer's little finger rests lightly against ears.

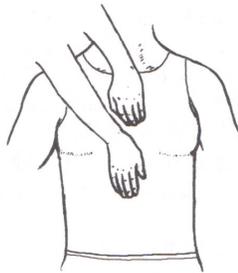


3. Hands under the head—healer does the lifting.

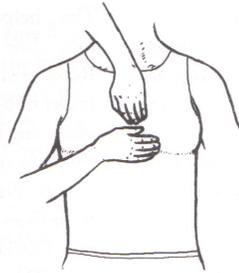


4. Hands rest lightly over the collarbone—slightly below the throat.

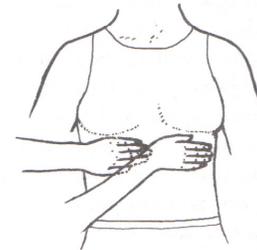
The Front—Healer comes to side of person receiving healing.



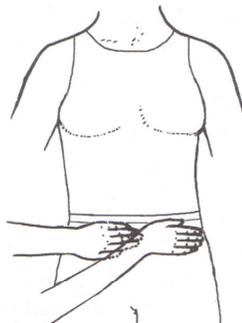
5. Between breasts—optional position. Use with respect not to violate women's body privacy.



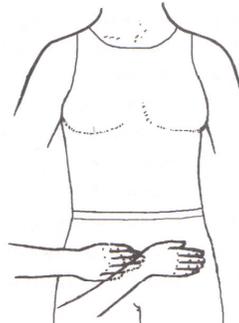
5a. Alternate of fifth position.



6. Below breasts over lower ribs.



7. Just below waist.



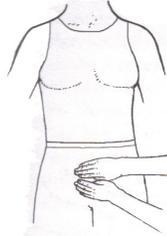
8. Across pelvic area above pubic bone.

(Permission to use these images granted by Diane Stein in her book)

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The Front—Healer moves further down the side.



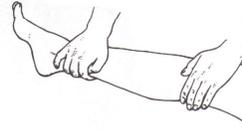
9. Both hands across lower abdomen above pubic bone.



10. Front of both knees.



11. Front of both ankles.



11a. Ankle and knee at once. Do both legs. Preferred position—combines 10 and 11.

The Front—Healer moves to bottom, facing feet of person receiving healing.



12. Bottoms of both feet.



12a.-12b. Alternate of twelfth position. Bottoms of both feet done one at a time.



The Front—Healer returns to the head of the person receiving the healing.

13. Optional head position—One hand on crown and other hand on back of head (at occiput). Person receiving healing will have her head turned to the side.



14. Back of neck. (Healer moves to receiver's side.)



15. Over shoulder blades.



16. Middle back.



17. Lower back below waist—over sacrum.



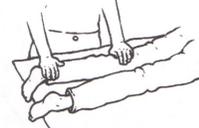
18. Over tailbone (coccyx)—optional position.



19. Backs of both knees.



20. Backs of both ankles.



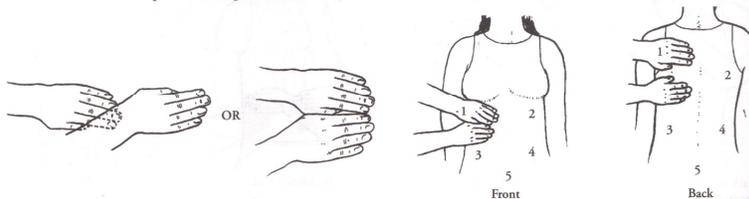
20a. Hold back of one knee and ankle together. Do both legs.



21. Bottoms of both feet.

Optional Hand Placement Alternative

Optional hand placement alternative for torso and back. Place hands side by side instead of end to end. Replaces hand positions 6, 7, 8 and 9 on front and 15, 16, 17 and 18 on back.



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