

# Hand Positions for Reiki Self Healing

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



1. Over the eyes.



2



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4. Over the throat.



5. Over the heart—breastbone (self only).



6. Over lower ribs below breasts.



7. Over middle abdomen.



8. Over pelvic bones—lower abdomen.



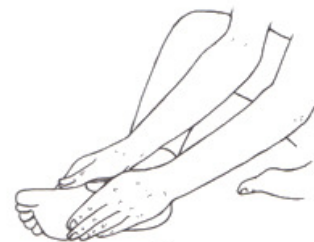
10. Front of both knees.



11. Front of both ankles.



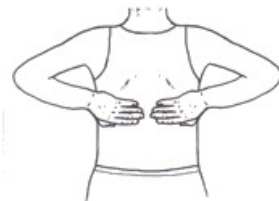
10a–11a. Knee and ankle done together. Do both legs.



12



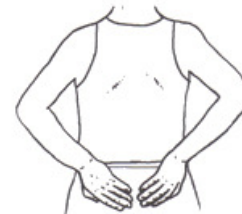
14. Back of the neck and over top of shoulder muscles.



15. Over ribs, below shoulder blades, back of heart.



16. Middle back.



17. Lower back over sacrum.

18. Backs of both knees. (refer to figure 10, but do position from back).

19. Backs of both ankles. (refer to figure 11, but do position from back).

19a. Hold back of knee and ankle at once on same leg. Repeat with the other leg.

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